



Wild Ways Kids Academy

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Step Into My Shoes: Understanding Others' Feelings

Objective: Students will explore perspectives by imagining what it's like to be in someone else's situation.

Age Group: 5-12 years

Duration: 30-45 minutes

Materials:

- A variety of shoes (or shoe cutouts, which can be found on the lesson plan page)
- Situation cards (below)

Lesson Steps:

1. Introduction (5 min)

- Ask: "Have you ever had a day when you felt sad or left out?"
- Explain: "Empathy means trying to understand how someone else feels by putting ourselves in their shoes."
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2. Activity: Stepping into Shoes (15-20 min)

- Place different pairs of shoes (or paper cutouts) in the center of the circle.
- Students take turns picking a shoe and a situation card (below)
- They read the situation and say, "If I were in these shoes, I would feel..."
- Encourage classmates to add kind suggestions on how to support the person in that situation.

3. Discussion (10 min)

- Ask: "How did it feel to think about someone else's feelings?"
- Discuss ways we can show empathy daily (list on board).

4. Reflection Activity (5-10 min)

- Have students draw or write about a time they showed empathy or when someone showed empathy to them.

SITUATION CARDS - Step into My Shoes

You are new at a school and don't know anyone.

If I were in this situation, I would feel...

Your best friend is playing with someone else and doesn't include you.

If I were in this situation, I would feel...

You forgot your lunch at home.

If I were in this situation, I would feel...

You worked really hard on something, but no one noticed.

If I were in this situation, I would feel...

You fell while playing and everyone laughed.

If I were in this situation, I would feel...

Your pet is sick and you feel worried.

If I were in this situation, I would feel...

You don't understand the work in class and feel confused.

If I were in this situation, I would feel...

Someone said something unkind about you.

If I were in this situation, I would feel...

You wanted to join a game, but they said "no."

If I were in this situation, I would feel...

You lost your favourite toy.

If I were in this situation, I would feel...

You are feeling shy and too scared to speak in front of the class.

If I were in this situation, I would feel...

Your sibling got praised, but you didn't.

If I were in this situation, I would feel...

You are feeling left out at a birthday party.

If I were in this situation, I would feel...

You tried your best but still didn't win the game.

If I were in this situation, I would feel...

You see someone else sitting alone at break time.

If I were in this situation, I would feel...

You accidentally broke something that belongs to someone else.

If I were in this situation, I would feel...

You are feeling sick and had to miss a fun day at school.

If I were in this situation, I would feel...

Someone new in class doesn't understand the rules of a game.

If I were in this situation, I would feel...

You are scared during a loud storm.

If I were in this situation, I would feel...

You saw someone being teased but didn't know what to do.

If I were in this situation, I would feel...