

ACTIVITY WRITE-UP 2

Name of Activity: Walking in others shoes to teach empathy

Type of modality	Social Skills
Type of play	Shared Cooperative
Interaction pattern	Aggregate
# of participants required	5-20
Equipment/supplies	Shoes A place to walk around in
Facilities required/environment	Open space it could be outdoor or indoor
Precautions	Make sure its an even surface that participants are walking on. Need a lot of space so participants don't run into each other

Directions

1. Instruct participants to take off their shoes
2. Swap shoes with someone in the group (doesn't matter what size)
3. Participants should then put on the shoes that they switched with (put on the shoes as best as they can)
4. With the shoes on that the participants switched with they should form a line so that they are all starting from the same place
5. Remind participants that this activity is not race, and participants should not get aggressive with one another
6. When instructed to participants should start to walk to the finish line (20 ft, 1 mile, etc.)
7. When finished participants may take off shoes and switch back shoes
8. Discuss what it felt like to walk in someone else's shoes (i.e. What did it feel like to feel like to wear someone else's shoes? Was it more difficult or easier than you thought it would be? Can you relate this experience to a time in your life when you judged someone prematurely? Did you learn anything from this activity? Can you take away anything from this activity that you can use in real life situations?)

Activity Analysis

Category	Skills
Primary body position	Standing
Part of the body required	Arms, legs, feet, torso
Movement	Walking short/long distance, speed, active range of motion in upper and lower extremities

Physical	flexibility, Gross muscle coordination, muscle strength, , visual motor integration
Cognitive	Insight, initiation, decision making simple, sustaining attention, short term memory, arousal/ alertness, fine motor coordination, dynamic standing balance
Social	Maintain social space, conversation starting sustaining and ending, regulating behavior, relationship forming, relating with equals, relating with persons in authority
Perception	Auditory, tactile, visual
Communication/language	Reception to spoken language, reception of body language, showing tolerance, showing respect
Self-care	N/A
Psychological/emotional (possible)	Frustration for not being able to walk in shoes, joy for being able to walk in shoes, anger for not being able to walk in shoes, embarrassment

How to Simplify the Activity

Shorten the distance for what participants walk

How to Make the Activity More Complex

Use different types of shoes, like clown shoes, or work boots, or high heels

Have everyone perform an obstacle course in others shoes

Have one participant close eyes and another participant lead them adding an element of trust.

Other Comments

The activity is supposed to provoke thought and conversation about what it is like to be in another person place or “walk in their shoes”. Hopefully it creates validation among participants where they learn that everyone has their own struggles and everyone is allowed to feel how they feel.