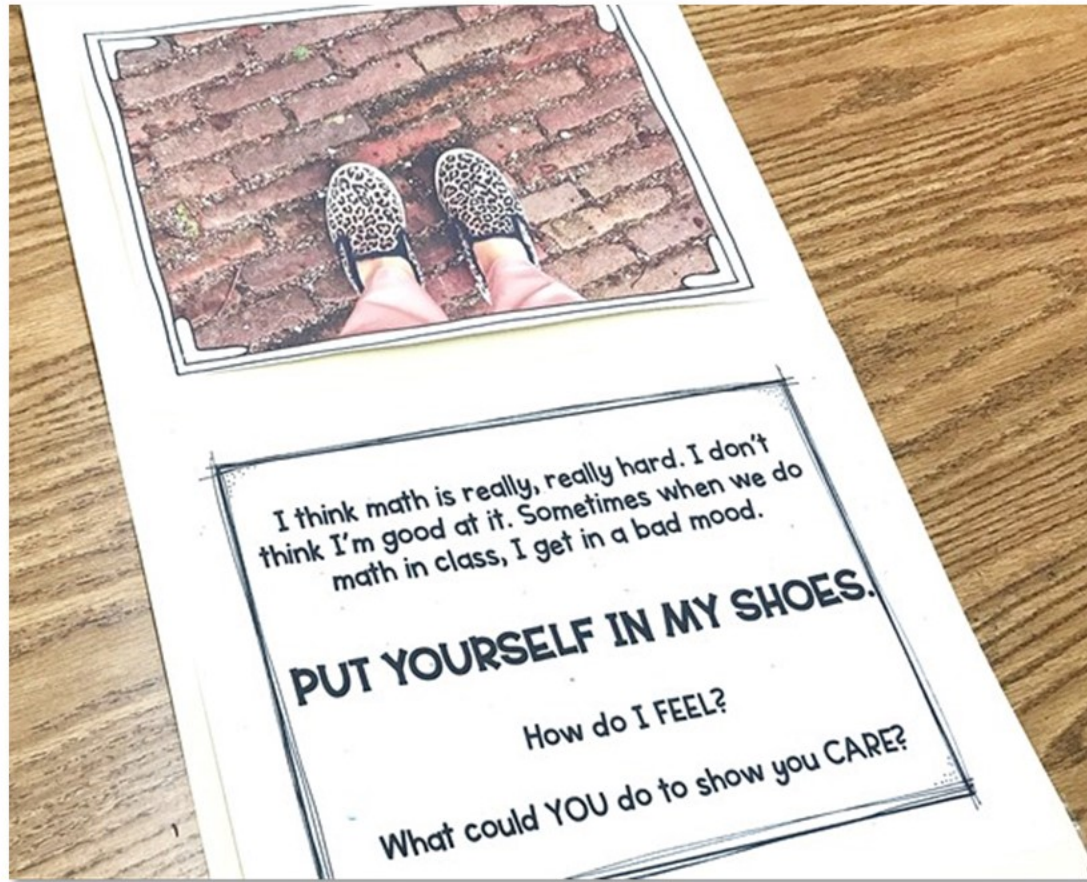


STAND IN MY SHOES



**used by over 6,100
educators!**

empathy lesson and book companion

- Hands-on activities
- Differentiated prompts for lower vs. upper elementary
- Google Slides™ included for digital practice

slideshow

Have you ever heard the expressions
“stand in my shoes” or “take a walk in
their shoes”?

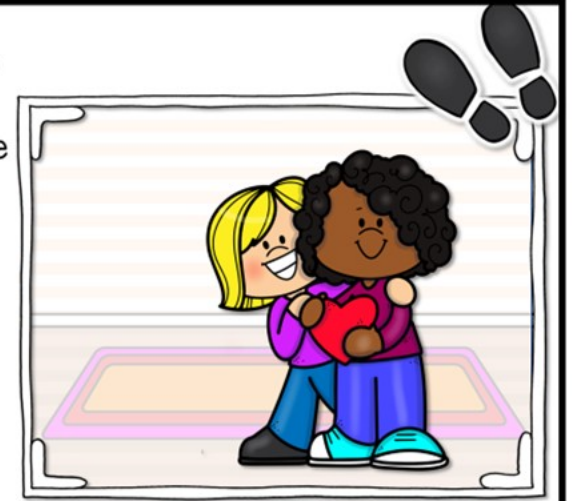


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My name is Patience. My mom is
out of town for work this week
and I told my friend Zoey that I've
really been missing her. She
made me a heart card during
free time today and gave me a
big hug when she gave it to me.

How did Zoey show Patience
empathy?

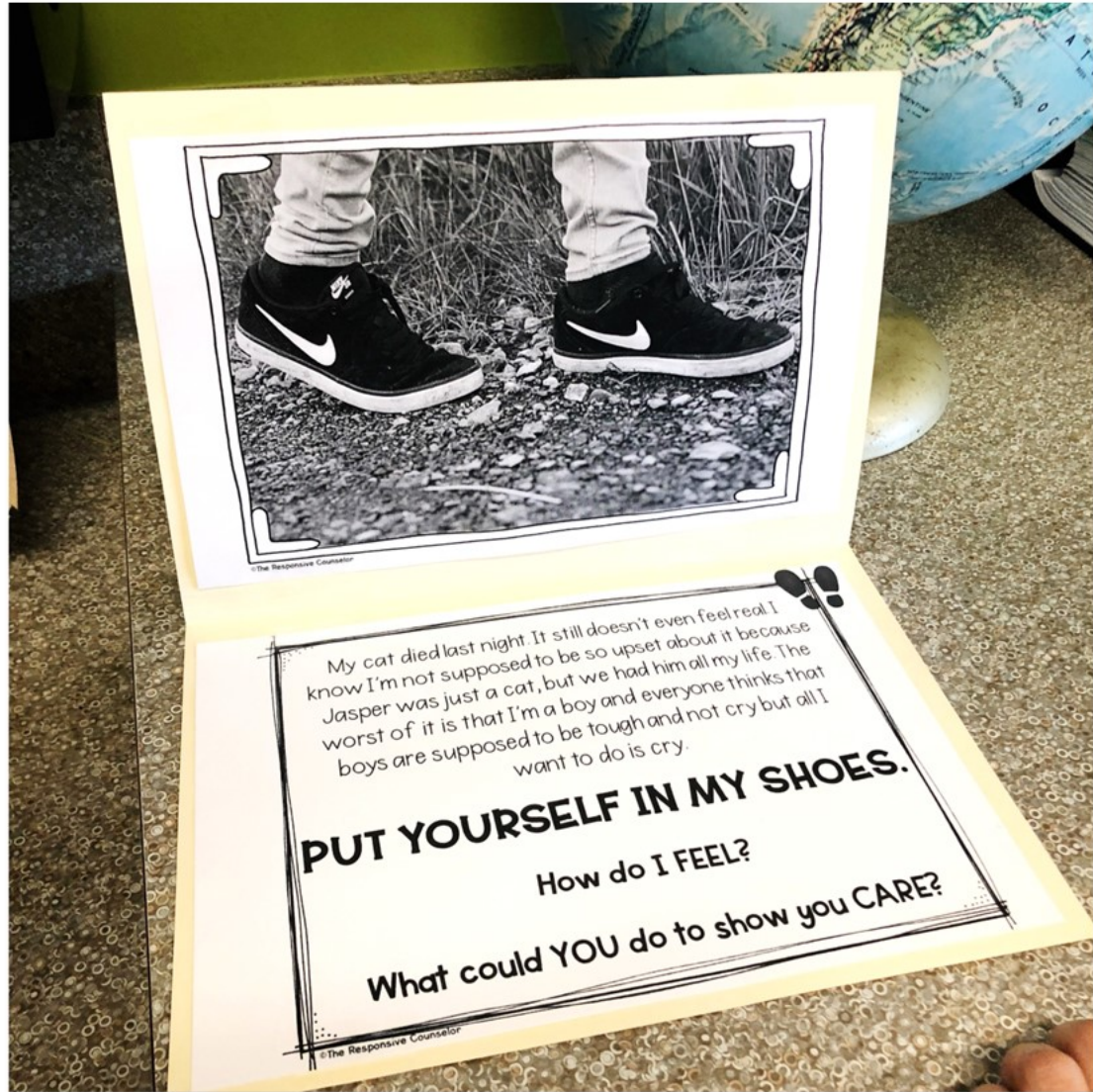
How did Zoey make Patience
feel?



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Use the practice scenarios in isolation, pair with the
book Stand in My Shoes, or start with a slideshow
that teaches and models what empathy is.

empathy practice



- Students practice putting themselves in someone else's shoes in one of three ways:
- ▶ Go through scenarios whole group
 - ▶ Students rotate through scenarios in small groups
 - ▶ Small groups are each assigned a scenario to read, discuss, and present

empathy practice

Create the folders based off the needs of your students

- ▶ Multiple low-ink and full background shoe visuals included
- ▶ 9 lower level scenarios/prompts
- ▶ 13 higher level scenarios/prompts
- ▶ Editable slide to write your own prompt



additional page options



Additional shoe visual examples

additional page options

I am a bus driver. My job is to keep hundreds of students safe every day. Sometimes the kids act dangerously.

PUT YOURSELF IN MY SHOES.

How do I FEEL?

What could YOU do to show you CARE?

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It seems like all of the kids in my class have the same new awesome video game. My family doesn't have a lot of money right now and we definitely don't have enough for the video game. People in class talk about the game ALL the time and make it seem like the best game ever.

PUT YOURSELF IN MY SHOES.

How do I FEEL?

What could YOU do to show you CARE?

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My cat died last night. I had him for 5 years and he was my best friend at home.

PUT YOURSELF IN MY SHOES.

How do I FEEL?

What could YOU do to show you CARE?

©The Responsive Counselor

I am a teacher and I really want my students to learn and reach their goals. I have 25 students in my class that are all very different and all need me to help them. When I was working with a small group, students kept coming to the table with questions and accidentally interrupted what we were doing. I stood up and sort of yelled at them when I told them to get back to their seats.

PUT YOURSELF IN MY SHOES.

How do I FEEL?

What could YOU do to show you CARE?

©The Responsive Counselor

Additional scenario examples

worksheet options

Two different worksheets to use as a processing or follow-up activity

STAND IN MY SHOES

Name: _____

Someone showed me empathy once when I felt:

This is how they showed they cared:

I can use empathy when someone feels:

This is what I can do to show I care:

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This worksheet is designed for processing or follow-up activity. It features a title 'STAND IN MY SHOES' and a line for the student's name. The worksheet is divided into four sections by hand-drawn shoe outlines. The top-left section is for recalling a past experience of receiving empathy. The top-right section is for describing how that empathy was shown. The bottom-left section is for reflecting on how the student can use empathy in the future. The bottom-right section is for describing actions the student can take to show care to others.

STAND IN MY SHOES

Name: _____

Empathy means...

I will show empathy by...

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This worksheet is designed for processing or follow-up activity. It features a title 'STAND IN MY SHOES' and a line for the student's name. The worksheet is divided into four sections by hand-drawn shoe outlines. The top-left and top-right sections are large shoes with horizontal lines for writing. The bottom-left section is a small shoe with the text 'Empathy means...'. The bottom-right section is a small shoe with the text 'I will show empathy by...'. The copyright notice '©The Responsive Counselor' is at the bottom left.

lesson plan

STAND IN MY SHOES

OBJECTIVE(S): Students will practice identifying the emotions of others.

ASCA MINDSETS/BEHAVIORS: Create positive and supportive relationships with other students; Demonstrate empathy

MATERIALS: File folders, shoes pictures, scenarios sheets

CASEL DOMAINS: Social Awareness; Relationship Skills

OUTLINE:

- **Prep:** Select and print the images and scenarios you want. Glue/tape them inside file folders. Print and glue/tape on the "Stand in My Shoes" cover.



OUTLINE CONTINUED:

- Read and discuss the scenarios.
- Pg. 5 - feeling
- sister should stand
- Pg. 8 that was
- Pg. 9 she
- Pg. 10 how
- Pg. 11 Sa
- sh
- Pg. 12 in
- ch
- R
- th
- E

OUTLINE CONTINUED:

- **Option A:** Teacher/counselor (or strong reading student volunteer) holds open the folder and reads the scenario. Student volunteers come up and stand on the plain shoe prints and respond to the questions from the first person perspective ("I would be feeling....", "I would want for people to show they care by...")
- **Option B:** Students rotate through scenarios and discuss them with their groups
 - Model for students how to open a scenario, read it, and discuss the questions below it.
 - Place students in small groups. Each group begins at a different scenario. After about 3 minutes, signal students to rotate. Continue until time is up or groups have rotated through them all.
- **Option C:** Students work in small groups to present each scenario.
 - Explain activity.
 - Place students in small groups.
 - Give each group their folder scenario. Students work together to read, discuss, and prepare to present.
 - Job list provided for groups that may need this support in divvying up tasks.
 - Each group stands in front of the class to present their scenario, with each student having a job.
- As time allows and depending on the needs of your students, two short processing worksheet options are also included.

ASCA and CASEL aligned lesson with detailed activity directions

google slides™

My mom and dad broke up and I don't get to see my dad very much now. Everything has changed at home and I think about it all the time. Sometimes I cry at school about it.



How do I feel?

How could YOU show that you care?

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Google Slides™
version included
for virtual or no-
prep option

educators are saying...



"This resource is great because you can do so much with it, either whole class instruction, individualized or small group, the text is easy to follow, and you can bend it towards your specific goals and needs, very happy that I got it."

-Codi C.

"Students were able to relate to the stories and even think of examples from their own life. My students still reference the activity and think about it and the problems solving strategies and compassion it taught them."

-Kaitlyn M.



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



the **RESPONSIVE**
counselor

Let's Connect:

