

# THANK YOU FOR YOUR PURCHASE!



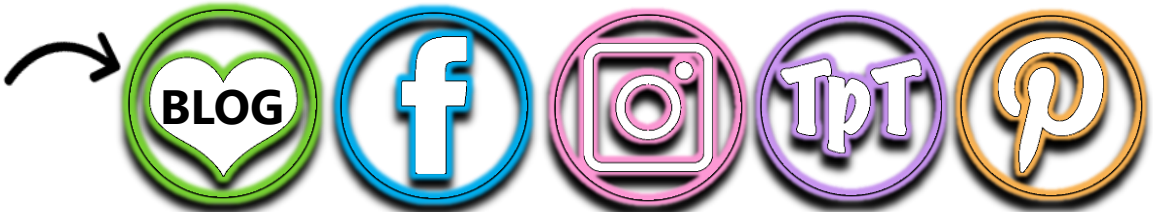
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If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click here  [Walk in my Veteran Shoes](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# WALK IN MY VETERAN SHOES



## Session Objective:

- \*Students will practice perspective taking.
- \*Students will practice having empathy.

## Materials:

- \*Walk in my shoes handouts.

## Guiding Questions:

- \*Why is it important to think about how someone else might think or feel?
- \*How can using empathy make you better understand what veterans' go through?
- \*How can taking a veteran's perspective help make you more appreciative of their service?

## Session Details (about 30 minutes)

- \*"Today we are going to be talking about empathy, has anyone ever heard the expression put yourself in their shoes? Do you think that actually means to put on someone else's shoes? Probably not. What do you think it means?" Allow for responses. "Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective. It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus. You need to be paying attention to their body language and their tone to understand what they might be feeling. Let's listen to some examples and respond with how we think they might be feeling."
- \*Walk in my Shoes activity: Using the Walk in my shoes handouts, read each example and ask students the questions after the example to have them practice perspective taking and having empathy for others.
- \*"See how we can all put ourselves in another person's shoes to understand their way of thinking? It really helps, especially with conflicts."

## ASCA Standards Alignment:

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## SEL Competencies:

- \*Self-awareness: identifying emotions.
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# ways to show EMPATHY

## PERSPECTIVE TAKING

Think about how the other person might be feeling.

## LISTEN

Really listen to what they are saying, make eye contact and nod your head to show you are listening.

## ACKNOWLEDGE FEELINGS

Think about how the person must be feeling and state that, for example "It's sounds like that really hurt your feelings and made you sad."

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Judgement and criticisms are not helpful and often make a person feel worse.

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I can show  
**EMPATHY**  
by →

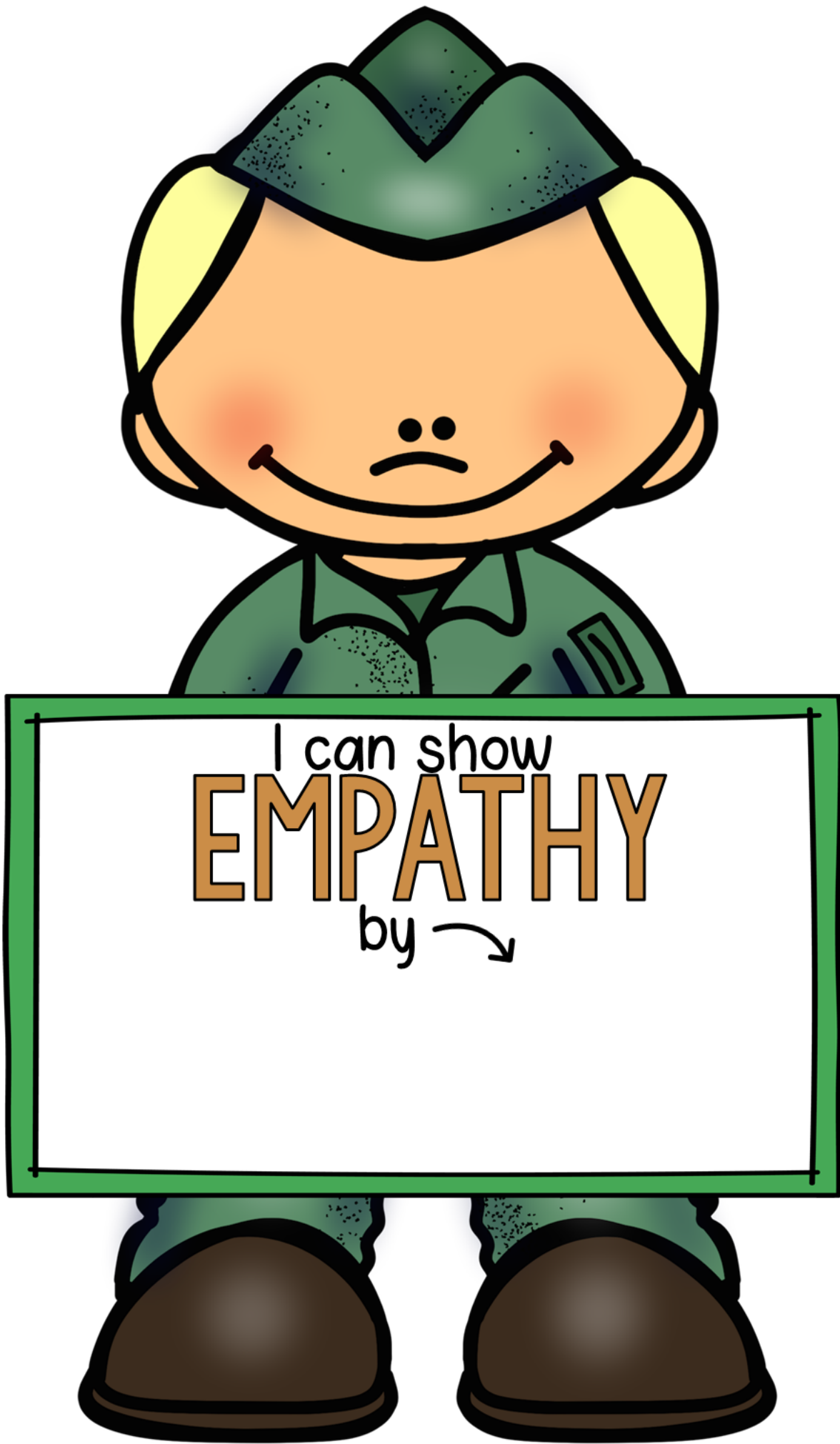




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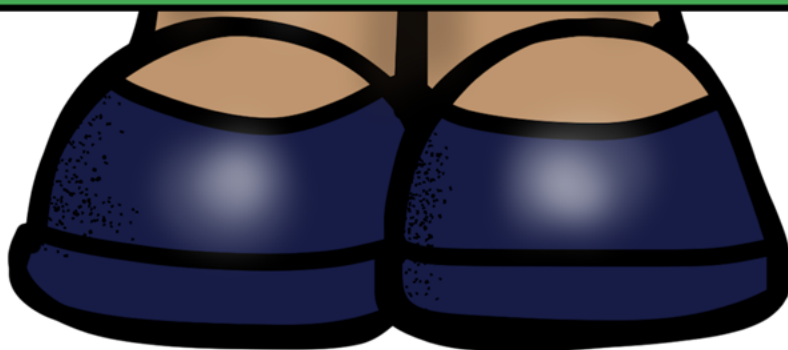








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# WALK IN MY VETERAN SHOES



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While serving in a desert terrain, this veteran had to carry a very heavy backpack while also being aware of his dangerous surroundings. How might he be feeling?

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This veteran was missing home today because it's her daughter's birthday and she can't be with her. How might she be feeling? How would you feel?

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Soldiers often work long hours with little downtime, especially during deployments or in preparation for them. How might they feel during this?

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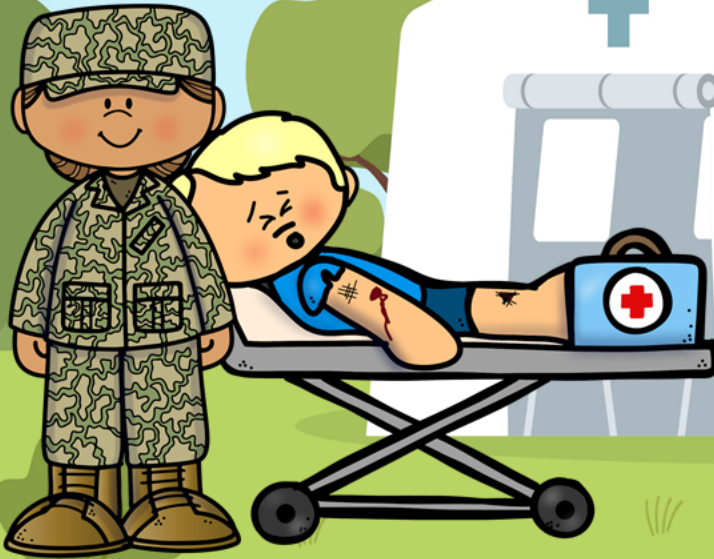


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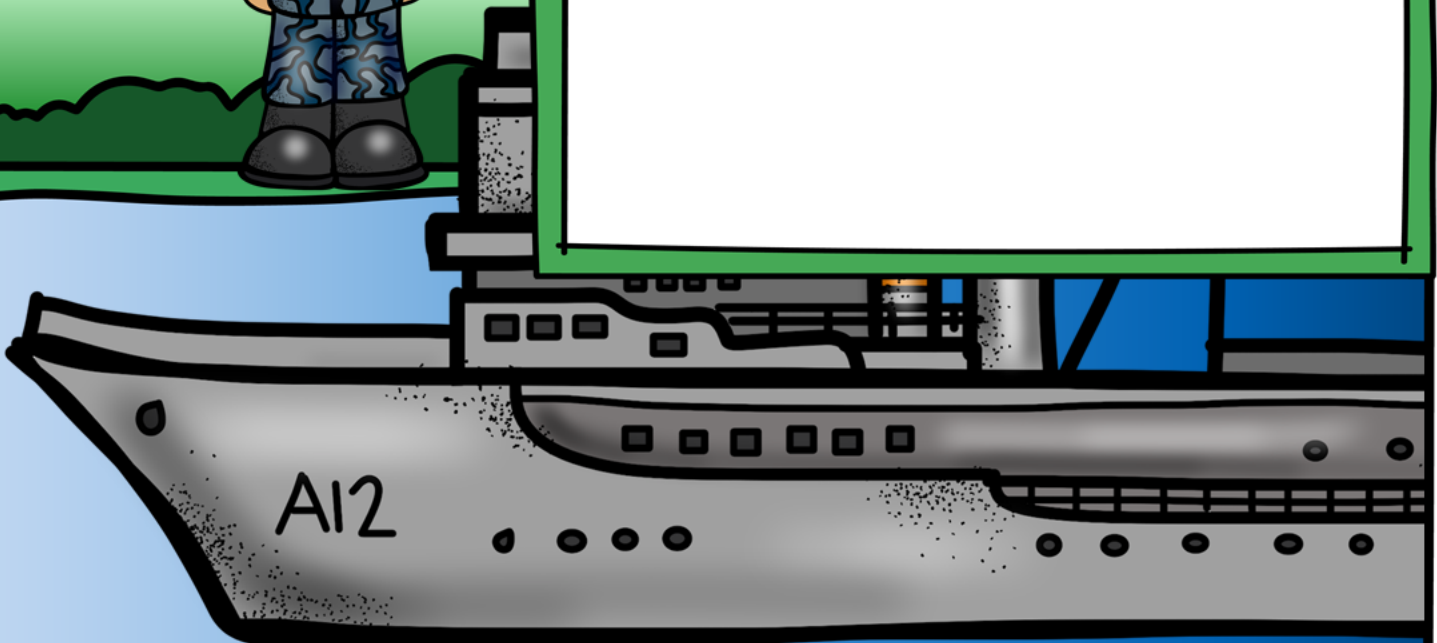
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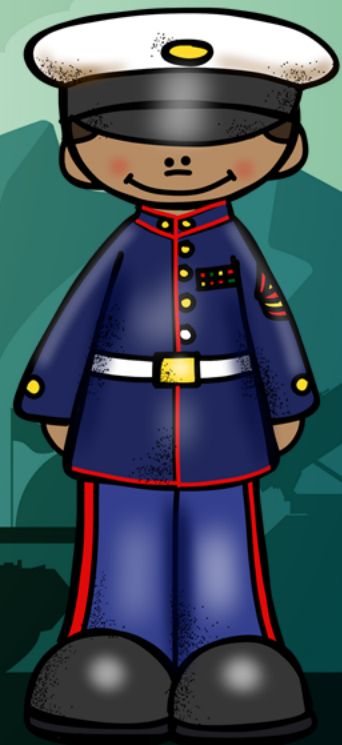
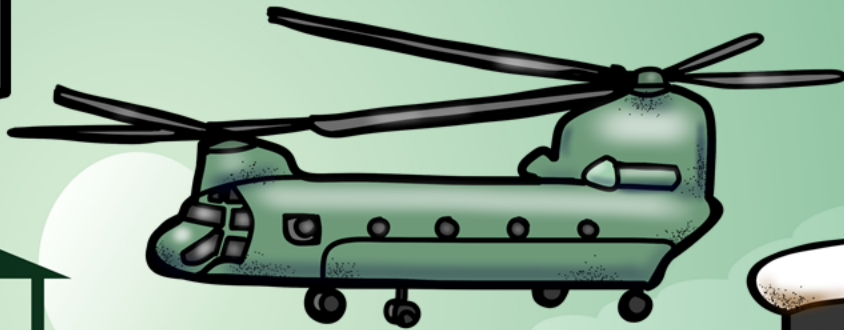
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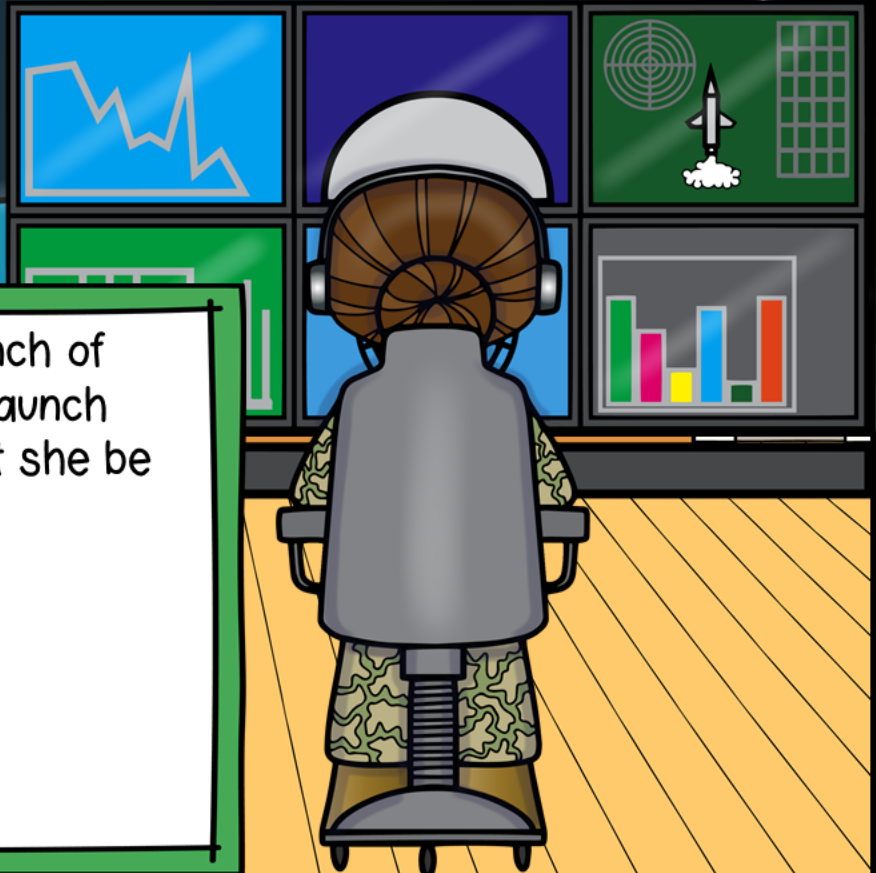
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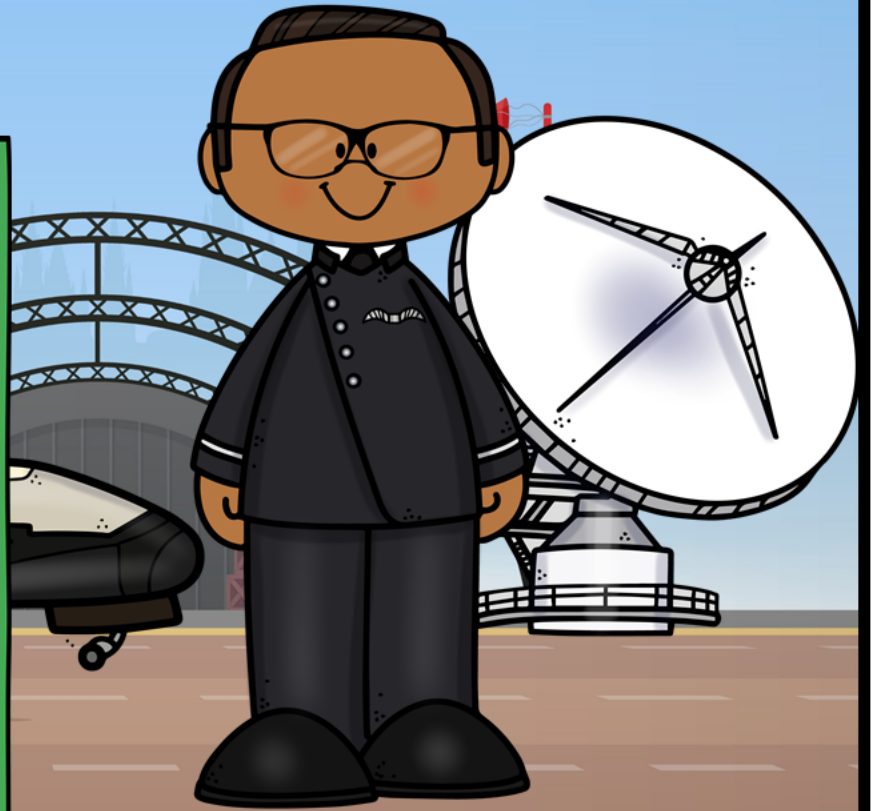
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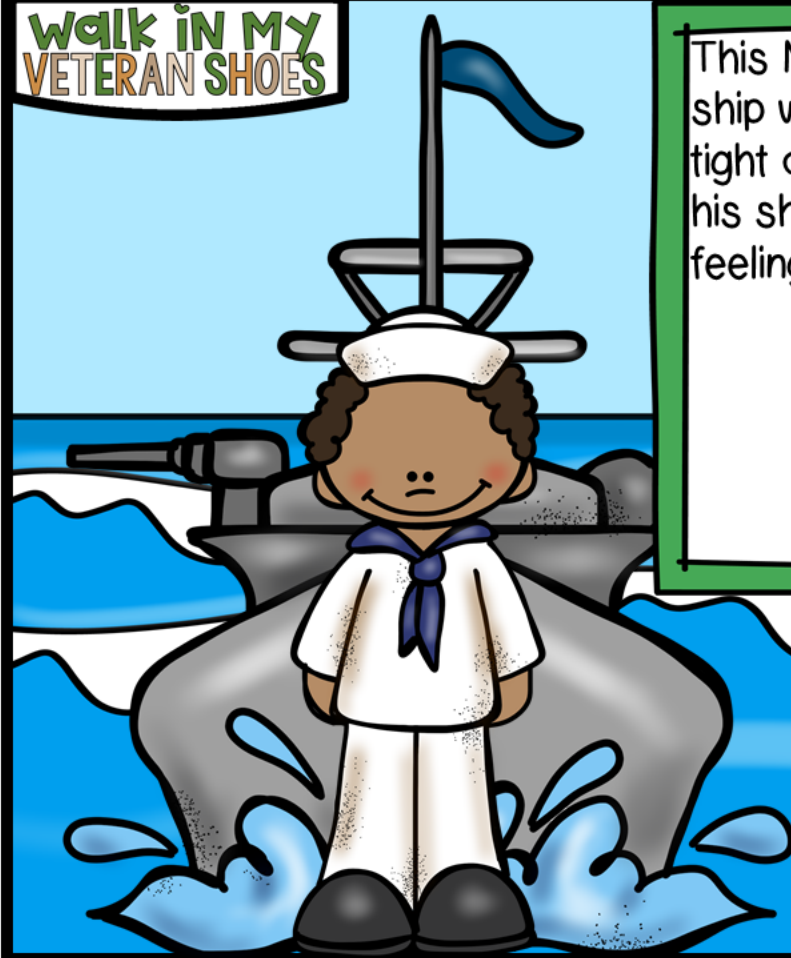
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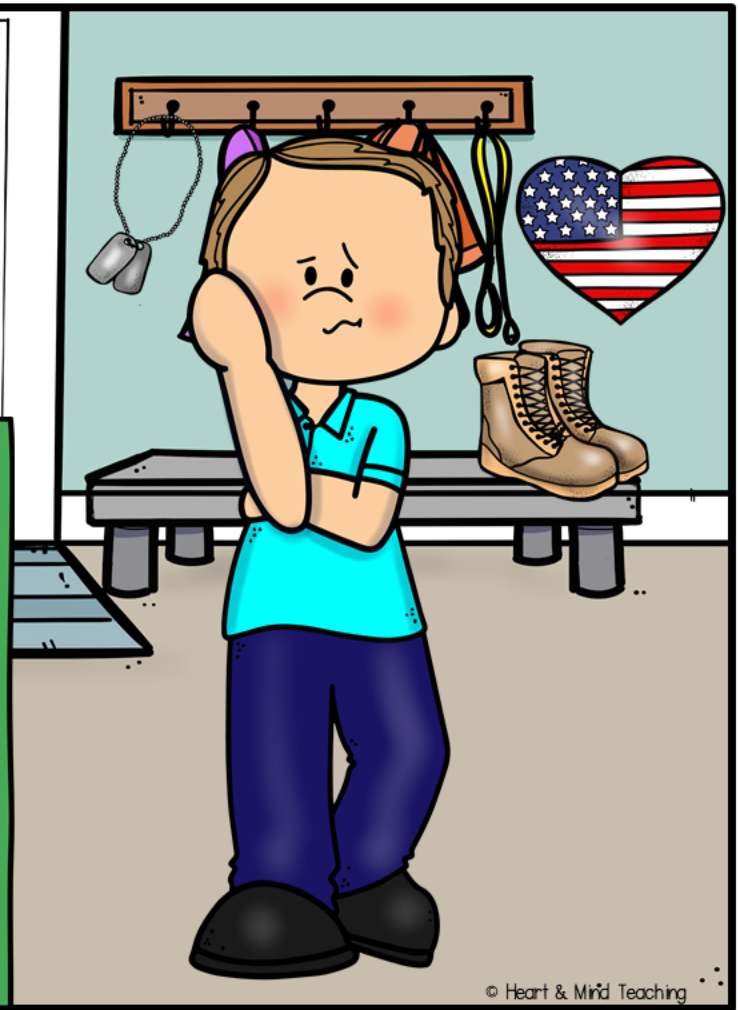


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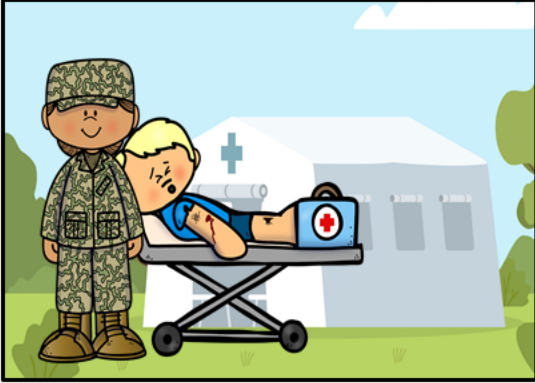


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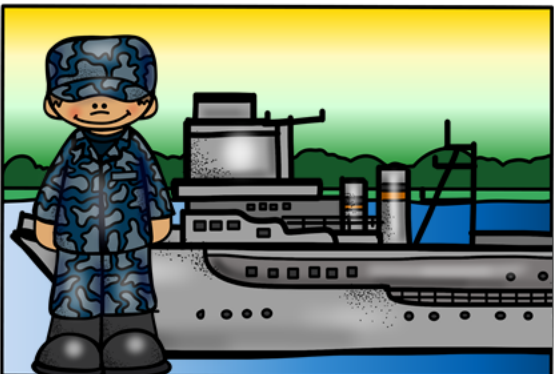
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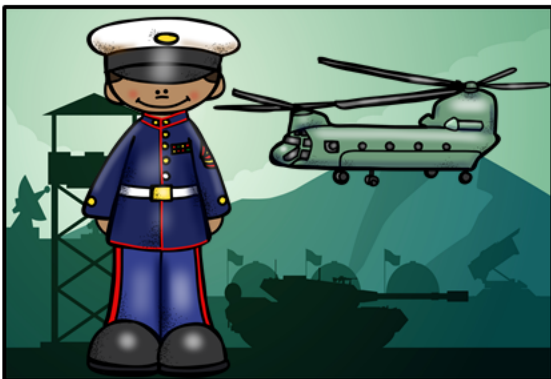
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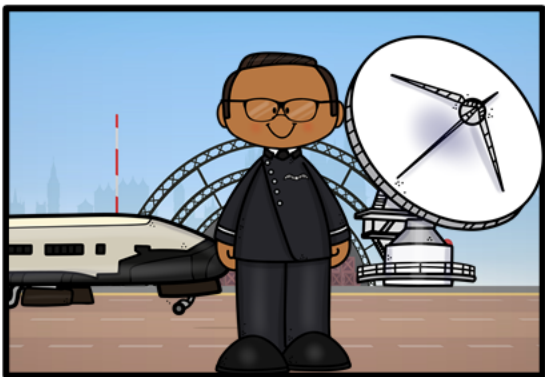
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**BLACK AND  
WHITE  
VERSION**

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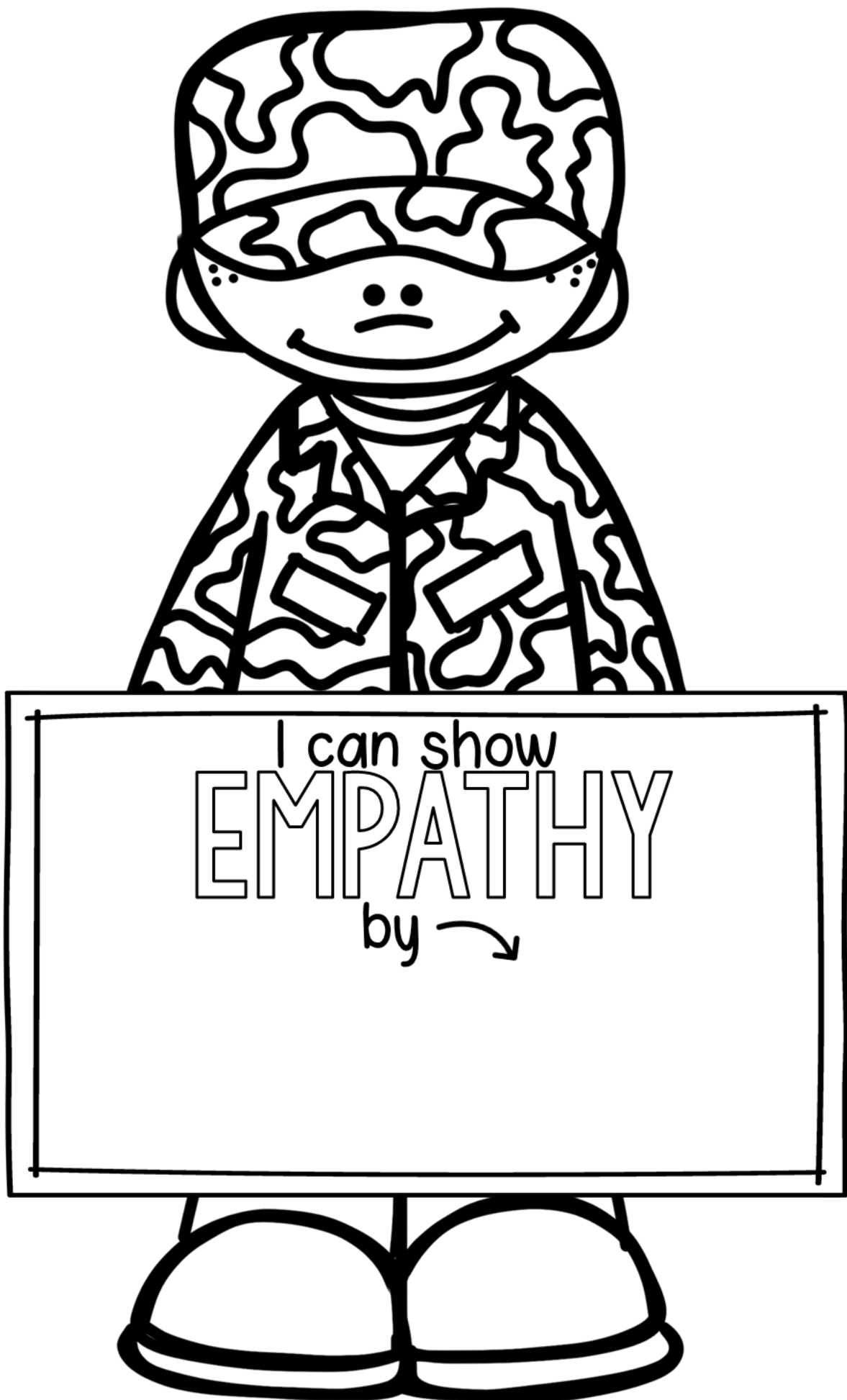
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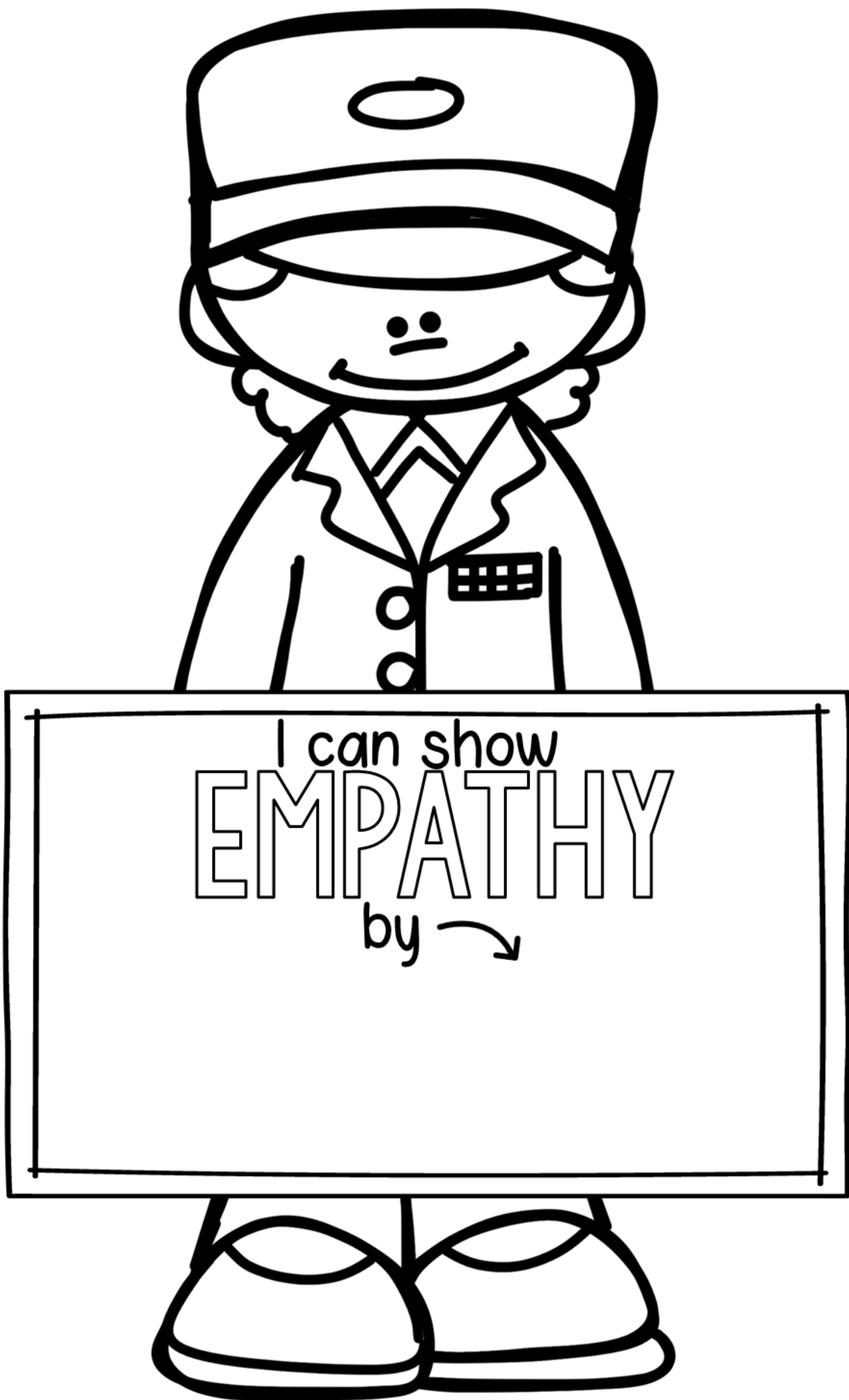
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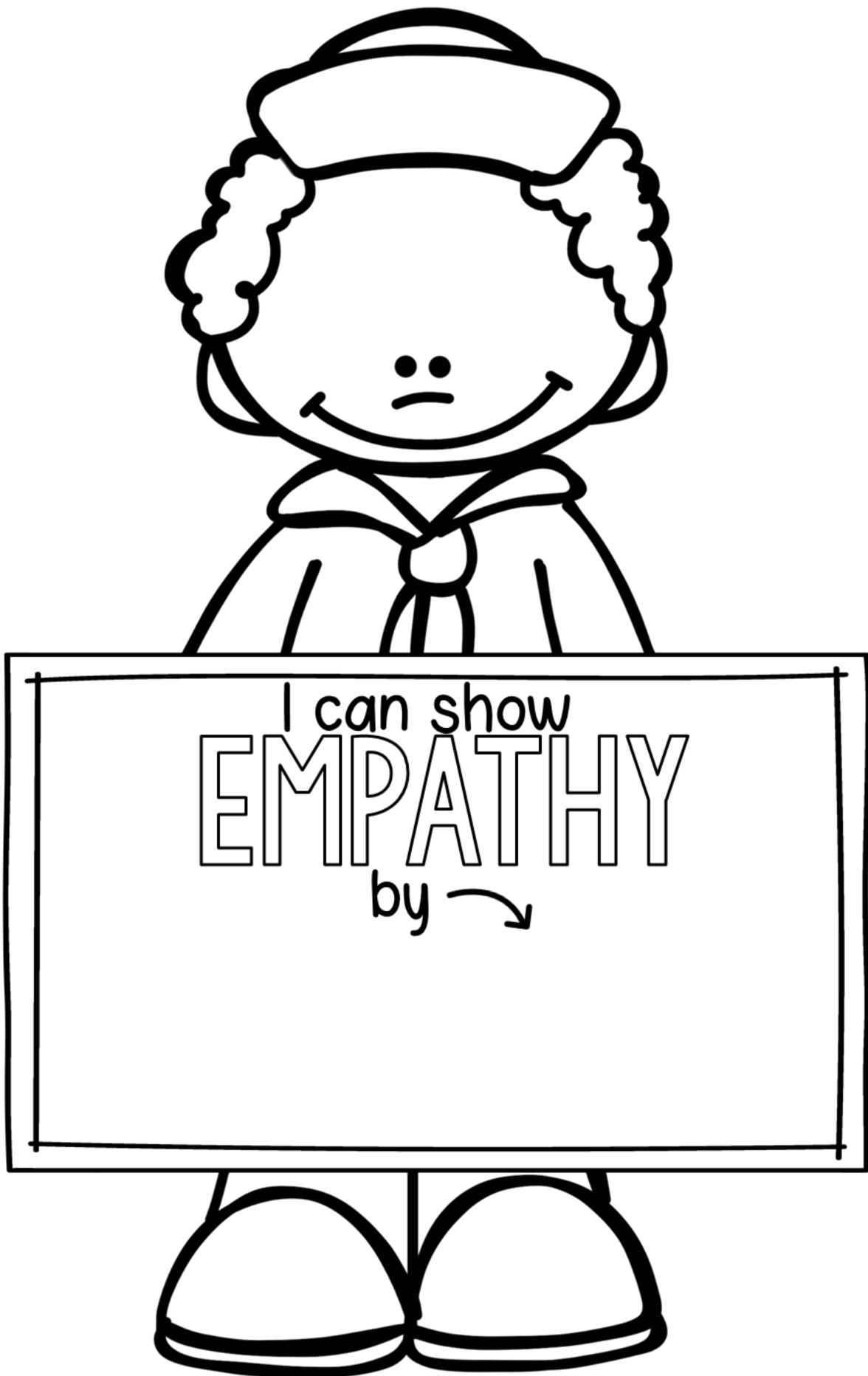
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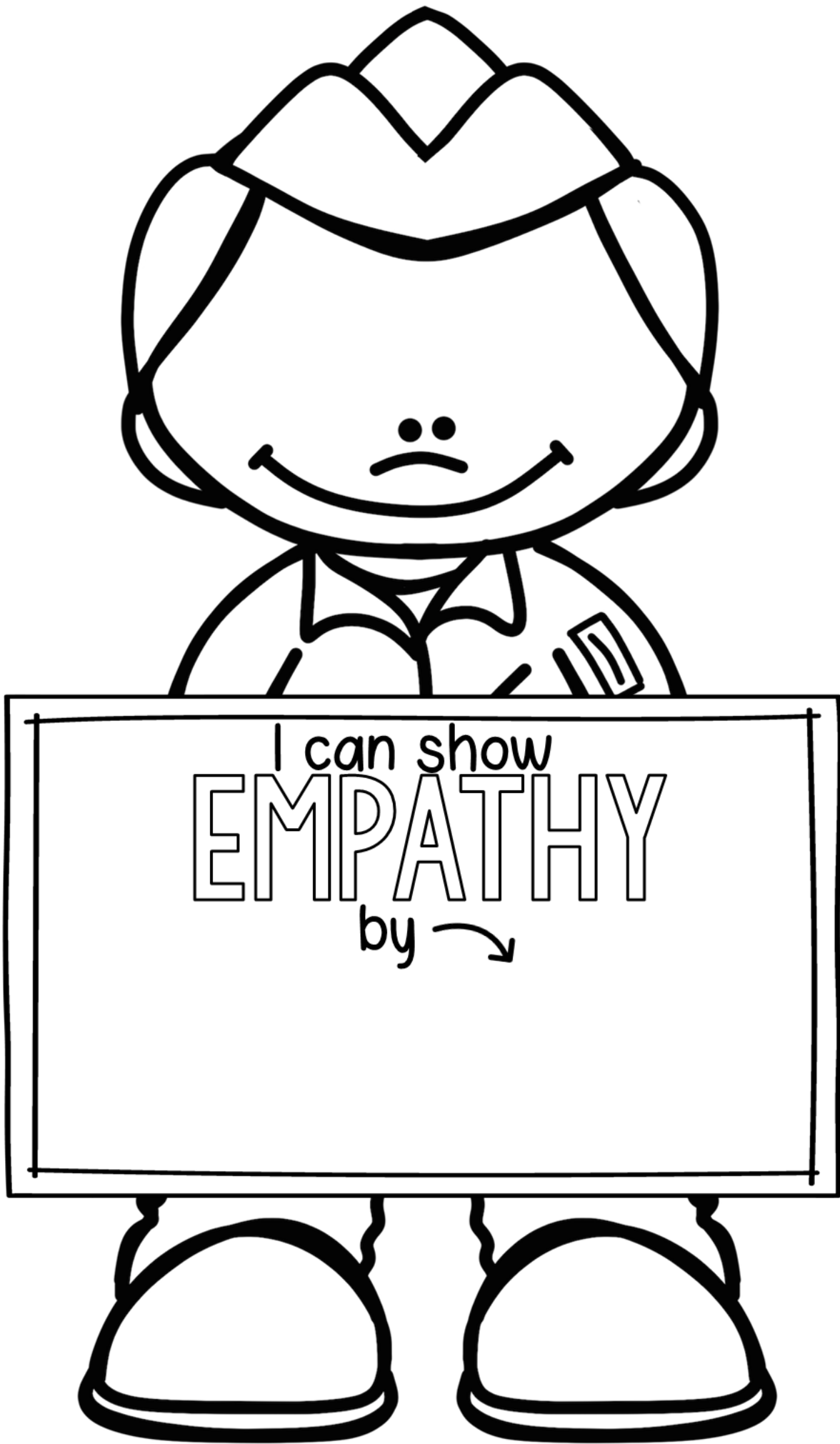
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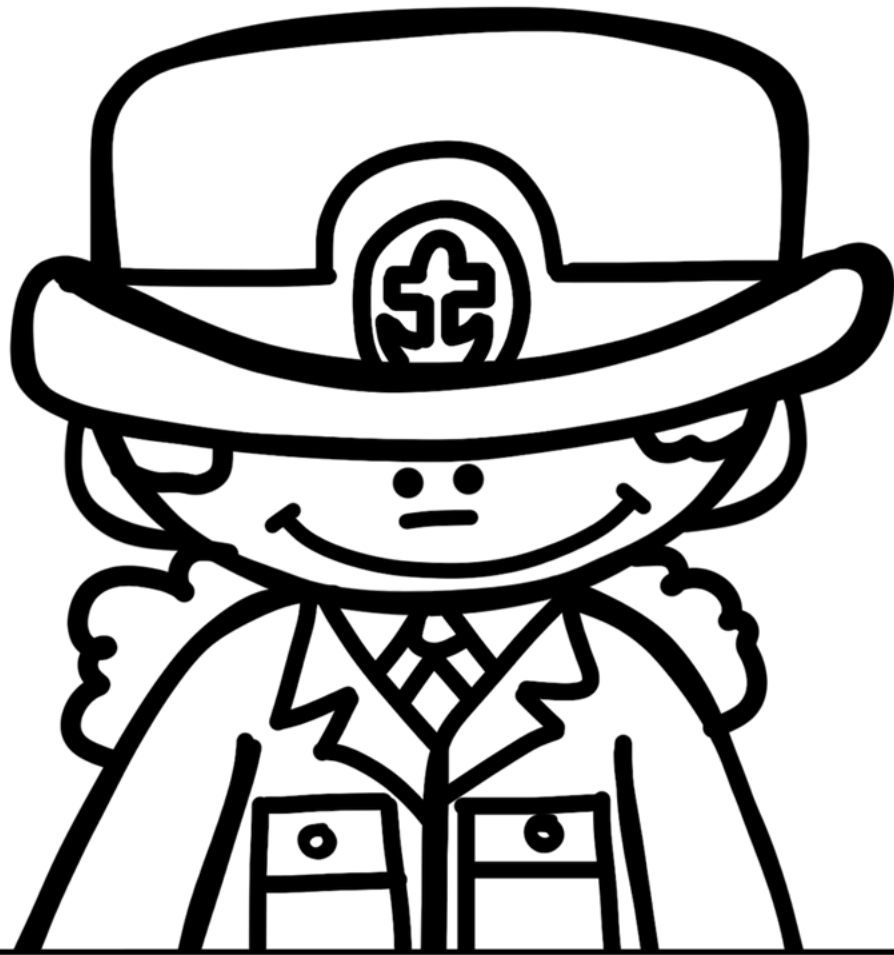




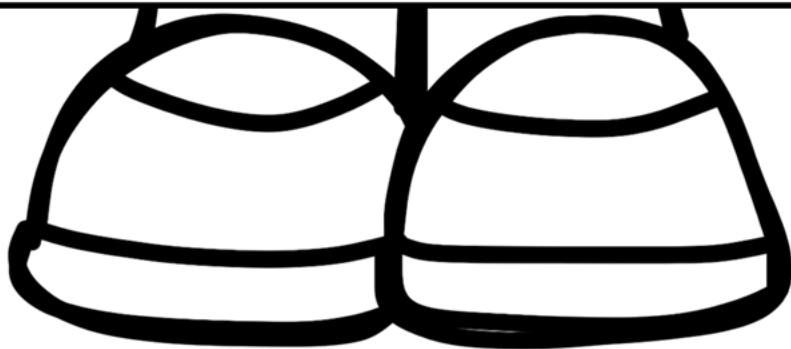








I can show  
**EMPATHY**  
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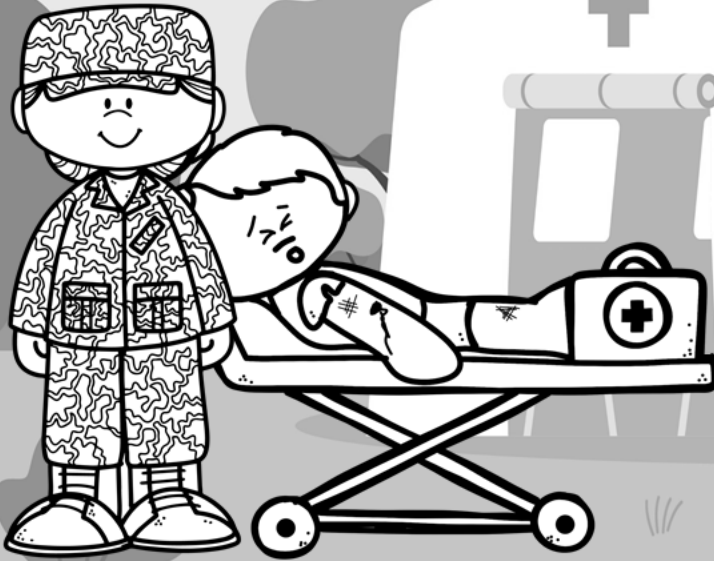


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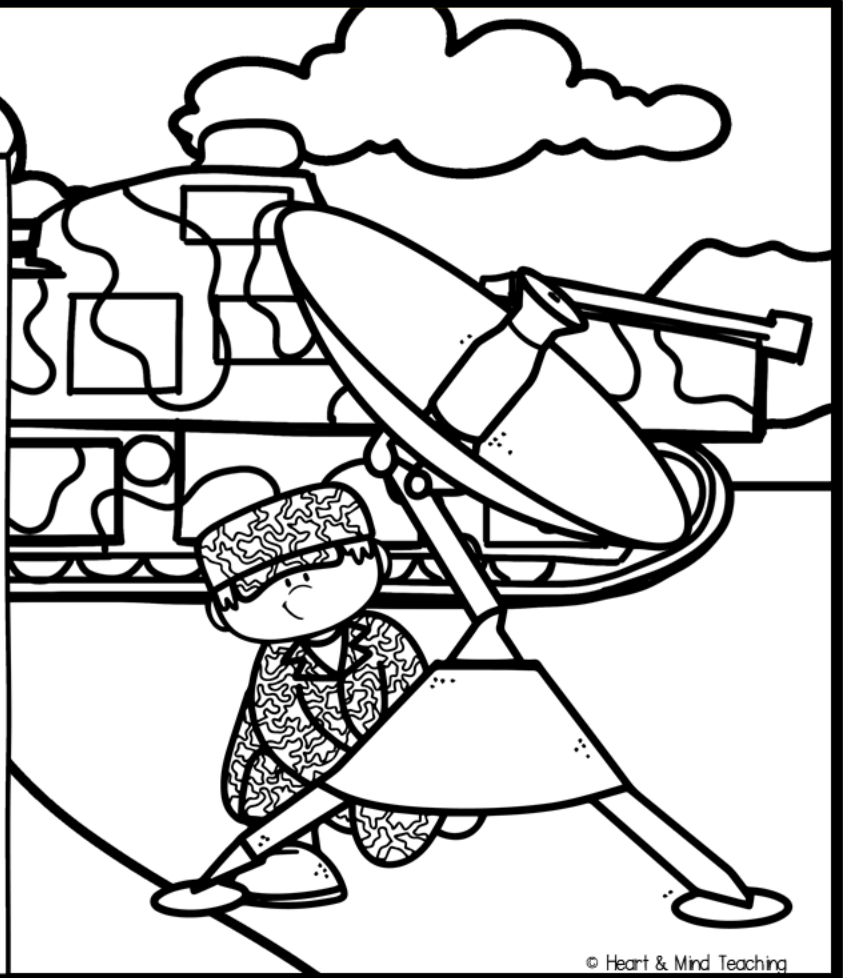
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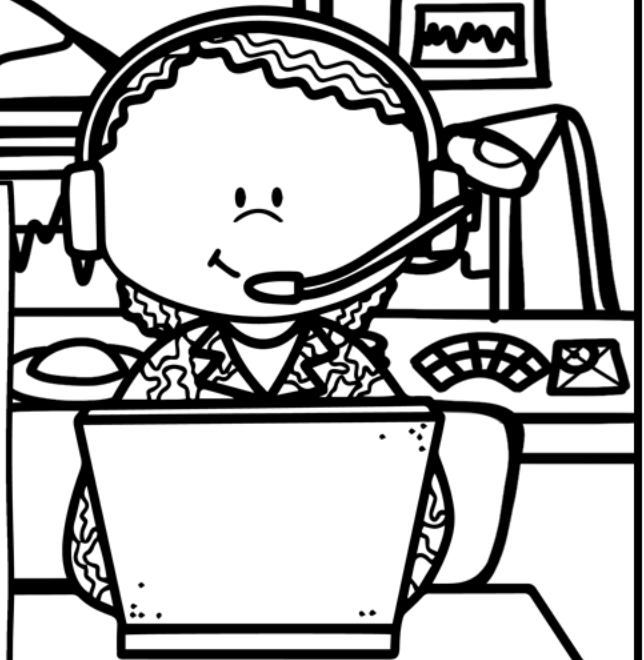
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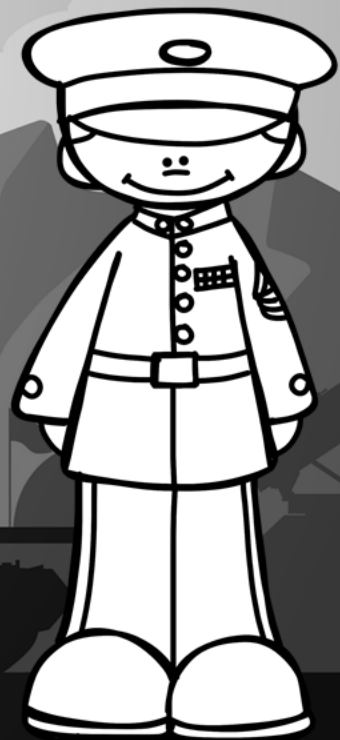
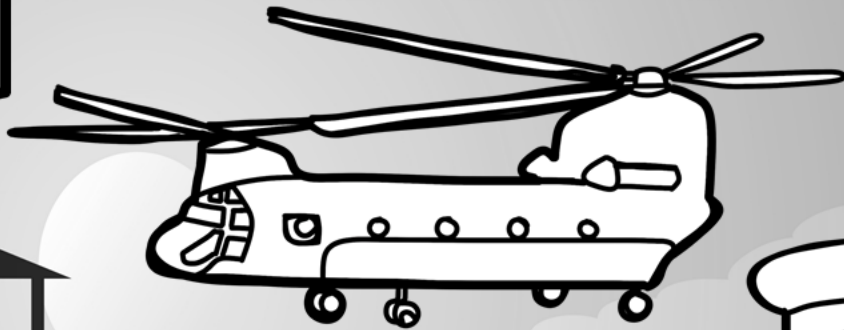
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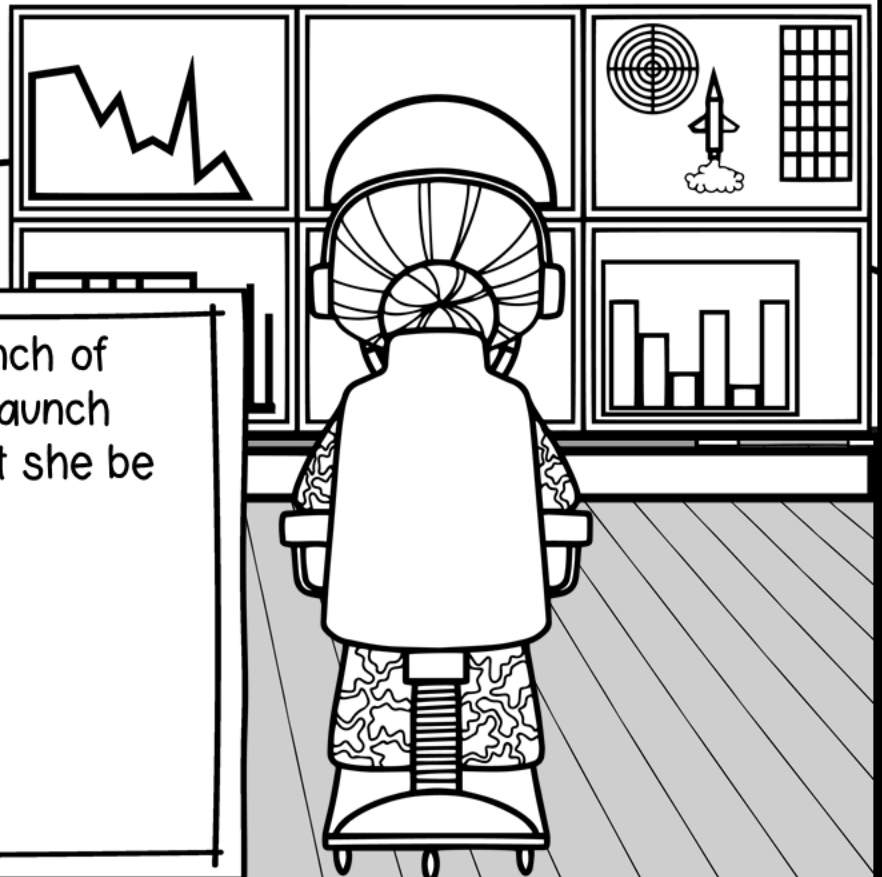
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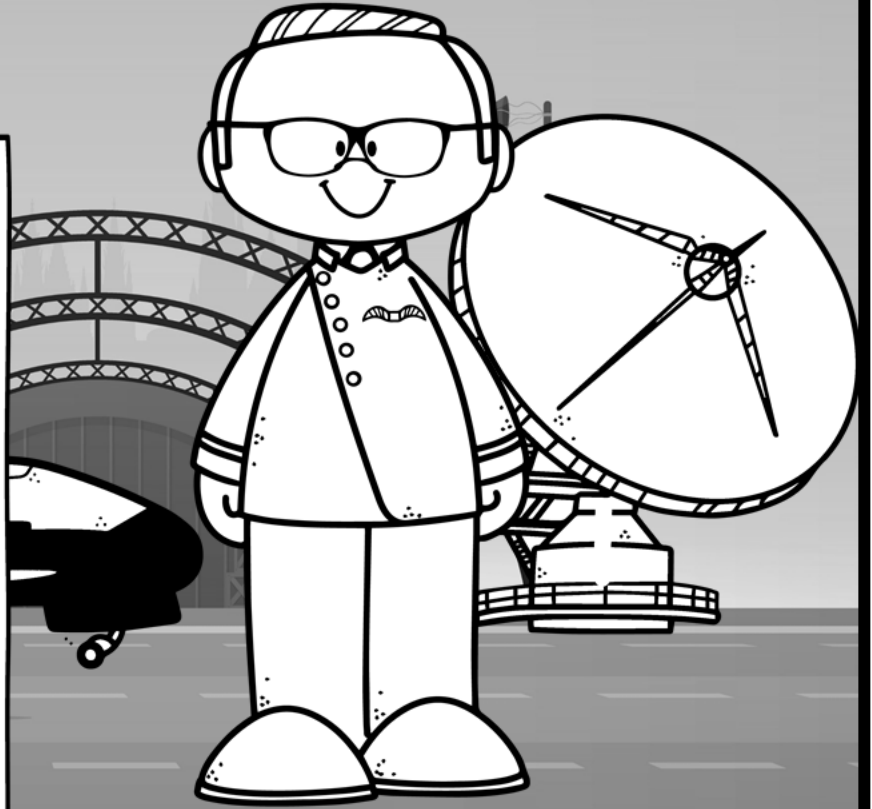


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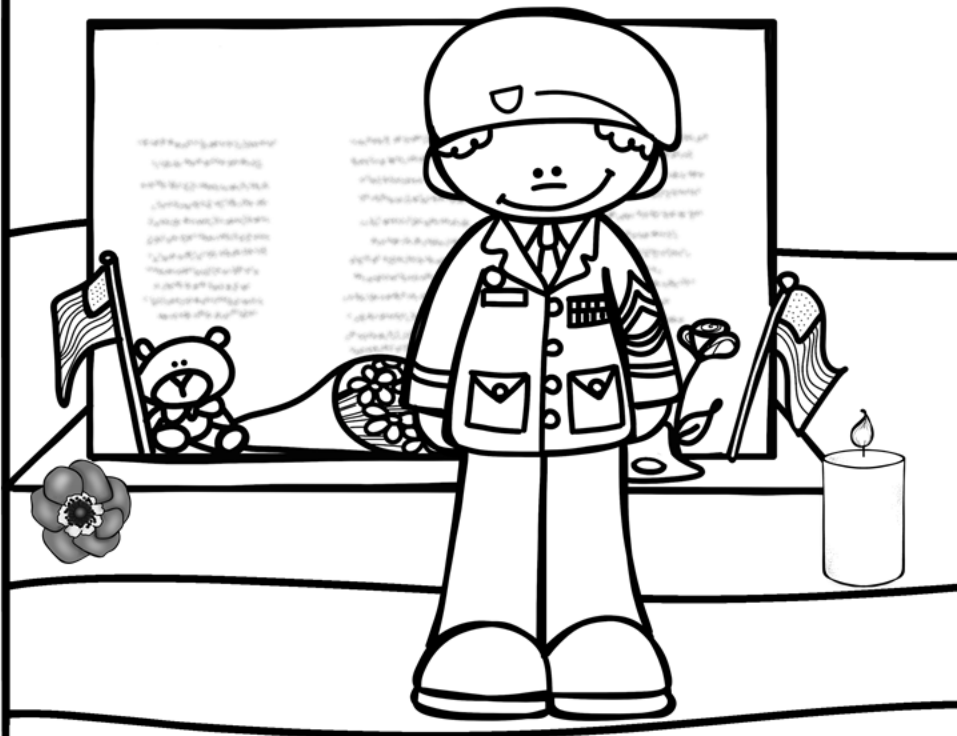
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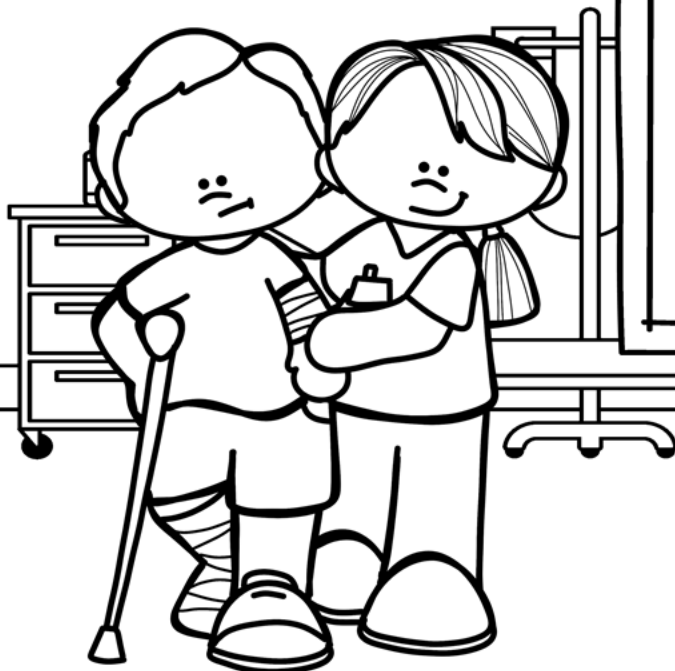


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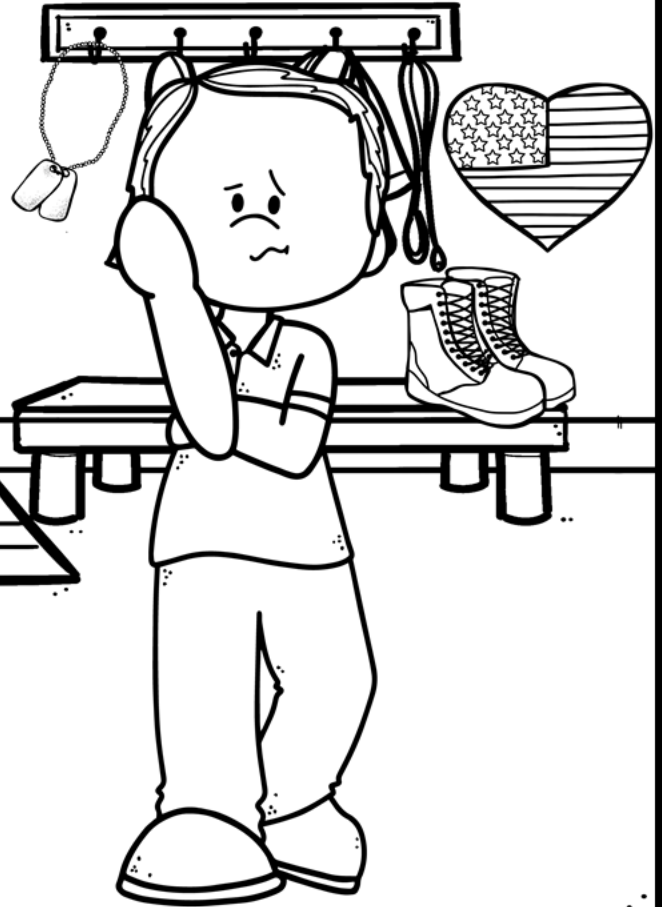
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## WALK IN MY VETERAN SHOES



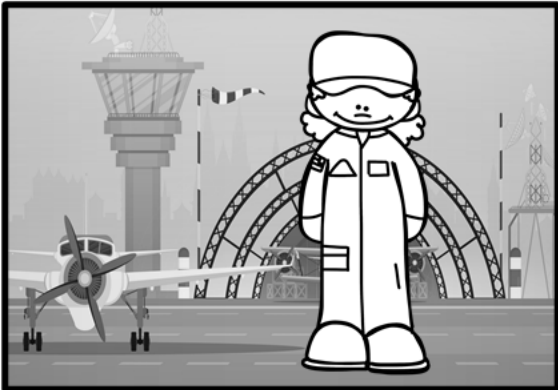
This veteran is leaving for his second deployment. His wife is about to have a baby. How might he be feeling?

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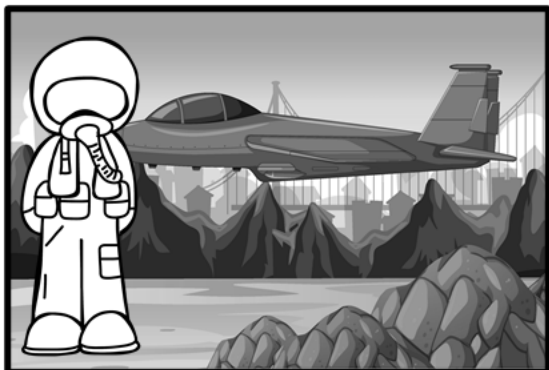
While serving in a desert terrain, this veteran had to carry a very heavy backpack while also being aware of his dangerous surroundings. How might he be feeling?



This veteran was missing home today because it's her daughter's birthday and she can't be with her. How might she be feeling? How would you feel?

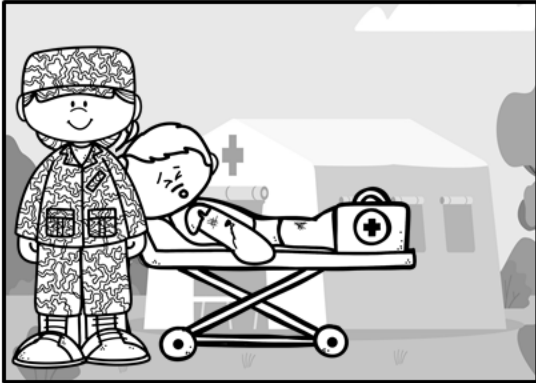


Soldiers often work long hours with little downtime, especially during deployments or in preparation for them. How might they feel during this?



This Air Force Veteran has completed his last mission before his return home. How might he be feeling?

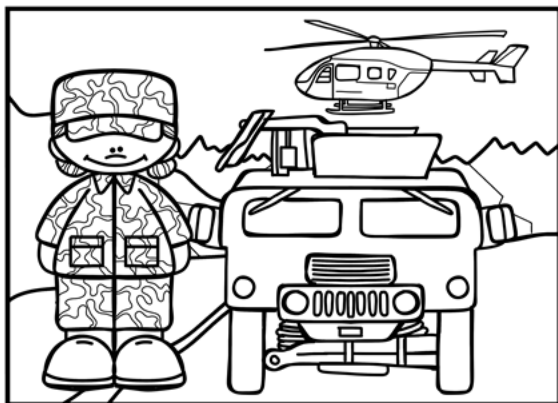
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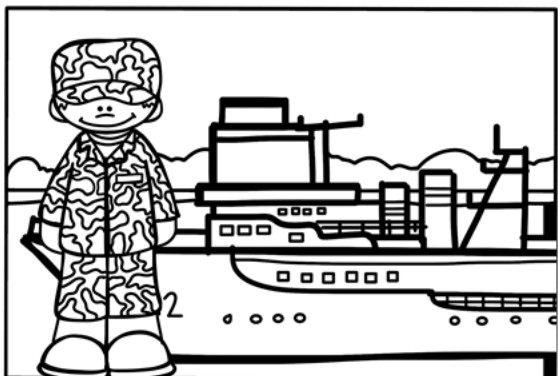
This Army nurse has been dealing with large numbers of severely injured patients at once. How might she feel?



This Coast Guard veteran flies a helicopter on air rescue missions. She recently had a rescue mission in which the person did not survive. How might she be feeling?



This veteran lost some of her friends recently during a battle. How might she be feeling?



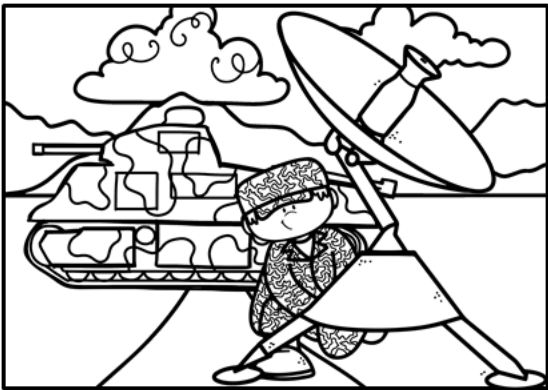
Becoming a Navy SEAL is one of the most challenging and demanding paths in the U.S. military, and this veteran was just accepted. How might he be feeling?



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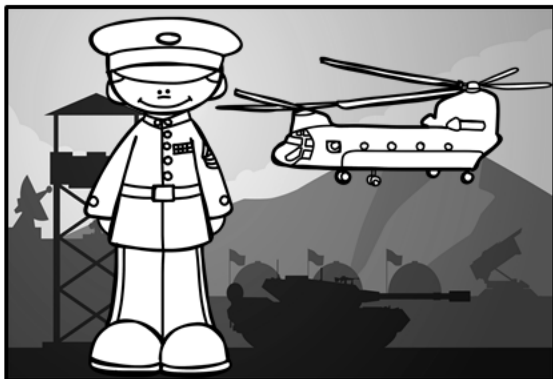
This veteran works in an area where communication is limited, and often goes for long periods without being able to call family. How might she feel?



This veteran is working to fix a radar that is broken. He has only a few minutes to fix it before a crisis happens. How might he be feeling?



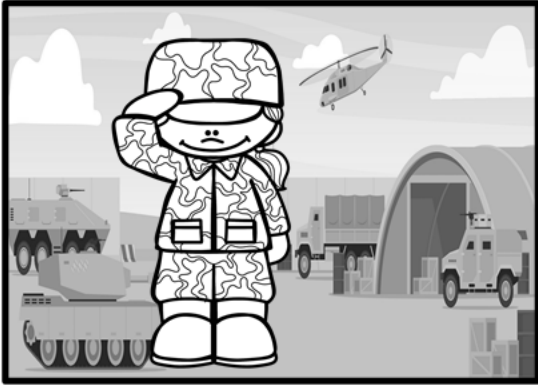
This veteran is responsible for directing aircraft movement into and out of military airfields. Many people's lives depend on her. How might she feel?



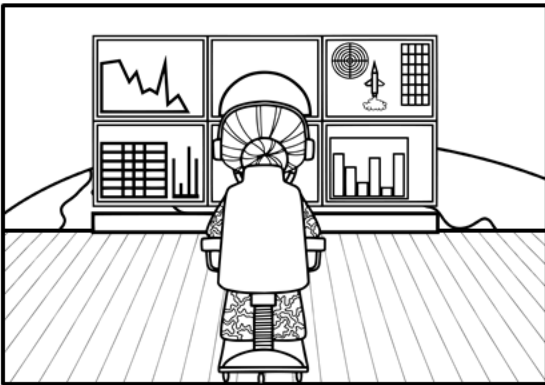
This Marine was awarded a Medal of Honor for sacrifices he made during his military service. How might he be feeling?



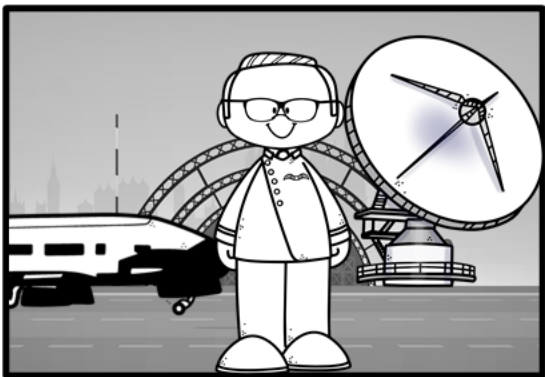
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This veteran has to do regular training exercises that can be physically demanding and exhausting. How might she feel? How would you feel?



This veteran oversees the launch of satellites into space. The last launch was not successful. How might she be feeling? How would you feel?

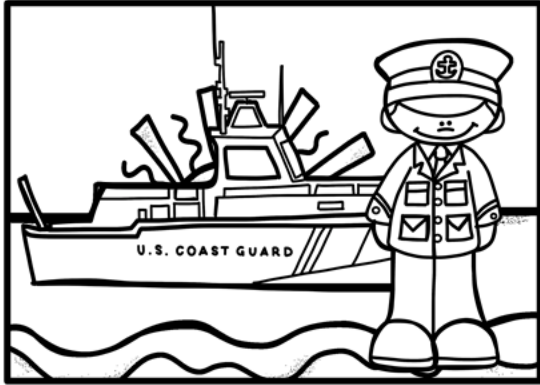


This veteran serves in the Space Force after transitioning from a different military branch. He is now with all new people and learning new things. How might he be feeling? How would you feel?

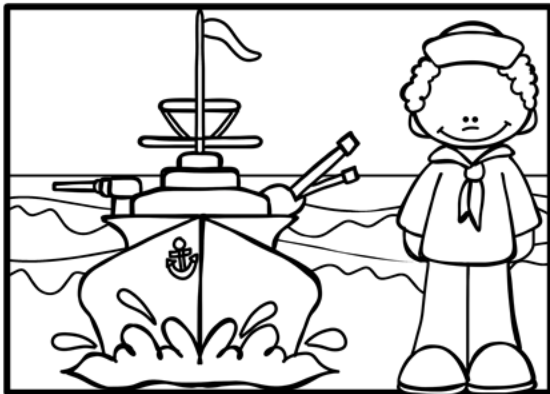


This Air Force Veteran served by flying military planes to and from war areas. Her plane often came under attack and she had to think quickly to save herself and crew. How might she be feeling during those times?

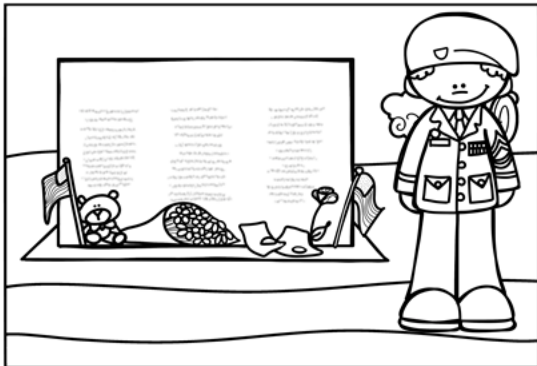
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This Coast Guard Veteran helped rescue a family stranded during a flood. They would not have survived without his help. How might he be feeling? How might the family he rescued be feeling?



This Navy Seal has worked for months on a ship where space is limited and often was in tight quarters with others. It's fleet week and his ship is docking on land. How might he be feeling? How would you feel?

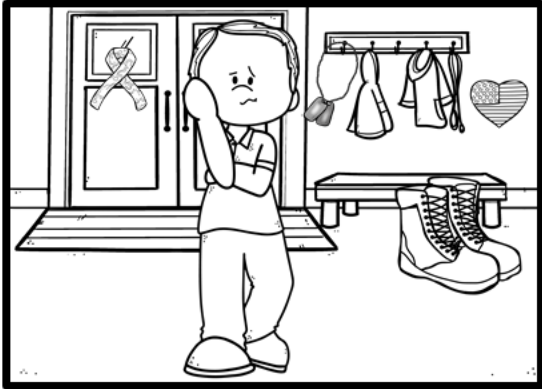


This veteran visits the memorial for his fellow soldiers who did not return from battle. How might he be feeling? What can you do to honor those who died for your country?



This veteran was wounded badly and has to do physical therapy to recover. How might he be feeling?

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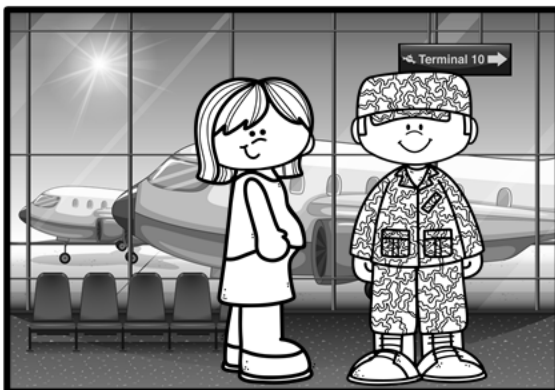
When this veteran got home he struggled to return to regular civilian life after some of the things he saw at war. How might he be feeling? How might his family be feeling?



This veteran attends a school's Veterans' Day celebration. The students all show their respect and appreciation for his service. How might he be feeling?



This veteran is welcomed home by his son after a year of being deployed overseas. How might he be feeling? How might his son be feeling?

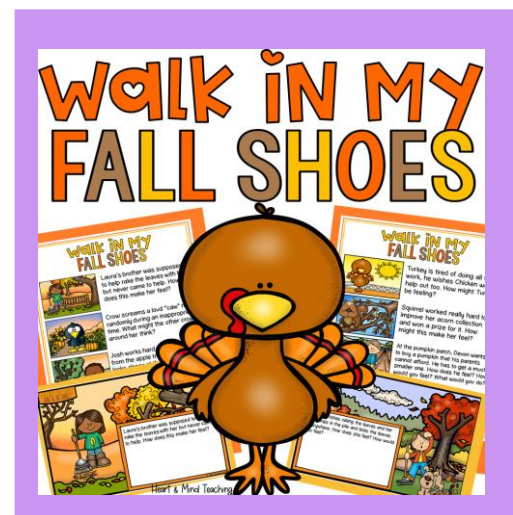
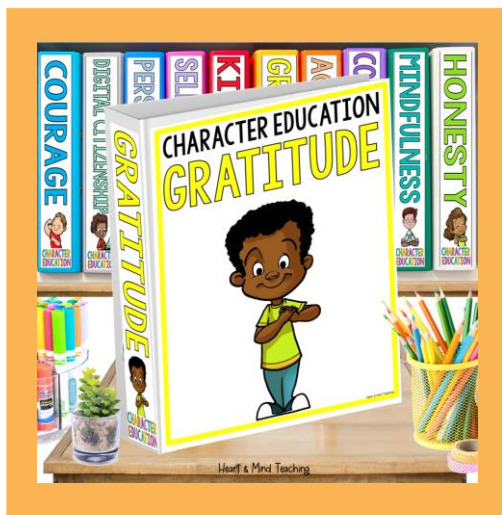
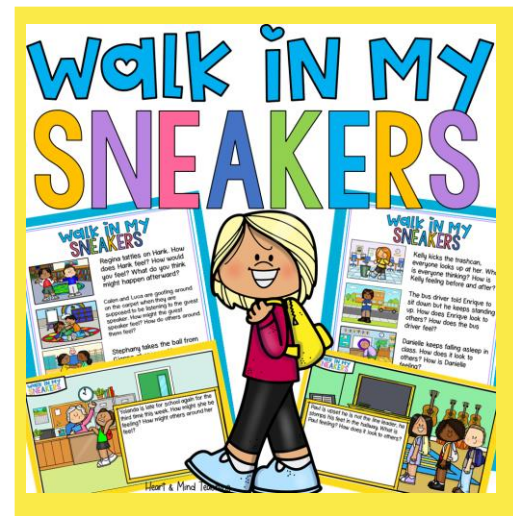
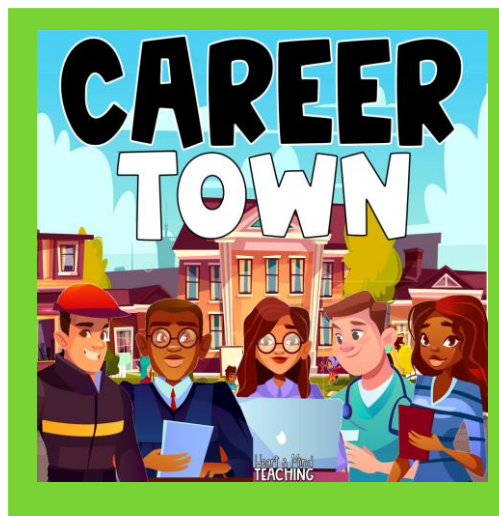
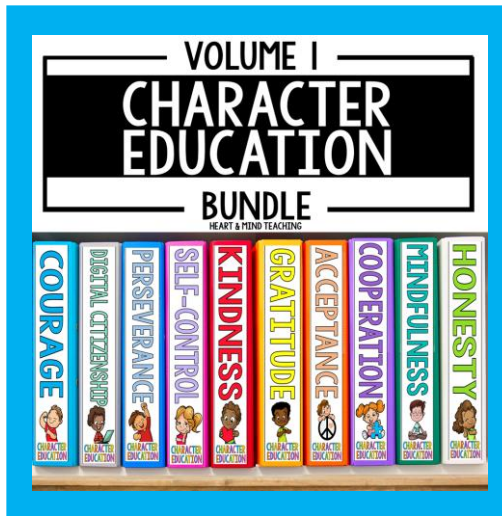


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# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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**Collab**  
— with Laura & Ashley —



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# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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