

LESSON PLAN

GR 2-3



## Step Into the Shoes of Others to See How They Feel

### Description

### Supplies

- No supplies needed

### Skill Builder

**STEP INTO THEIR SHOES**

- S**ound of their voice
- H**ow they act
- O**uter appearance
- E**xpression on their face
- S**urroundings

**Step into the shoes of others to see how they feel**

### Lesson

1. Ask if anyone knows why understanding the emotions of others is important.
  - Examples: you can build strong relationships, you can make friends, you can know how to approach/talk to people.
2. Ask if anyone knows what line of Words to Live By goes along with finding out how others feel.
  - “I want to step into their shoes and see what they are going through.”

3. Explain when we say we want to step into the shoes of others, we don't mean putting on someone else's shoes, but rather it's about understanding how the other person feels. Discuss being able to tell how someone is feeling can help you decide the best way to communicate with and react to them.
4. We have a helpful tip to remember to step into other people's shoes. Review the [Step Into Their SHOES Skill Builder](#):

**S**ound of their voice  
**H**ow they act  
**O**uter appearance  
**E**xpression on their face  
**S**urroundings

5. Discuss how it's important to try to use as many of the letters of SHOES as you can to determine how someone feels. If you just look at one of the letters, you might misunderstand how they really feel.
  - o Example: If someone has their arms crossed, they might be cold, not upset.
6. Ask students to step into the shoes of someone who is yelling loudly, waving their arms around, and sweating. Allow students to share what emotions they think this person is feeling and have them determine the best way to approach this person. Allow them to share their thoughts.
  - o Example: Give them some time to cool off, and ask them if they need to talk.
7. Remind students to step into the shoes of other people to try to figure out how they might be feeling.

## Activity-Act it Out

1. Divide the group into two teams.
  - o Explain to the group students will be called to the front, one at a time, to act out a different emotion.
2. Each team will try to guess what emotion they are feeling and identify each of the letters of SHOES that the actor/actress is displaying.
3. Let them know for each letter of SHOES their team guesses correctly, they will earn one point. They will also earn one point for correctly identifying the emotion the person is acting out.
4. Inform them the student acting out the emotion cannot say what is shown to them, they have to act it out.
5. Sample SHOES clues to be acted out:
  - o Shy - talking quietly, arms crossed, looking down, at school
  - o Frustrated - stomping feet, red cheeks, clenched fists, taking a test
  - o Victorious - talking loudly, pumping fist, large smile, at a sports game
  - o Elated - smiling big, bright eyes, making eye contact, at home
  - o Anxious - biting nails, sweating, looking down and away, at a school dance

6. This can be played as many times as time permits.
7. At the end, total up each team's points and announce the winning team.

### **Category**

1. Lesson Plans
2. Social Awareness

### **Sel-competency-lessons**

1. Social Awareness

### **Grade-level**

1. Grades 2-3