

# Walk in My Fall Shoes

Heart & Mind Teaching



# WALK IN MY FALL SHOES



## Session Objective:

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

## Materials:

- \*Walk in my sneakers handouts.

## Guiding Questions:

- \*Why is it important to think about how someone else might think or feel?
- \*How can using empathy make you a better friend?
- \*How can taking a friend's perspective help you to maintain that friendship?

## 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 Sneakers activity: Using the Walk in my sneakers 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:

- \*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- \*Behavior: Social Skills: Create positive and supportive relationships with other students. (B-SS 2)
- \*Behavior: Social Skills: Demonstrate empathy. (B-SS 4)

## SEL Competencies:

- \*Self-awareness: identifying emotions.
- \*Relationship skills: relationship building, communication, social engagement.
- \*Social-awareness: Respect for others, appreciating diversity, perspective-taking, empathy.

# 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

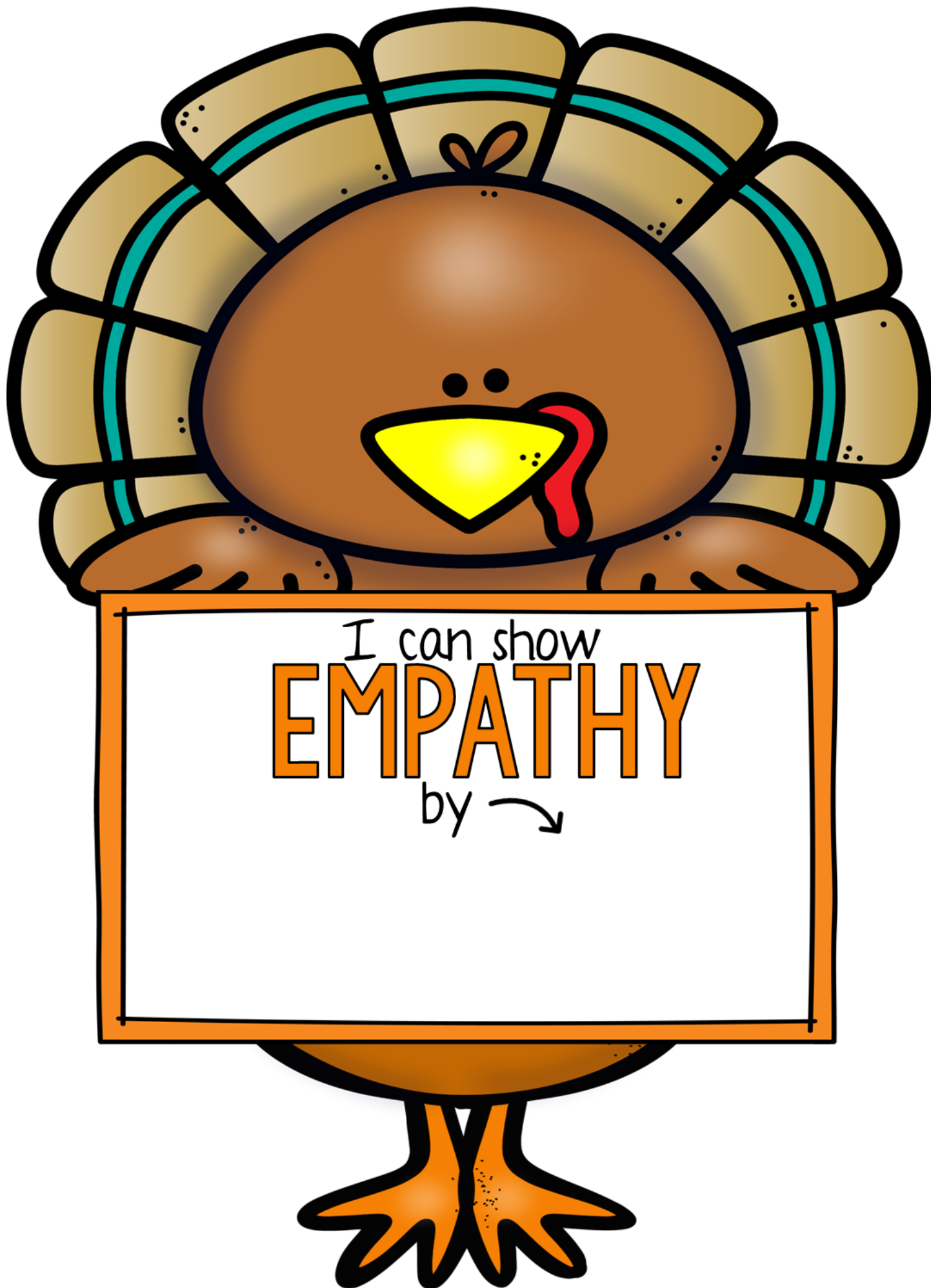
Think about how the person must be feeling and state that, for example "It sounds like that really hurt your feelings and made you sad."

## DON'T JUDGE

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

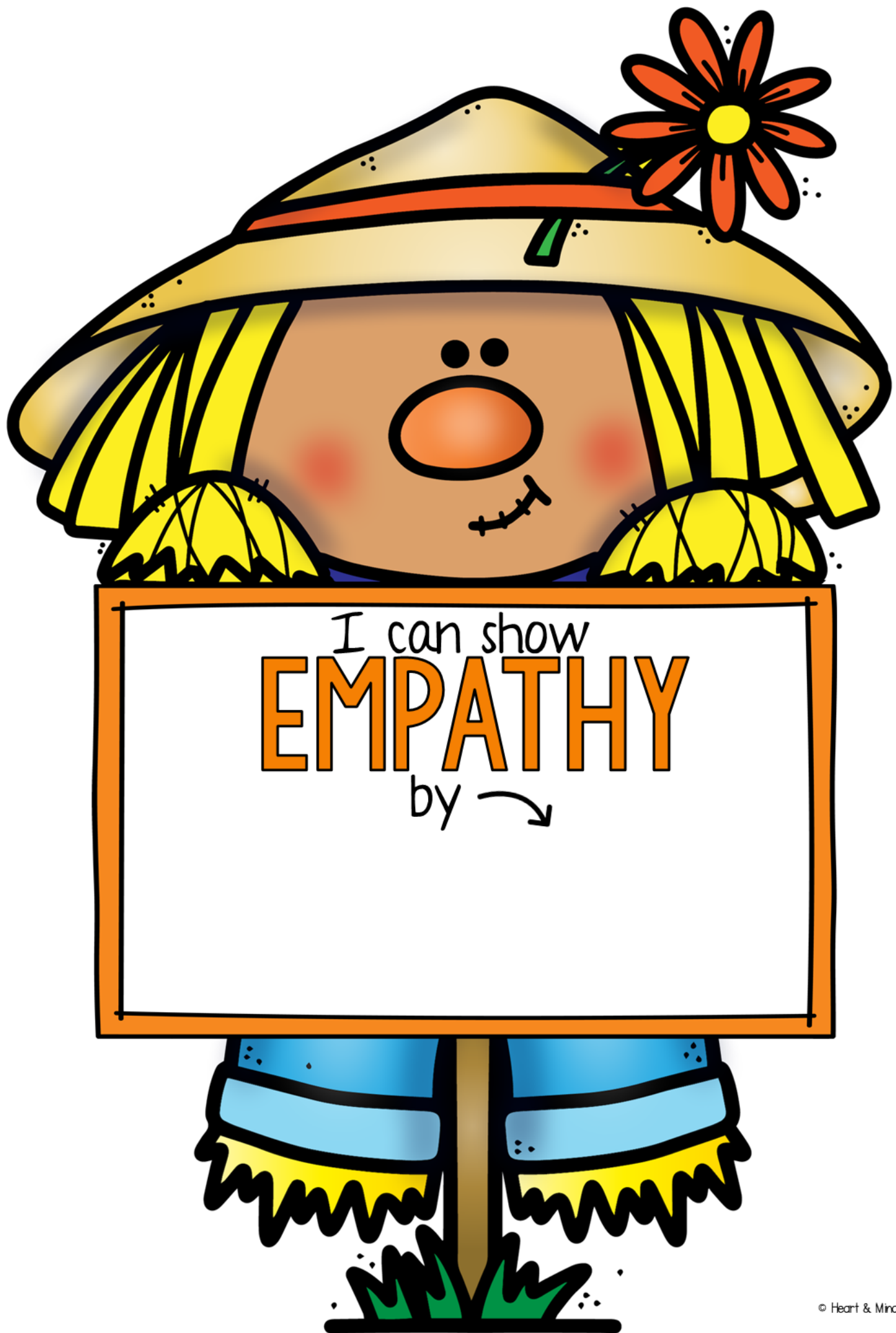
## SHOW YOU CARE

Ask questions and show interest in what they are talking about. Do not interrupt or show signs of disinterest.











# WALK IN MY FALL SHOES

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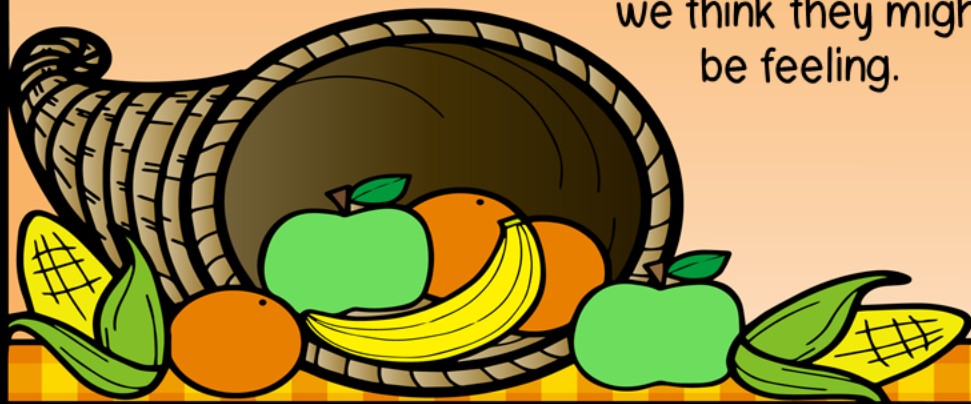
## WALK IN MY FALL SHOES

## PRACTICE EMPATHY

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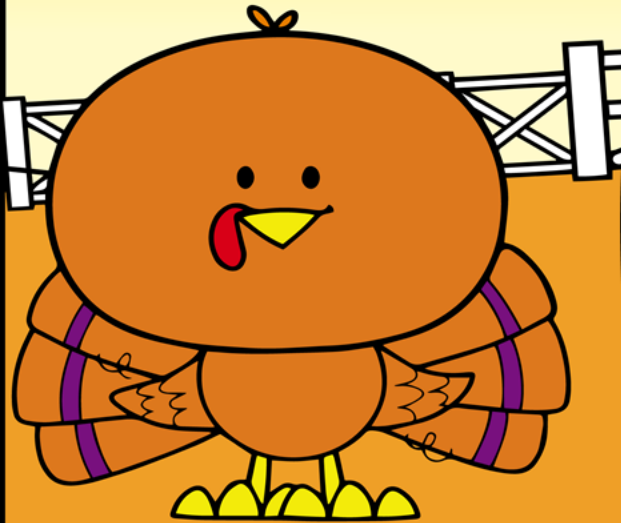
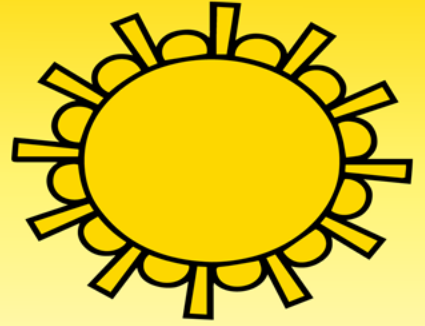
It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus.

Let's look at ways to show empathy and then go through some examples of different situations that some fall characters have dealt with and respond with how we think they might be feeling.



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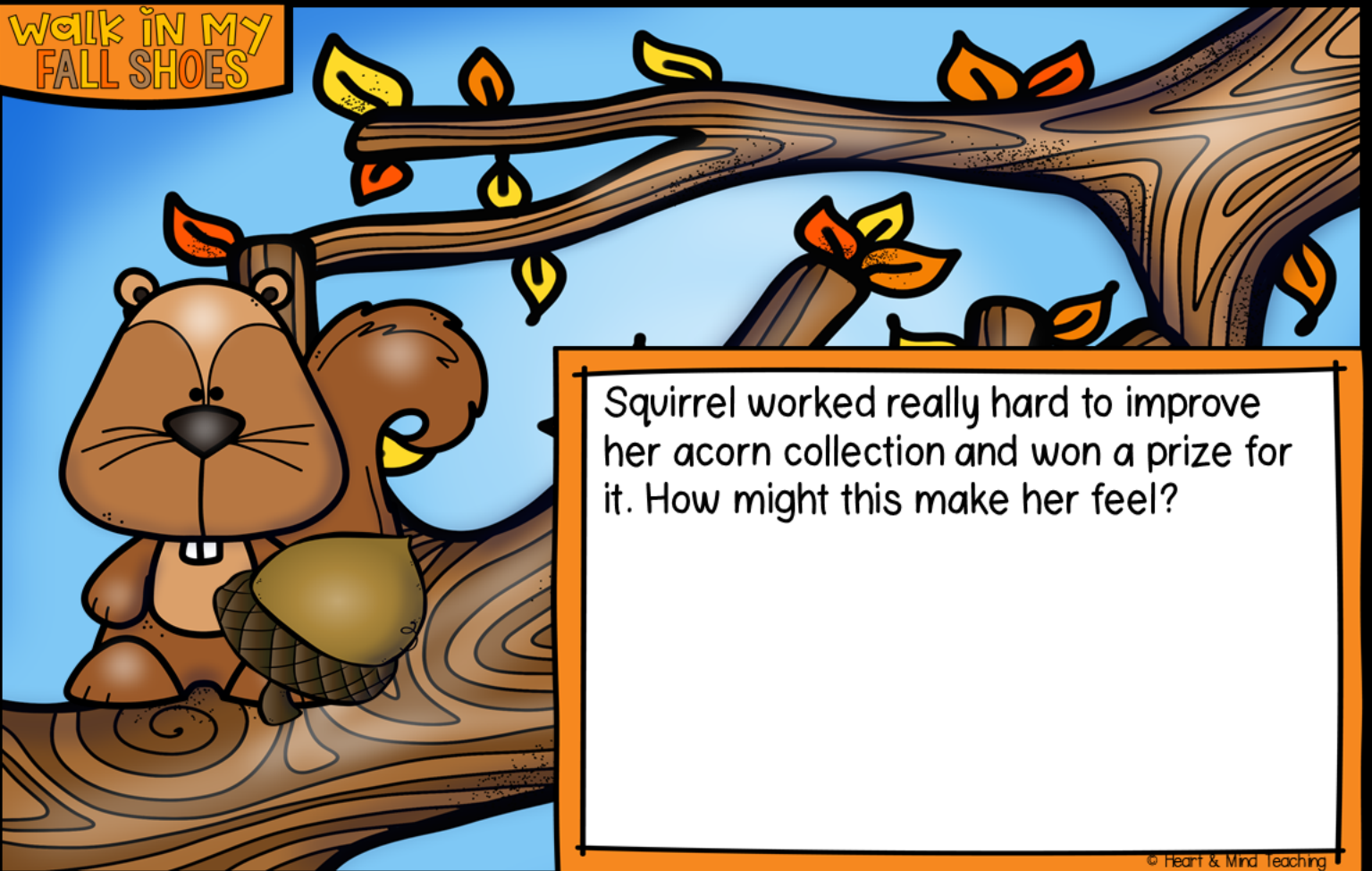
Walk in My  
FALL SHOES



Turkey is tired of doing all the work, he wishes Chicken would help out too. How might Turkey be feeling?

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Squirrel worked really hard to improve her acorn collection and won a prize for it. How might this make her feel?

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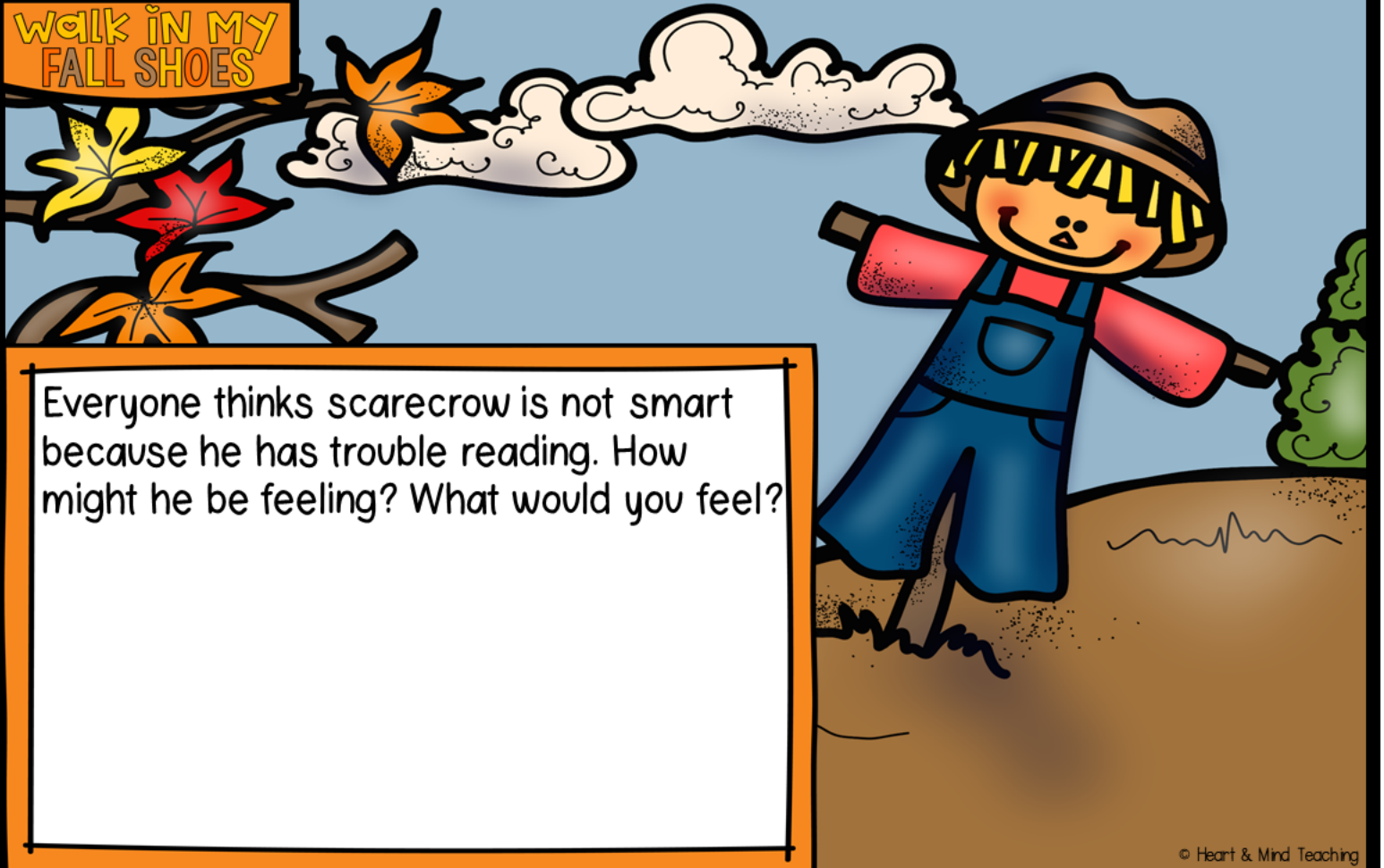
## Walk in My FALL SHOES



At the pumpkin patch, Devon wants to buy a pumpkin that his parents cannot afford. He has to get a much smaller one. How does he feel? How would you feel? What would you do?

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## Walk in My FALL SHOES



Everyone thinks scarecrow is not smart because he has trouble reading. How might he be feeling? What would you feel?

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## Walk in My FALL SHOES



Laura's brother was supposed to help rake the leaves with her but never came to help. How does this make her feel?

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## Walk in My FALL SHOES



Crow screams a loud "caw" noise randomly during an inappropriate time. What might the other crows around her think?

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## Walk in My FALL SHOES



Josh works hard to pick the apples from the apple tree. When he looks closer at them he realizes they are all rotten. How does he feel? How would you feel?

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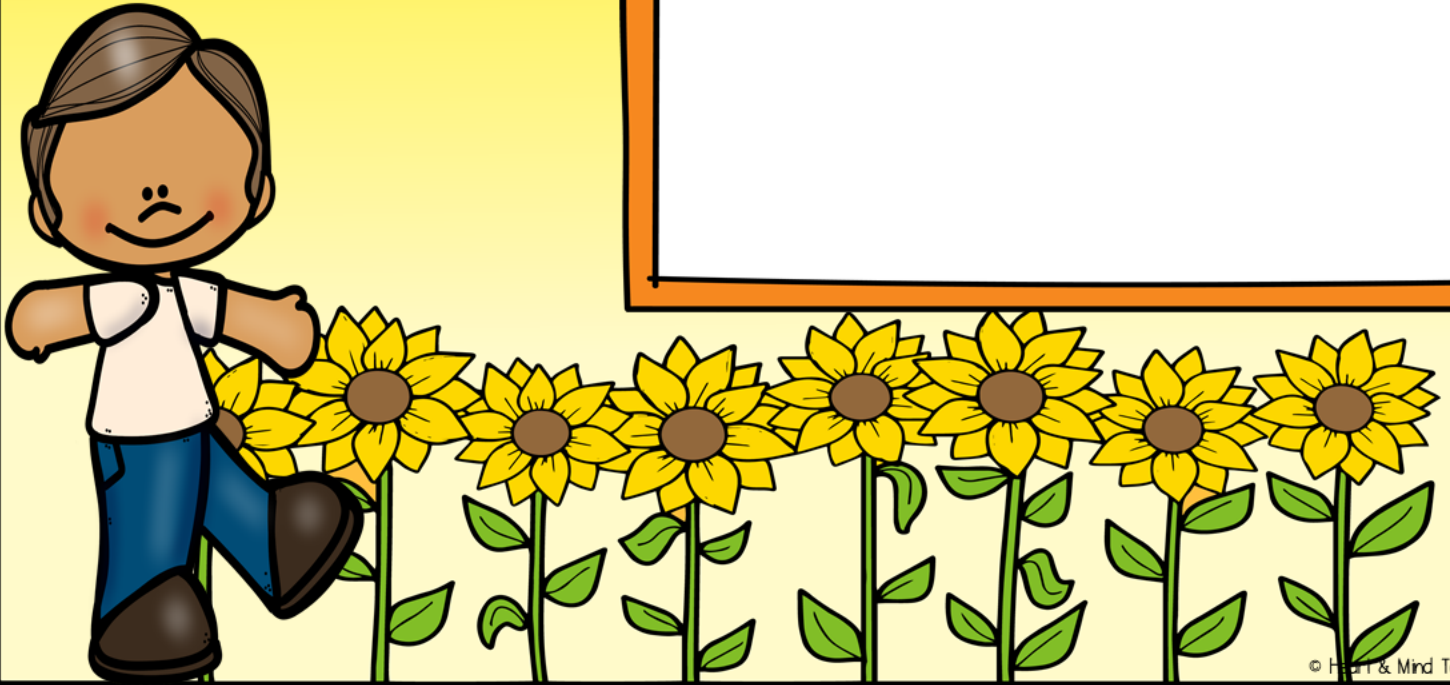


Grandma worked all day to make a pie for thanksgiving dinner and someone said they did not like it. How might she be feeling? What would you feel?

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## Walk in My FALL SHOES

Jose's mom really wants fall family photos taken at the sunflower field. Jose does not want to do it. How might he feel? How might his mom feel?



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Judah's family is arguing at the dinner table. How might he be feeling? What would you feel? What could you do?



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At the pumpkin patch, Cameron trips and falls with a pumpkin in his hands. It breaks open and everyone stares at him. How does he feel? How would you feel? What would you do?



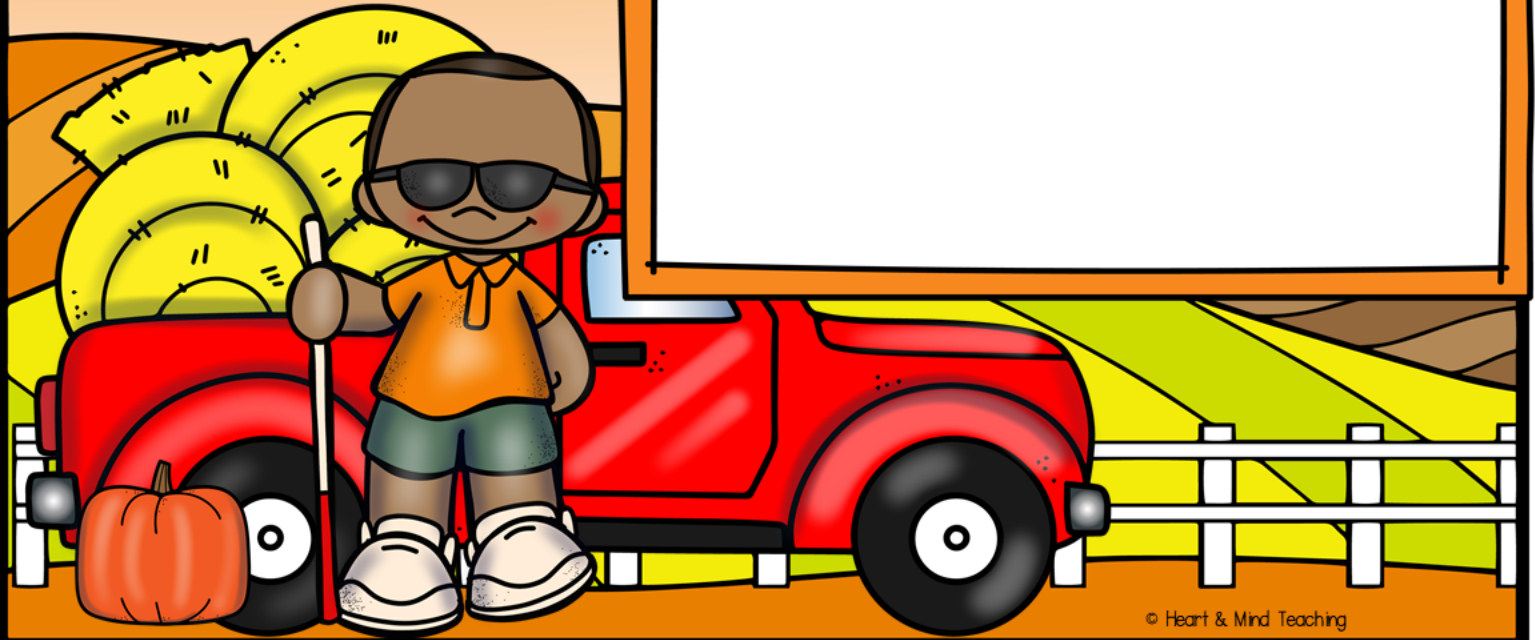
## Walk in My FALL SHOES

Justin promised his mom to rake up all the leaves before dinner but he did not do it. How might his mom feel? How might Justin feel?



## Walk in My FALL SHOES

Caleb is blind and uses a white cane to walk, another kid makes fun of him for it. How does this make Caleb feel?



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Gina drops all her apples on the ground at the orchard. Her sister helps her pick them up. How does Gina feel? How might her sister be feeling?



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Mom is working hard on the Thanksgiving dinner and forgets to set a timer. The entire dinner burns. How might she be feeling? What would you feel?



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Jameson forgets his sweater at home and it is very cold at recess. How might he be feeling? What would you feel?

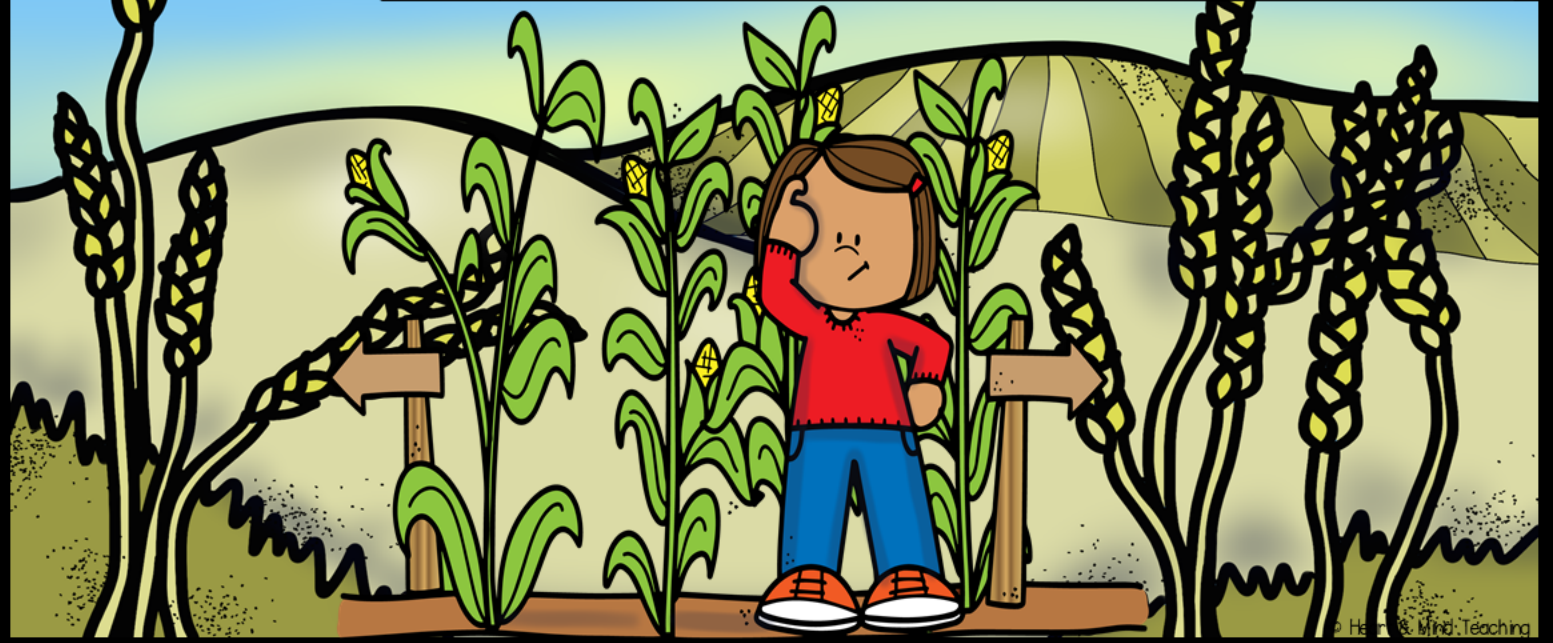


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## WALK IN MY FALL SHOES

Jana gets lost in the corn field maze, how does this make her feel?



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Squirrel collects acorns all day long, as he is headed home he drops a bunch of them and another squirrel takes them. How might he be feeling?



© Heart & Mind Teaching



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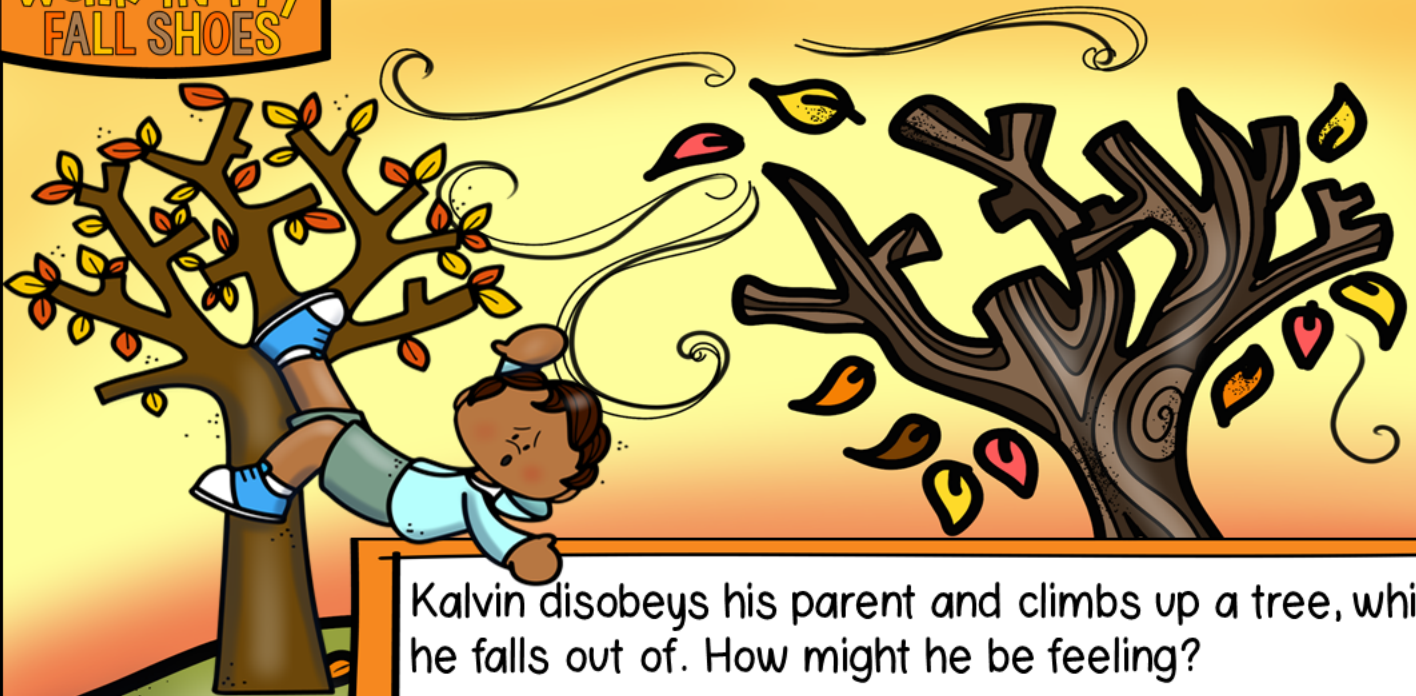
Jessica finishes raking the leaves and her dog jumps in the pile and kicks the leaves everywhere. How does she feel? How would you feel?



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Kalvin disobeys his parent and climbs up a tree, which he falls out of. How might he be feeling?



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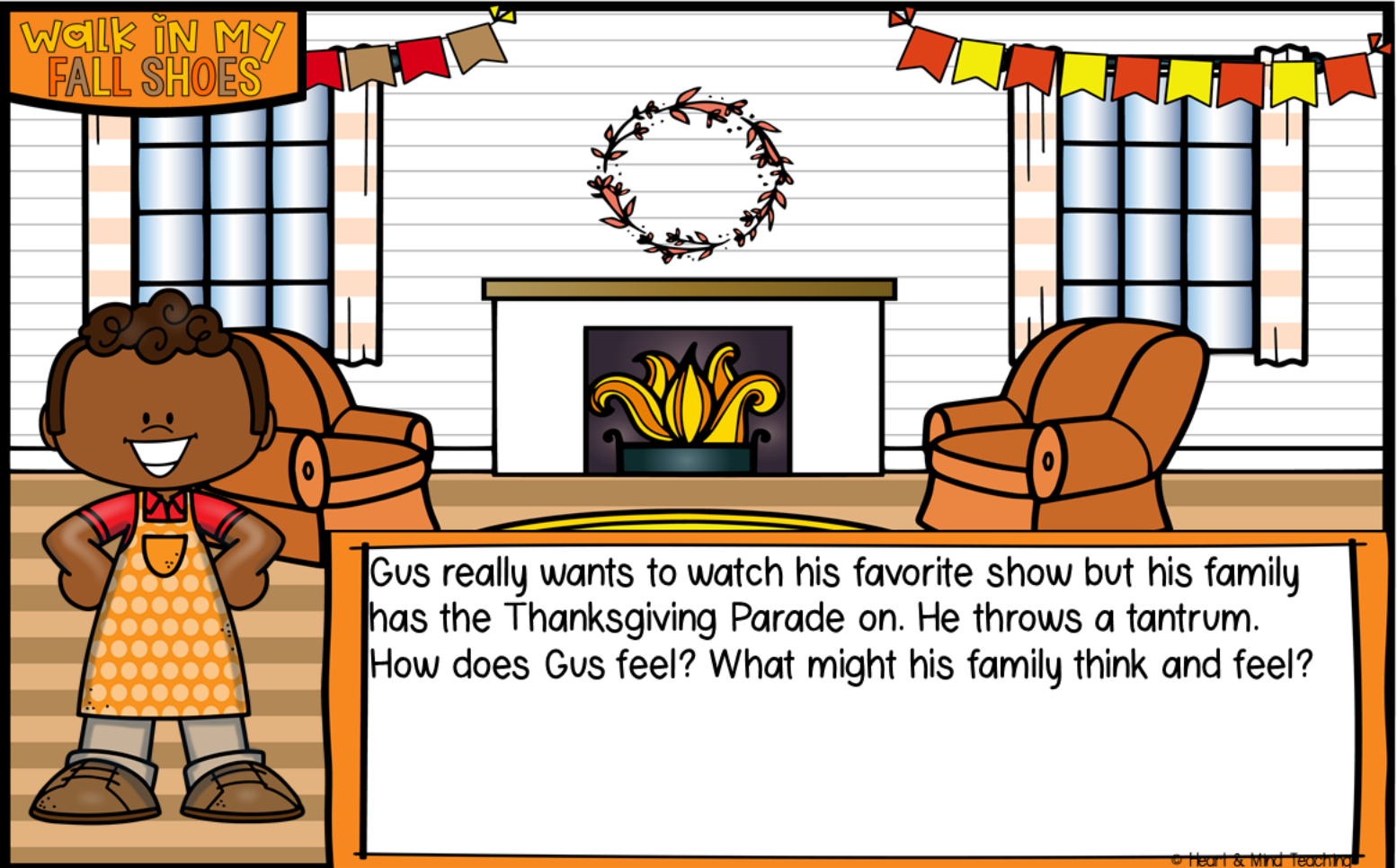
Angela forgot an ingredient she needs for a recipe, how does this make her feel?



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Gus really wants to watch his favorite show but his family has the Thanksgiving Parade on. He throws a tantrum. How does Gus feel? What might his family think and feel?



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## Walk in My FALL SHOES



Stephanie bags all the fall leaves as part of her chores. The next day, more leaves have fallen to the ground. How might she feel?

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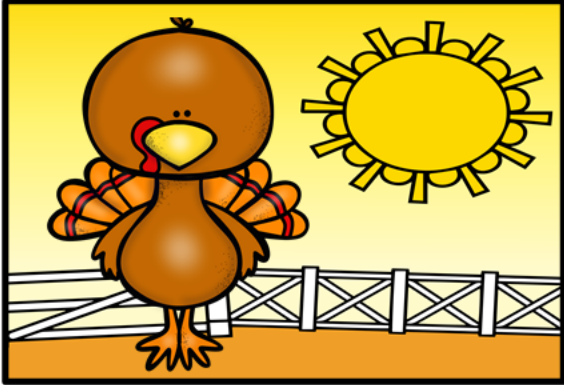


Tomas' favorite team just lost the big game. How might he be feeling? What would you feel?

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Squirrel worked really hard to improve her acorn collection and won a prize for it. How might this make her feel?



At the pumpkin patch, Devon wants to buy a pumpkin that his parents cannot afford. He has to get a much smaller one. How does he feel? How would you feel? What would you do?



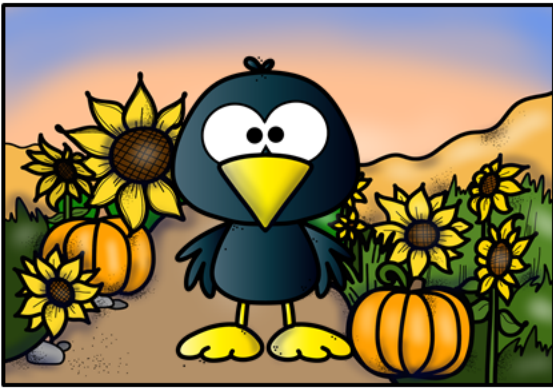
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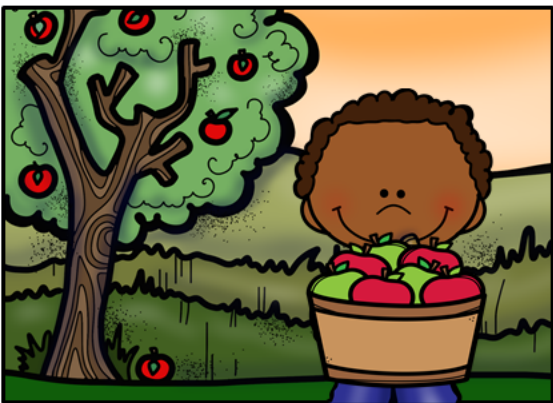
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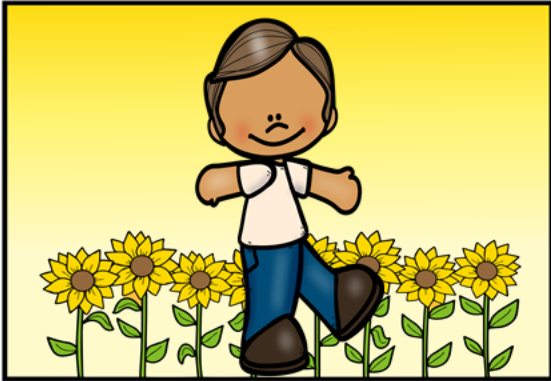


Josh works hard to pick the apples from the apple tree. When he looks closer at them he realizes they are all rotten. How does he feel? How would you feel?



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Jose's mom really wants fall family photos taken at the sunflower field. Jose does not want to do it. How might he feel? How might his mom feel?



Judah's family is arguing at the dinner table. How might he be feeling? What would you feel? What could you do?



At the pumpkin patch, Cameron trips and falls with a pumpkin in his hands. It breaks open and everyone stares at him. How does he feel? How would you feel? What would you do?



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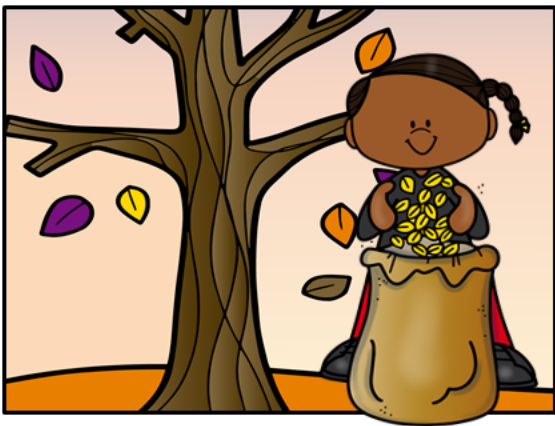
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## Materials:

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## Guiding Questions:

- \*Why is it important to understand how someone else might be feeling?
- \*What are some ways to know how someone might be feeling?

## 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. The workbook style works better with younger students, and the handout style works better with older students.
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# ways to show **EMPATHY**



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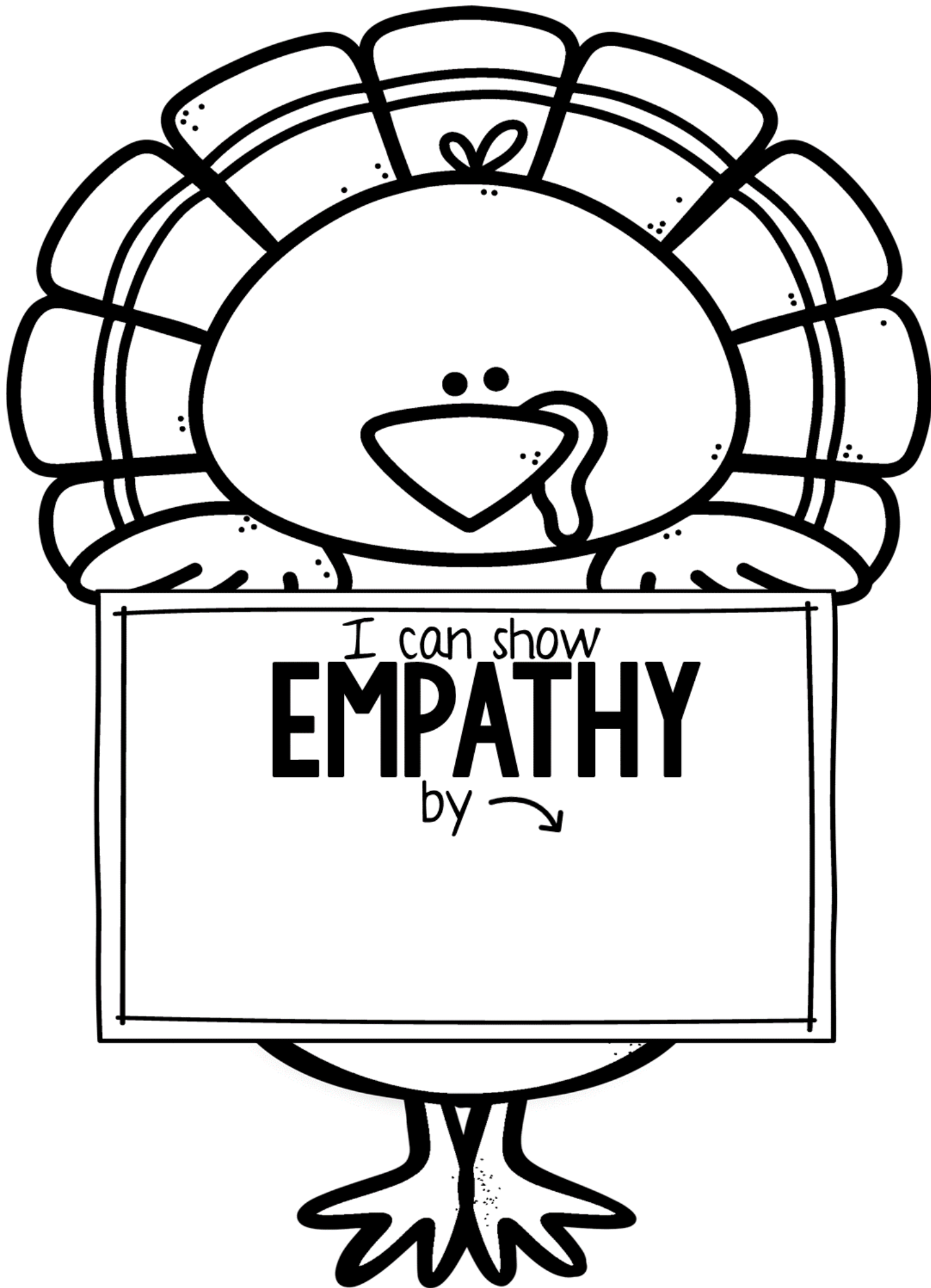
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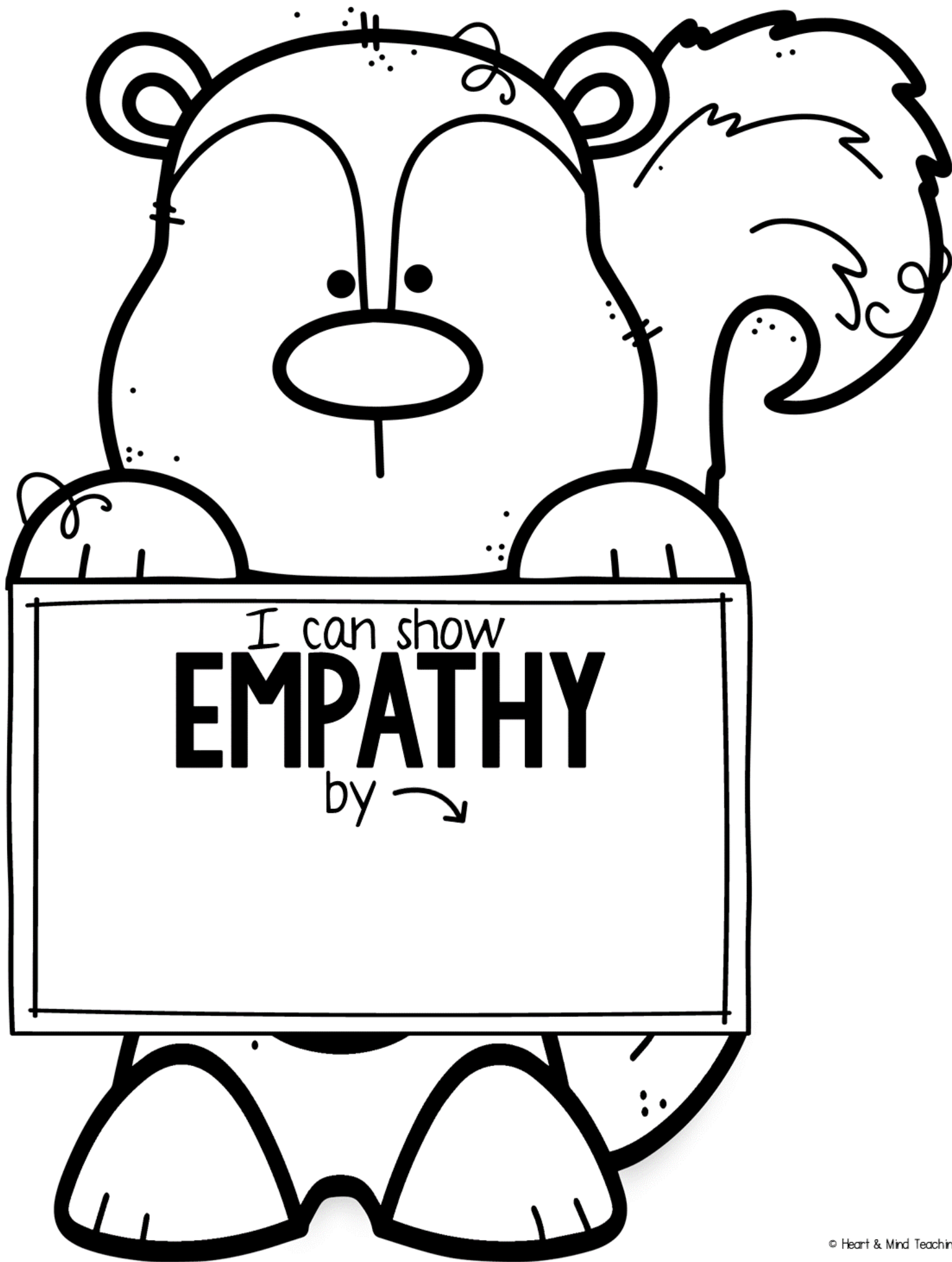
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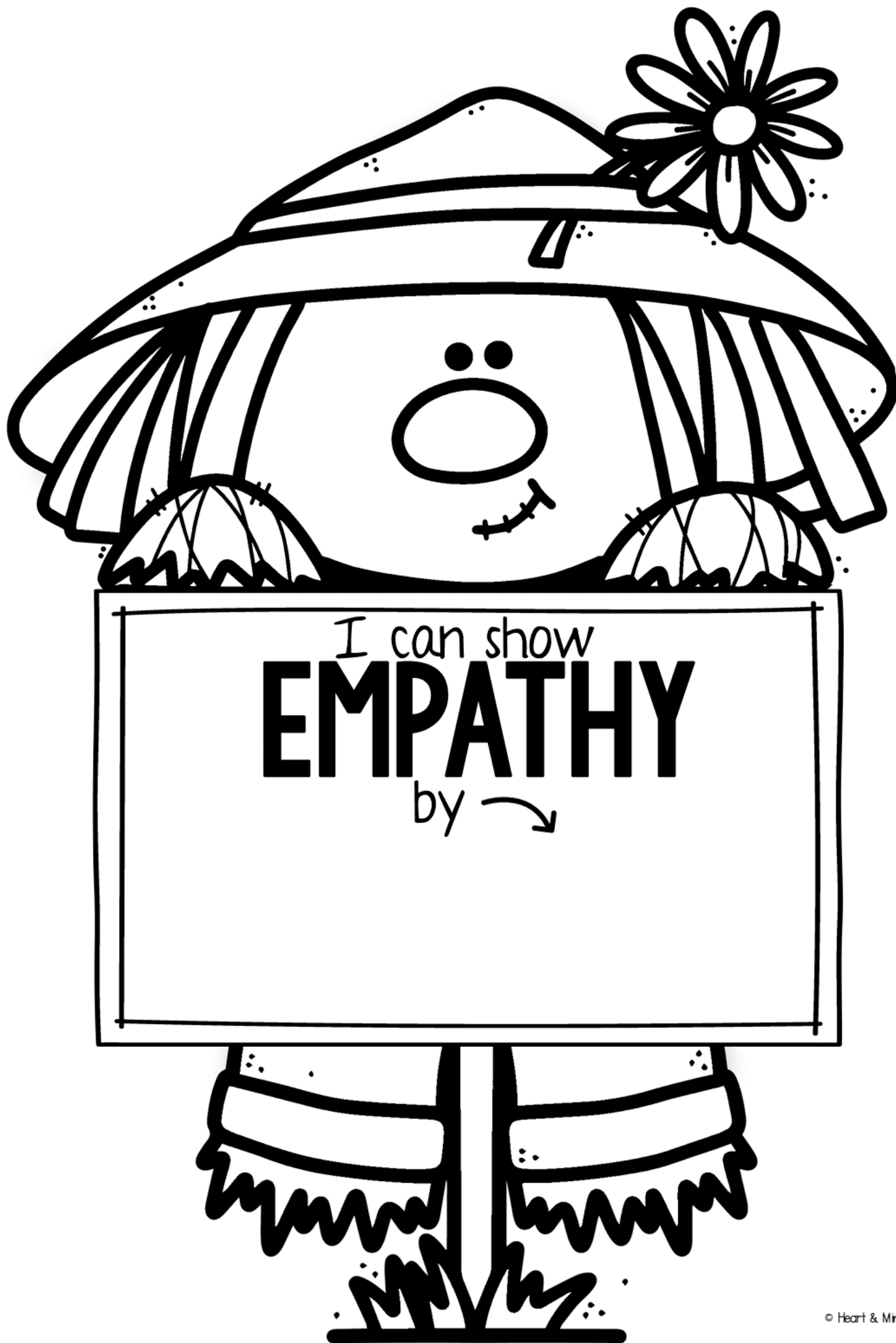
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I can show  
**EMPATHY**  
by →









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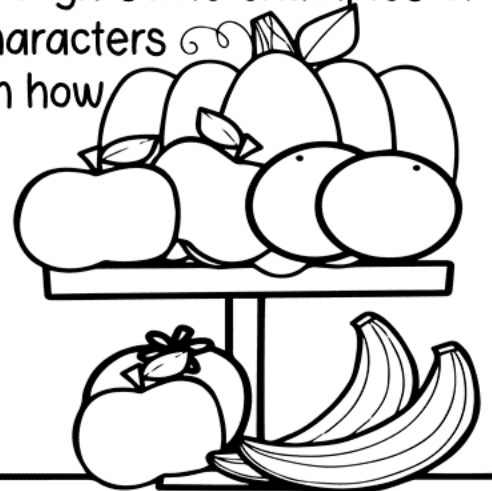
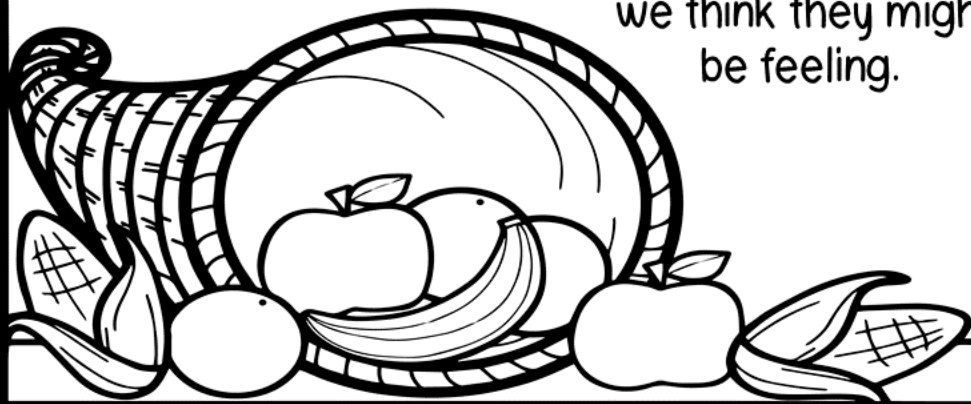
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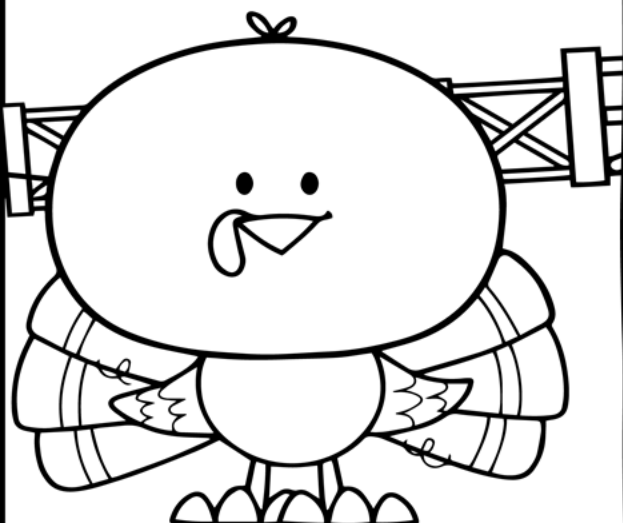
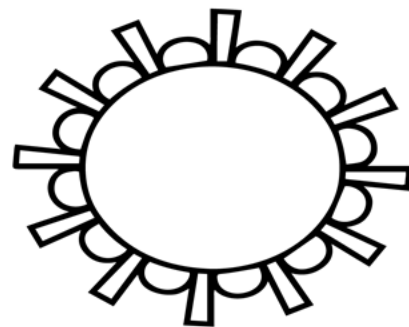
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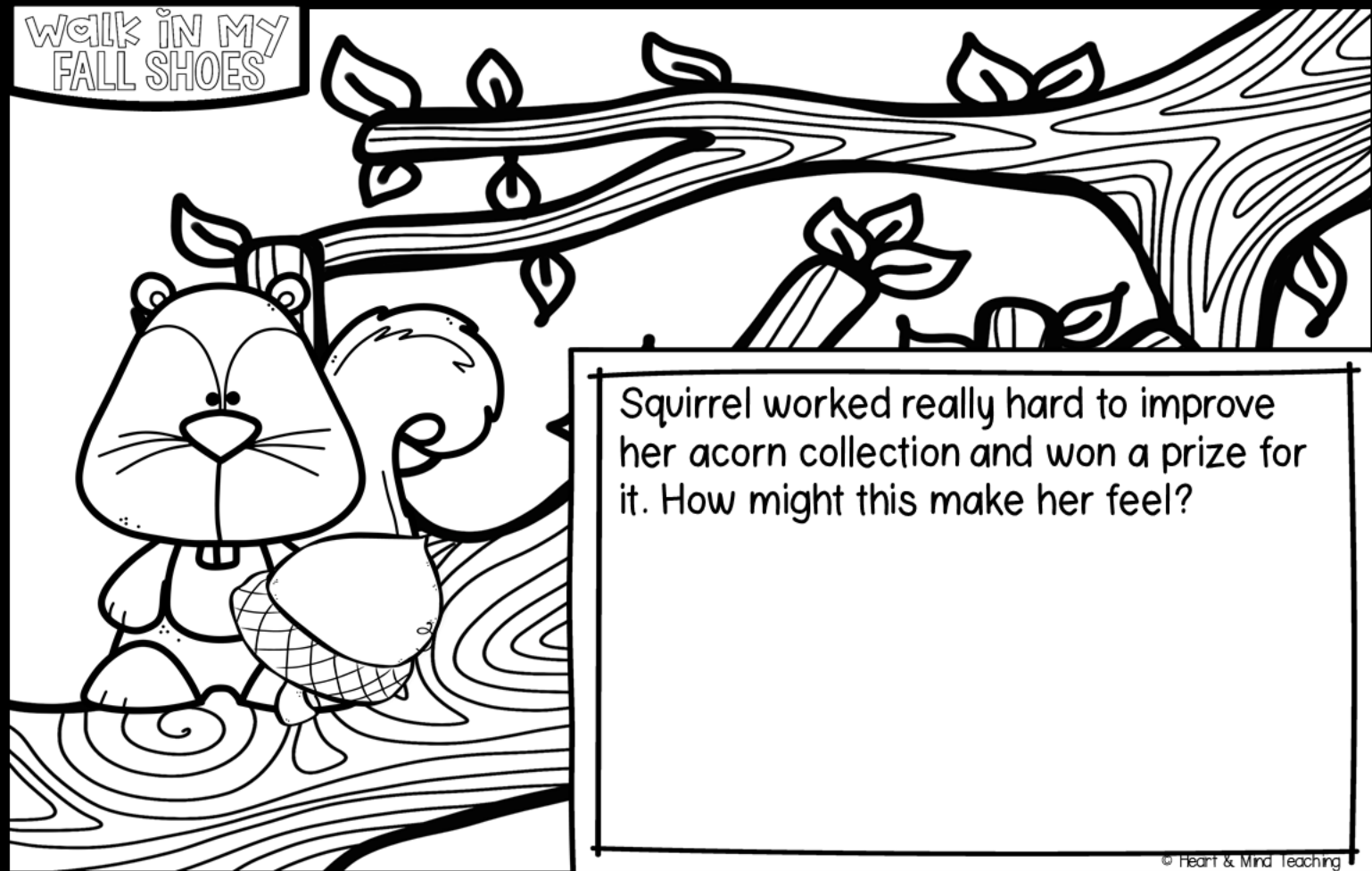
WALK IN MY  
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Turkey is tired of doing all the work, he wishes Chicken would help out too. How might Turkey be feeling?

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Squirrel worked really hard to improve her acorn collection and won a prize for it. How might this make her feel?

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## WALK IN MY FALL SHOES

At the pumpkin patch, Devon wants to buy a pumpkin that his parents cannot afford. He has to get a much smaller one. How does he feel? How would you feel? What would you do?



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Everyone thinks scarecrow is not smart because he has trouble reading. How might he be feeling? What would you feel?



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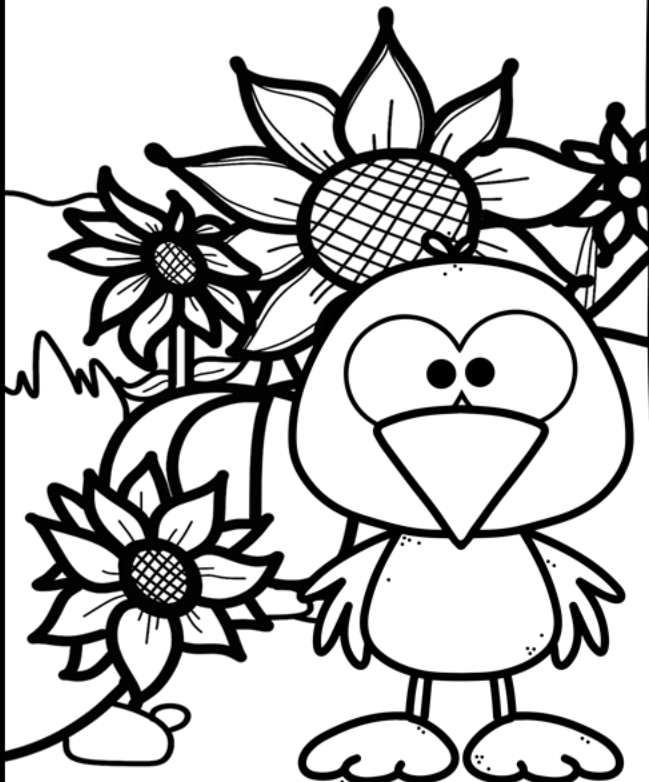
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Laura's brother was supposed to help rake the leaves with her but never came to help. How does this make her feel?

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© Heart & Mind Teaching

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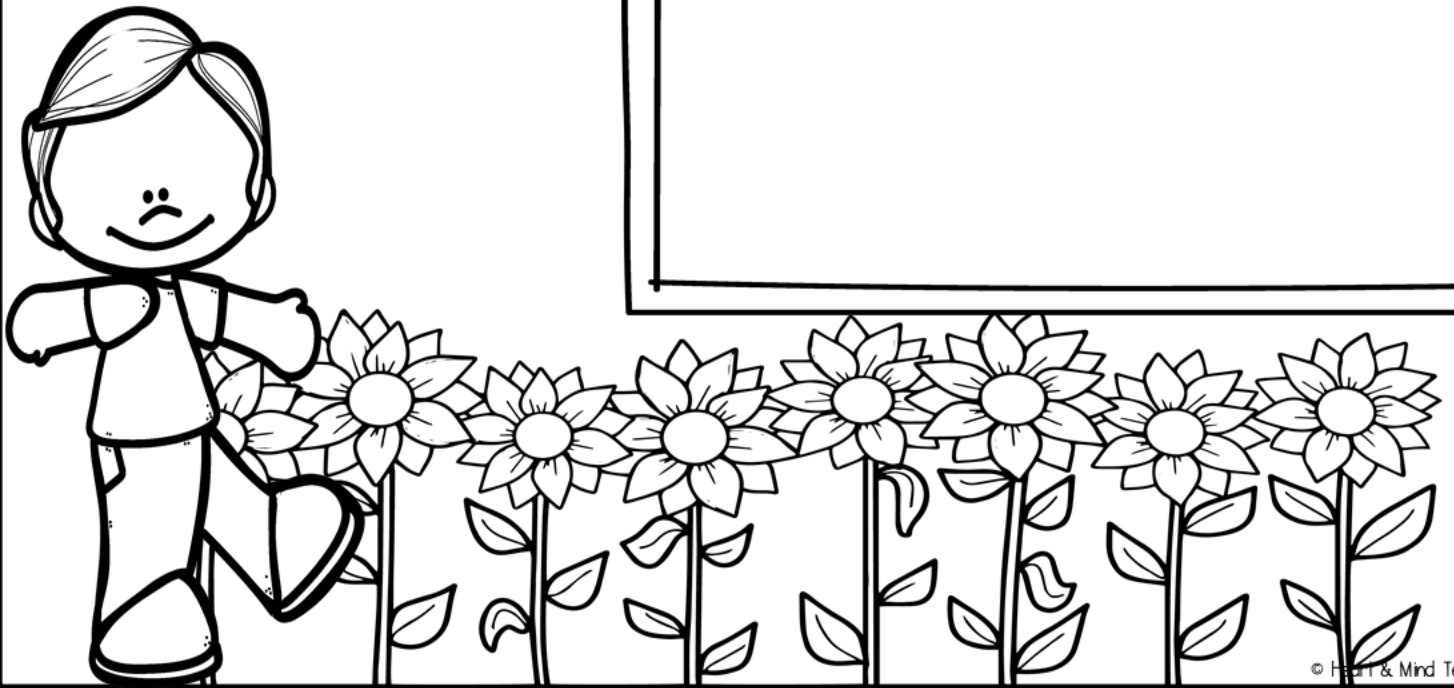
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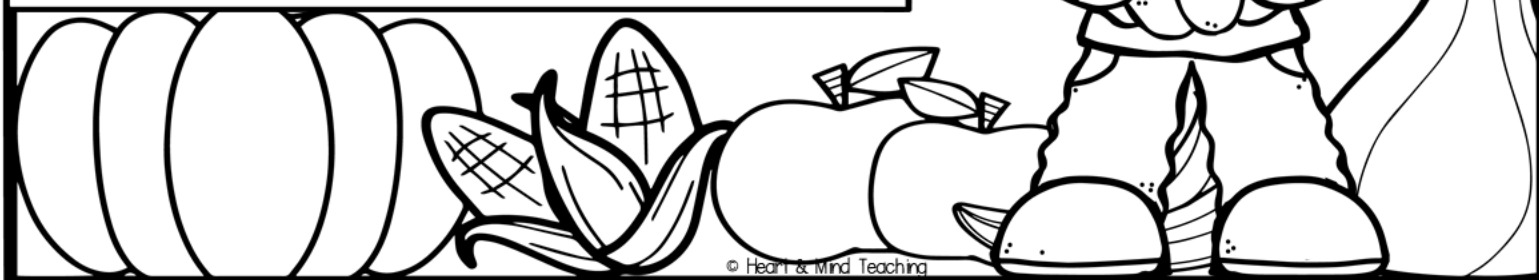
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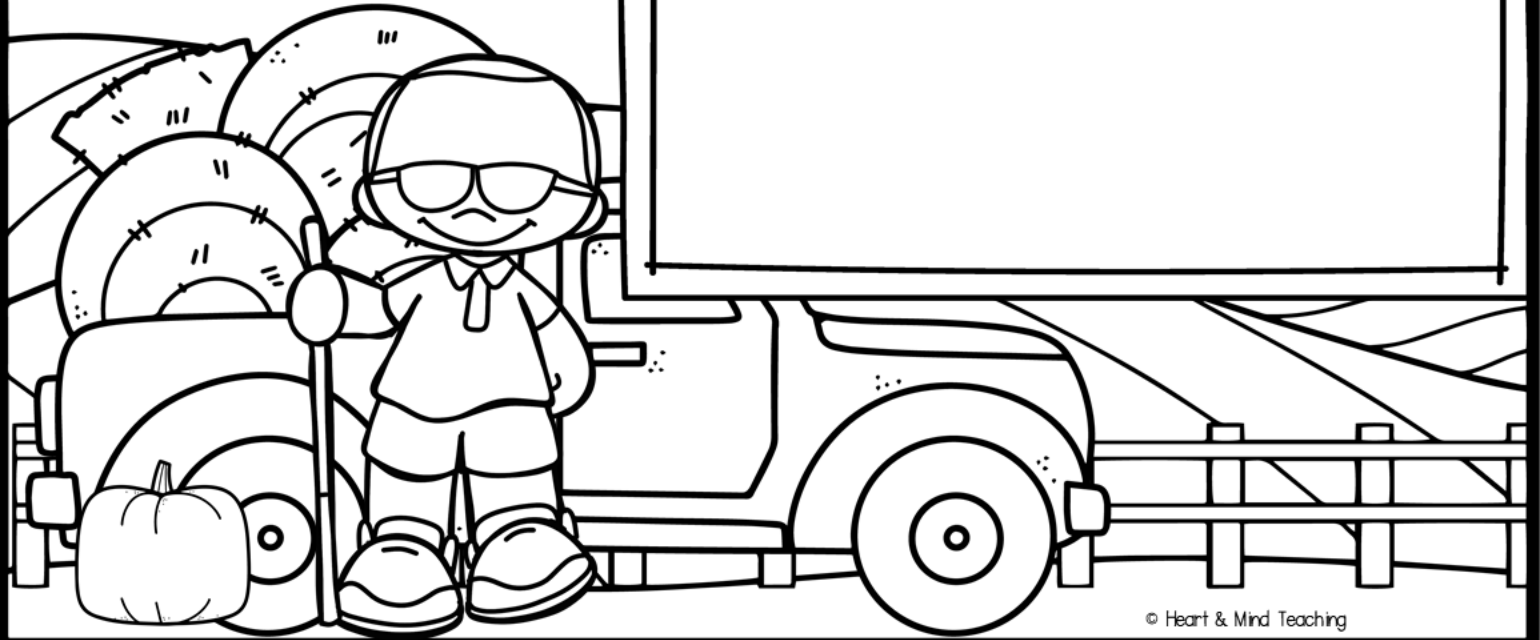
Justin promised his mom to rake up all the leaves before dinner but he did not do it. How might his mom feel? How might Justin feel?



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Caleb is blind and uses a white cane to walk, another kid makes fun of him for it. How does this make Caleb feel?



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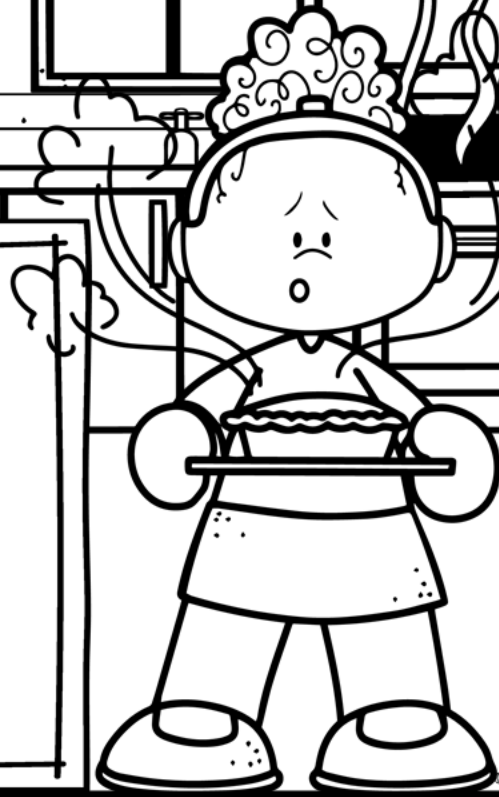
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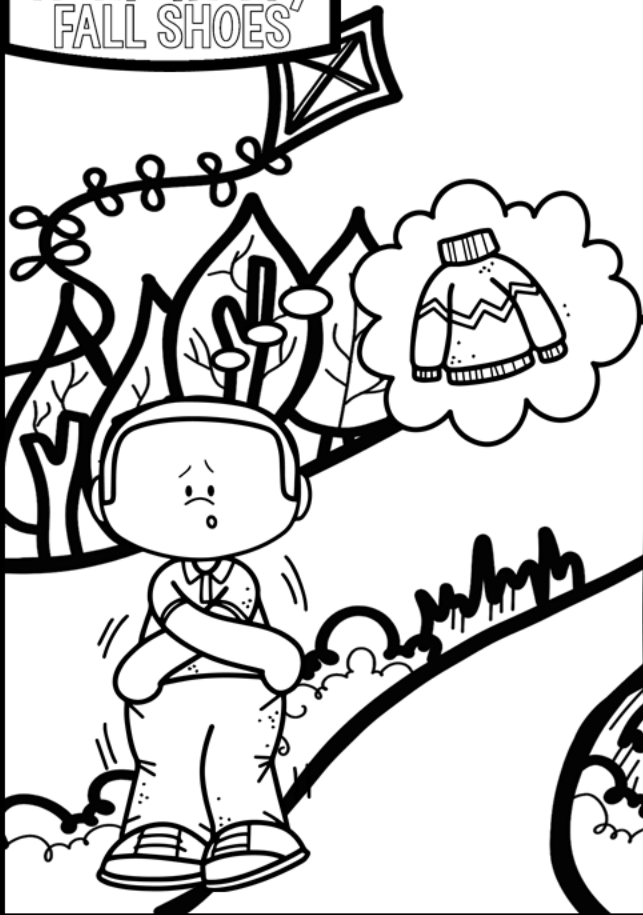
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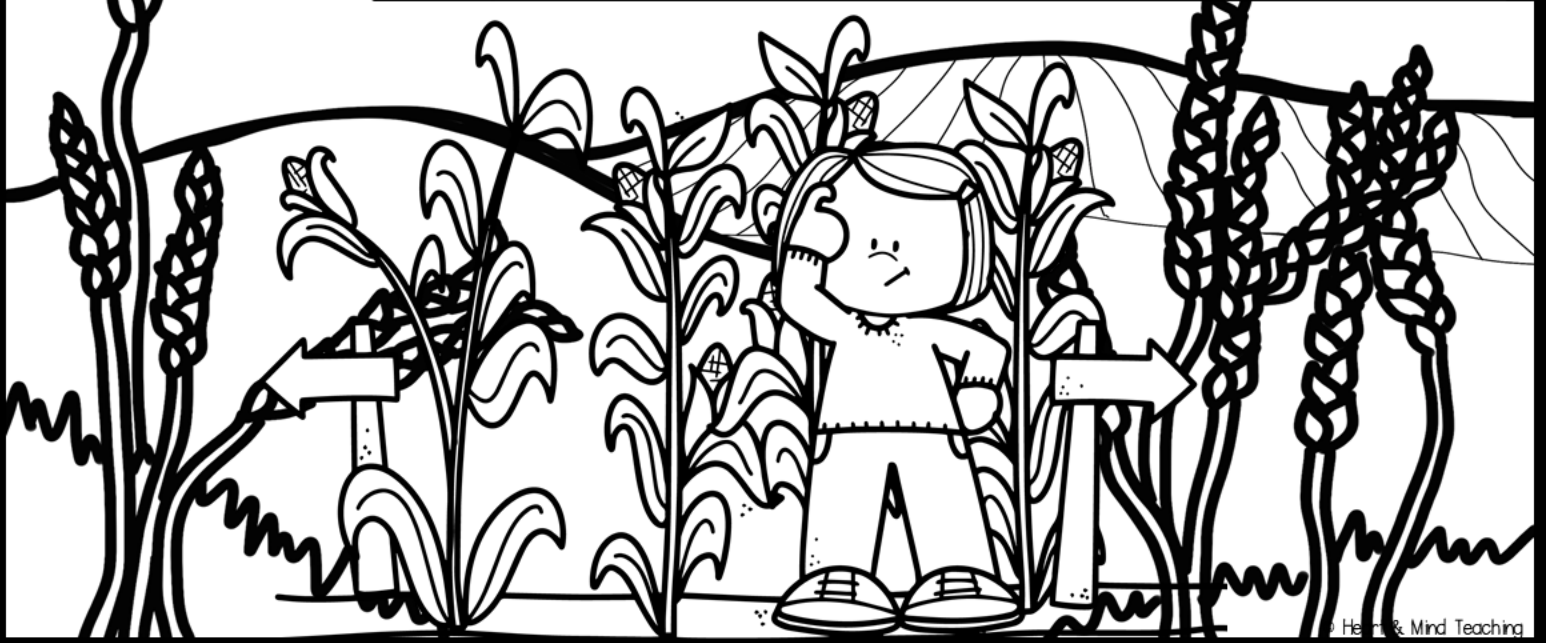
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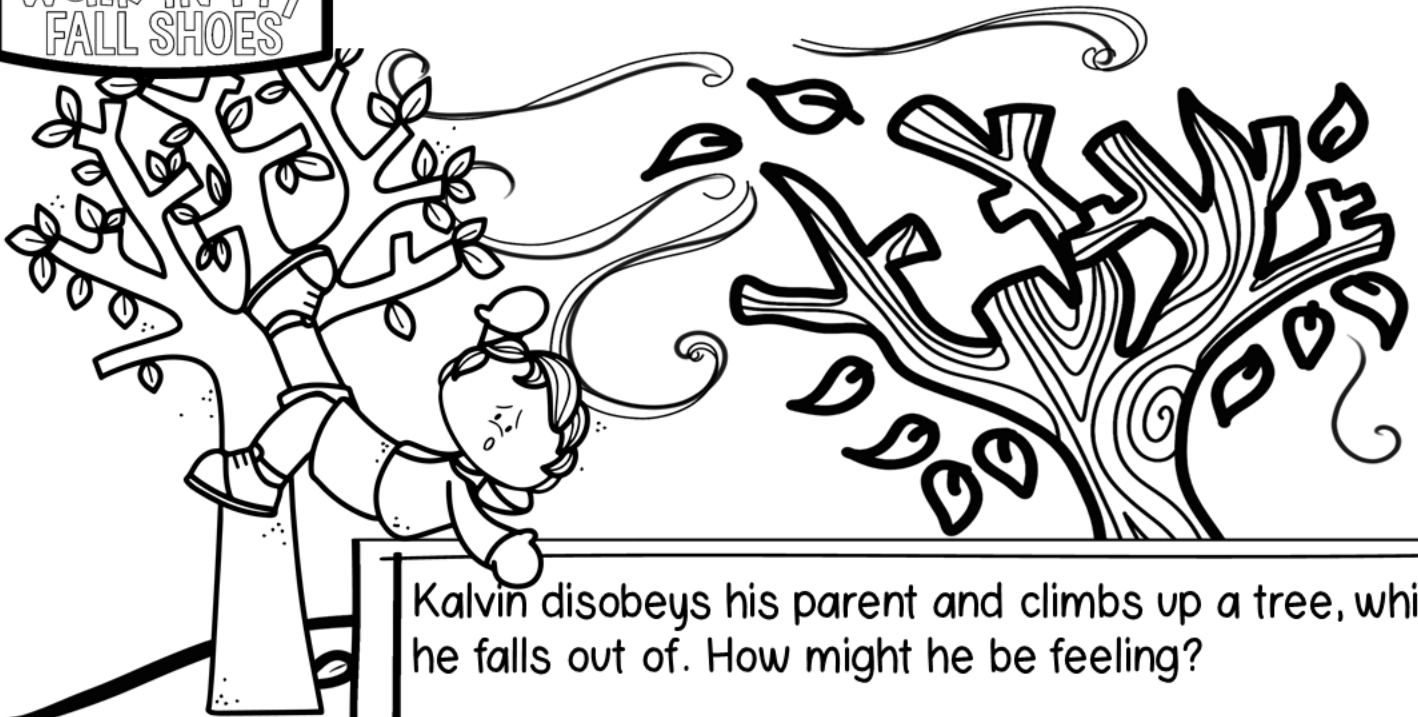
Jessica finishes raking the leaves and her dog jumps in the pile and kicks the leaves everywhere. How does she feel? How would you feel?



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Angela forgot an ingredient she needs for a recipe, how does this make her feel?



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Stephanie bags all the fall leaves as part of her chores. The next day, more leaves have fallen to the ground. How might she feel?

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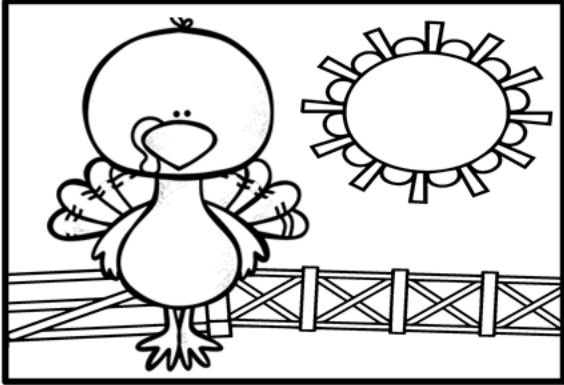
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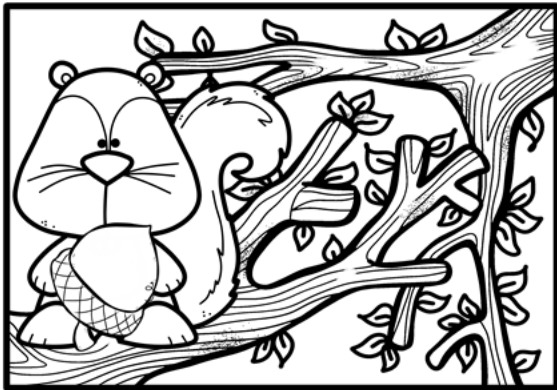
Tomas' favorite team just lost the big game. How might he be feeling? What would you feel?

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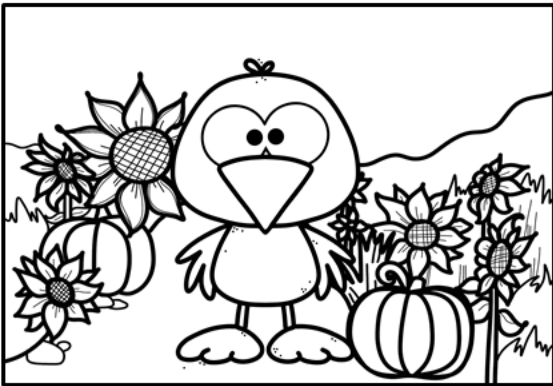
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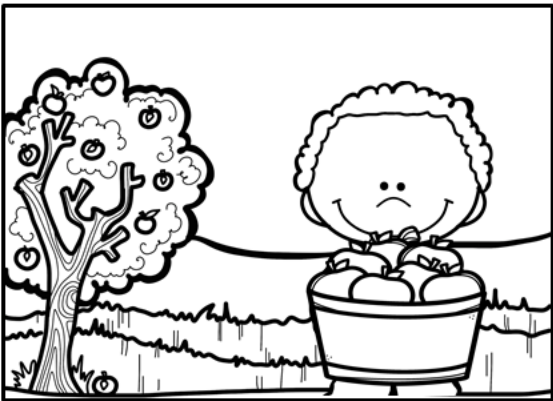
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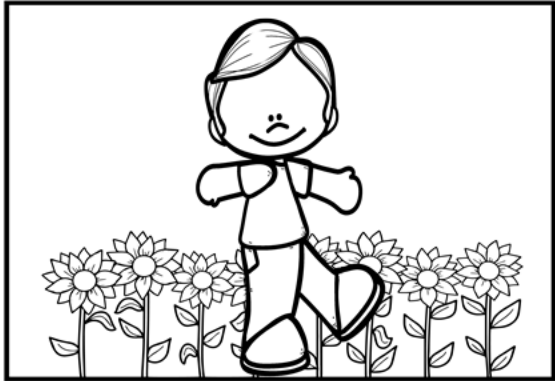


Josh works hard to pick the apples from the apple tree. When he looks closer at them he realizes they are all rotten. How does he feel? How would you feel?

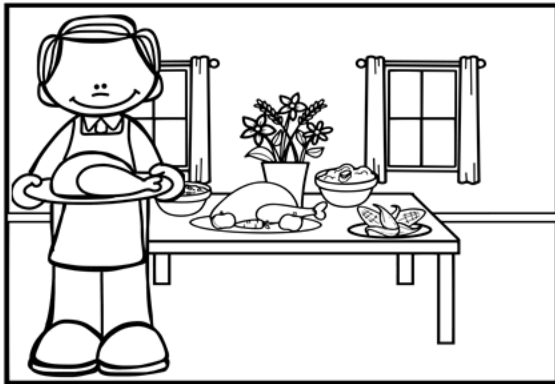


Grandma worked all day to make a pie for thanksgiving dinner and someone said they did not like it. How might she be feeling? What would you feel?

# WALK IN MY FALL SHOES



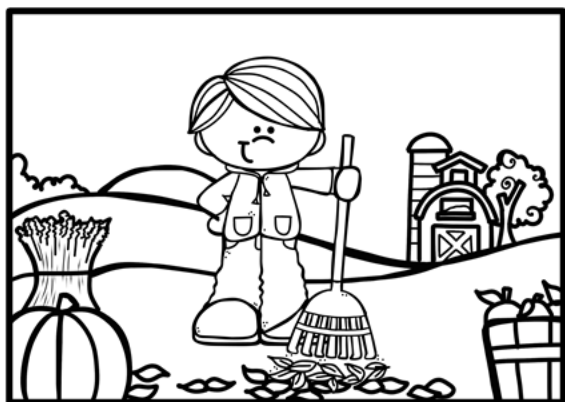
Jose's mom really wants fall family photos taken at the sunflower field. Jose does not want to do it. How might he feel? How might his mom feel?



Judah's family is arguing at the dinner table. How might he be feeling? What would you feel? What could you do?



At the pumpkin patch, Cameron trips and falls with a pumpkin in his hands. It breaks open and everyone stares at him. How does he feel? How would you feel? What would you do?



Justin promised his mom to rake up all the leaves before dinner but he did not do it. How might his mom feel? How might Justin feel?

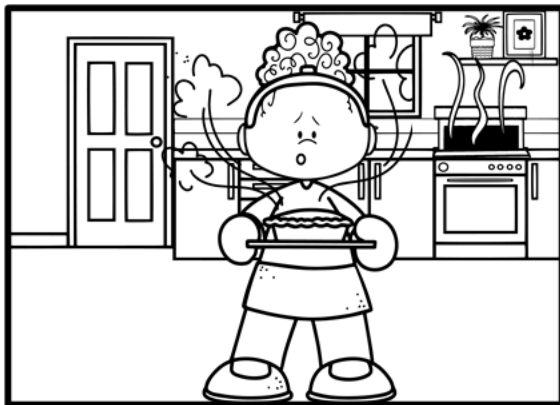
# WALK IN MY FALL SHOES



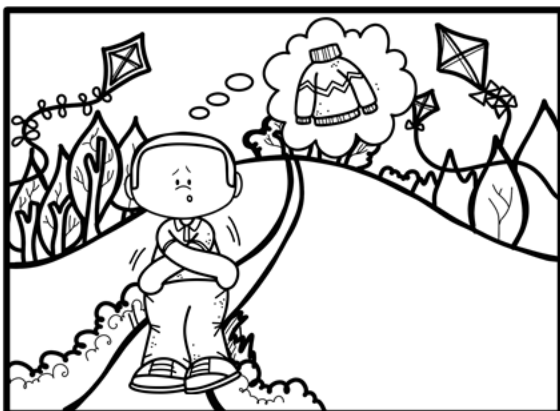
Caleb is blind and uses a white cane to walk, another kid makes fun of him for it. How does this make Caleb feel?



Gina drops all her apples on the ground at the orchard. Her sister helps her pick them up. How does Gina feel? How might her sister be feeling?



Mom is working hard on the Thanksgiving dinner and forgets to set a timer. The entire dinner burns. How might she be feeling? What would you feel?



Jameson forgets his sweater at home and it is very cold at recess. How might he be feeling? What would you feel?



# WALK IN MY FALL SHOES



Jana gets lost in the corn field maze, how does this make her feel?



Squirrel collects acorns all day long, as he is headed home he drops a bunch of them and another squirrel takes them. How might he be feeling?

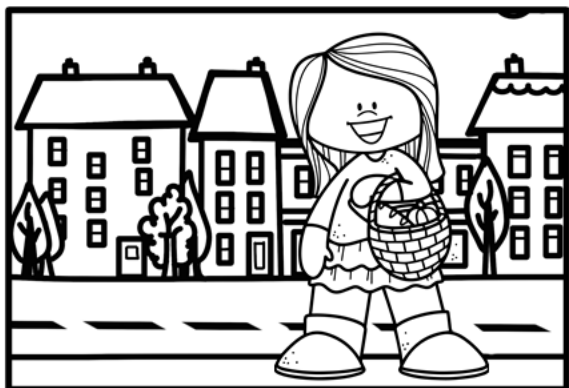


Jessica finishes raking the leaves and her dog jumps in the pile and kicks the leaves everywhere. How does she feel? How would you feel?



Kalvin disobeys his parent and climbs up a tree, which he falls out of. How might he be feeling?

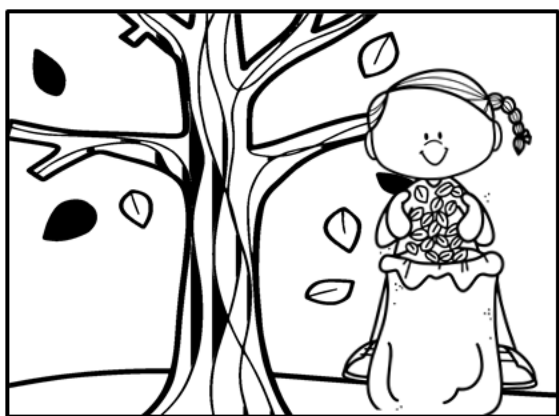
# WALK IN MY FALL SHOES



Angela forgot an ingredient she needs for a recipe, how does this make her feel?



Gus really wants to watch his favorite show but his family has the Thanksgiving Parade on. He throws a tantrum. How does Gus feel? What might his family think and feel?



Stephanie bags all the fall leaves as part of her chores. The next day, more leaves have fallen to the ground. How might she feel?



Tomas' favorite team just lost the big game. How might he be feeling? What would you feel?

# 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 Fall 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

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**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 \(youtube video\)](#)





**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.

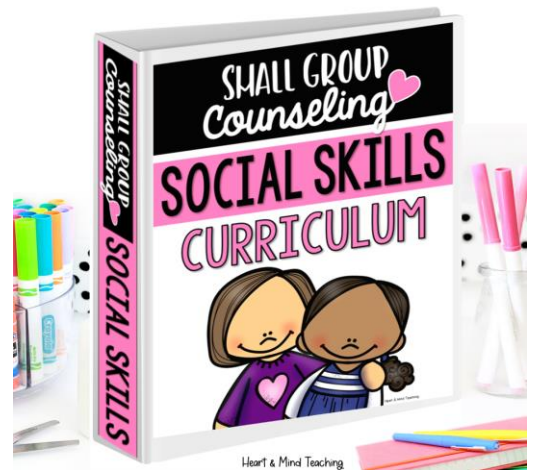
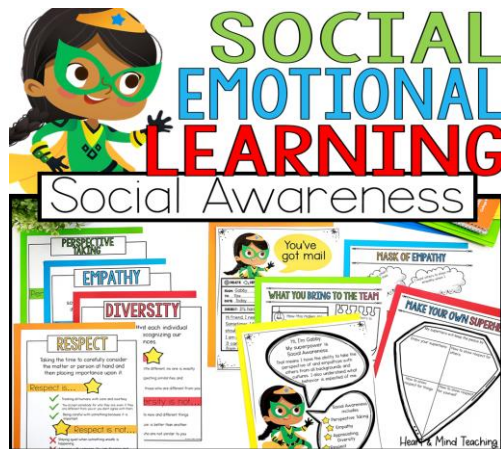
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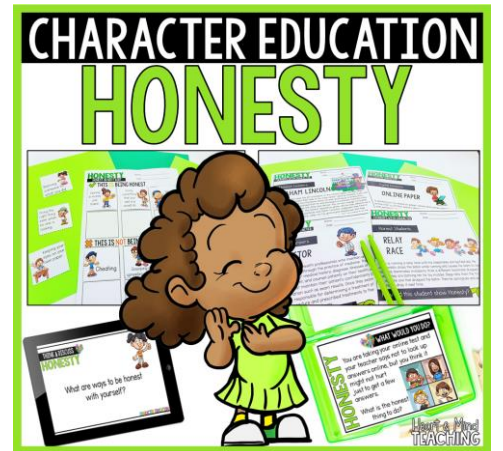
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HeartandMindTeaching@gmail.com



Ashley

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