



WALKING IN THEIR SHOES

GRADES K-5

(Adapted from Girl Scouts of Northeast Texas)

Supplies needed:

- Walking in their Shoes Sheet
- Look, Think, Care Sheet

Instructions:

1. Read Empathy Introduction.
2. Read the Empathy Definition. Discuss possible meanings.
3. Introduce the Look, Think, Care Sheet. Read the sheet and share examples for each.
4. Look at the Walking in Their Shoes Sheet and read the examples and discuss how life might be for each person and what experiences they may have. Remember to use the Look, Think, Care Sheet as you are providing examples.
5. Watch the “The Importance of Empathy” by Lifehacker on You Tube.
6. Read Wisdom to Live By.

Empathy Introduction

Each of us are different. We have different life experiences and have different feelings. Even when we look at our shoes, they are different.

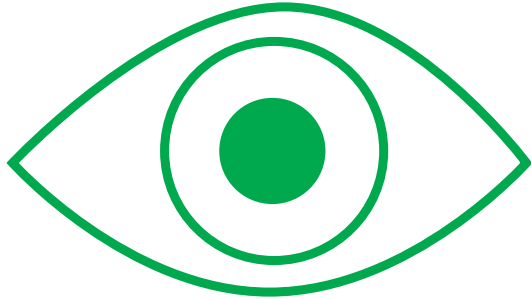
Have your ever heard someone say, ‘Put yourself in someone elses shoes?’” What do you think that means?

Thinking about others, and what they may experience is a great way to start with kindness.

Empathy Definition

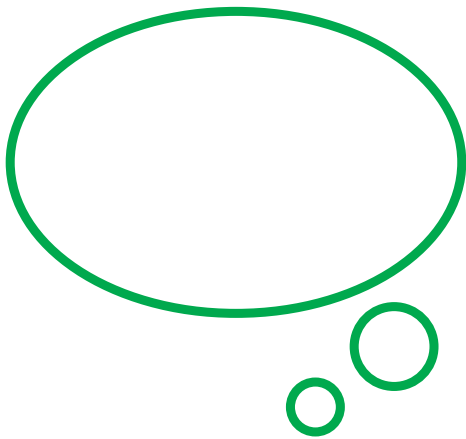
Empathy: Making an effort to understand how someone feels, even if you have not been in the same situation. Putting yourself in someone else’s shoes.

Look, Think, Care Sheet



Look

Look at the other person.
How do you think they are feeling?



Think

Think about a time that you felt
that way. How would you want
someone treat you?



Care

Show them you care!
Is there anything that you can do
to help?

Walking in Their Shoes Sheet



These shoes belong to a girl in your school who gets bullied every day.



These shoes belong to a girl whose parents do not have enough money to buy her new shoes.



These shoes belong to a boy in your school that is very popular but has no friends.



These shoes belong to a woman who is homeless and needs something to eat.

Watch “The Importance of Empathy” by Lifehacker

You can view the video here: <https://www.youtube.com/watch?v=UzPMMSKfKZO>.

Wisdom to Live By

Showing empathy towards others is a great way to start with kindness. We cannot assume to know what someone is thinking or feeling, but we can look, think and care. Spread kindness everyday!

**YOU CAN ONLY SEE A
DIFFERENT PERSPECTIVE
IF YOU PUT YOURSELF IN
SOMEONE ELSE’S SHOES.
ONLY THEN CAN YOU LEARN
COMPASSION. ONLY THEN
WE CAN START HELPING
EACH OTHER.**

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