



Life Skills – Empathy If the Shoe Fits



Aim of the Game:

To try on someone else's shoes

Learning Objectives:

- To talk about how it feels to be in someone else's shoes.

Structure:

Everyone seated in a circle

Time:

20-40 minutes

Materials:

Music on a tape or CD, if not available, the group can sing a song and agree on one signal to signify a stop.

Method:

- Ask everyone to sit in a circle and take their shoes off, placing these in front of them.
- Tell them that the game entails passing everyone's shoes to the right, while the music plays (or while the group sings a song).
- When the music or song stops, everyone has to slip on the shoes in front of him/her (In some instances there may not be enough shoes if the game has slowed or not all are wearing shoes in the beginning).
- After five rounds, ask everyone to retrieve their shoes wherever they are. Then they should go back to their seats and begin to discuss the game.

Evaluation:

- What can you say about the game?
- How did you feel when I asked you to remove your shoes and explained the game?
- Who felt reluctant and why?
- Who got to wear other people's shoes? How did it feel?
- Who got to wear nothing? How did it feel?
- How does it feel when you see your shoes being worn by someone else?

- What went on in your mind when you saw someone else's shoes in front of you and you had to wear them?
- How could these feelings be applied in real life?