

Walk in My Shoes

LESSON 12 | MIDDLE SCHOOL

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

WE ARE ALL UNIQUE.



We each have different experiences and perspectives.

What is it like to walk in your shoes?

MAINSTREAM DEFINITION

“to walk a mile in someone’s shoes:” an idiom that means you should try to understand someone by seeing and experiencing something from their point of view

PERSONAL DEFINITION

“to walk a mile in someone’s shoes:

DRAW IT OUT

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EMOTIONAL WORKOUTS

1. What do you see in your mind when you think of the following words/phrases: A) Perspective B) Understanding C) Walk a mile in someone's shoes

2. When was a time you felt like someone really knew how you were feeling? How could you tell that they understood your feelings? How did it feel?

3. Empathy is a skill that people have to learn and practice. Why do you think that is? Why is it important that we try to understand how someone else is feeling?

4. Whom would you like to take a walk in your shoes? What would you like people to learn about you?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Resilience

Aware

Connect

Calm