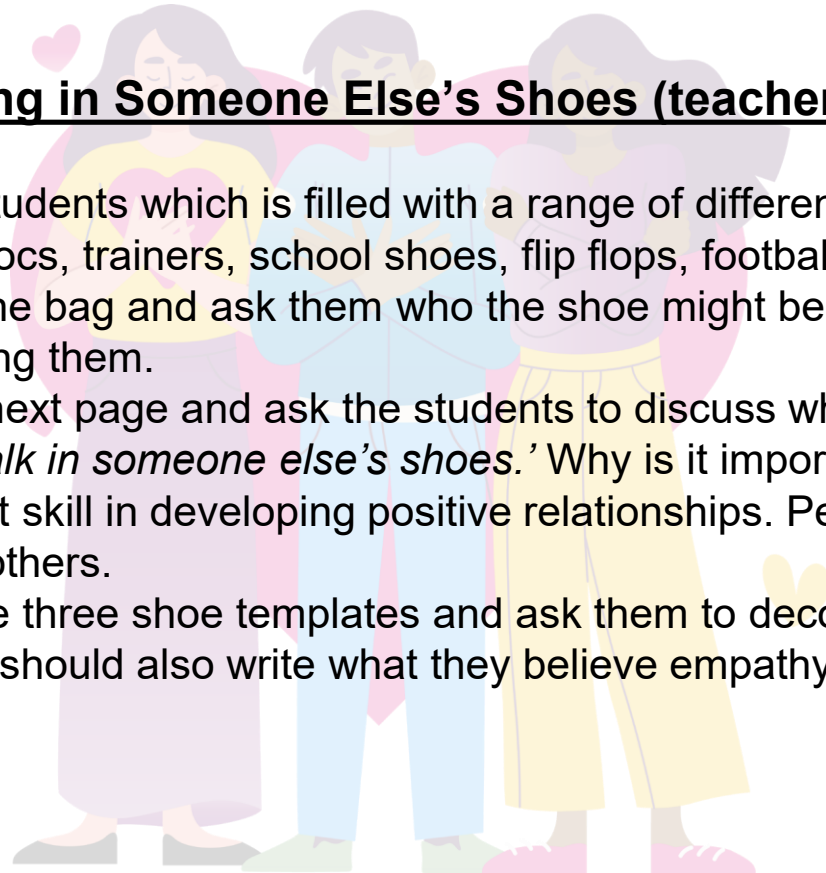


Relationships and Sex Education (RSE) Day

It begins with me

Walking in Someone Else's Shoes (teacher notes)

- Have a bag/sack ready to show the students which is filled with a range of different types of footwear. Examples might include, wellington boots, slippers, Crocs, trainers, school shoes, flip flops, football boots, tap dance shoes etc.
- Invite students to draw shoes out of the bag and ask them who the shoe might belong to. Discuss how shoes can tell us things about the type of person wearing them.
- Show the list of shoe sayings on the next page and ask the students to discuss what they think these mean.
- Ask the students what it means '*to walk in someone else's shoes.*' Why is it important to be able to do this? Explain that showing empathy can be an important skill in developing positive relationships. People who foster self-compassion also tend to be more empathetic towards others.
- Allow the students to choose one of the three shoe templates and ask them to decorate the shoe to represent their style, taste and interests. On the shoe they should also write what they believe empathy is, why it is important and how they think people can show it to one another.



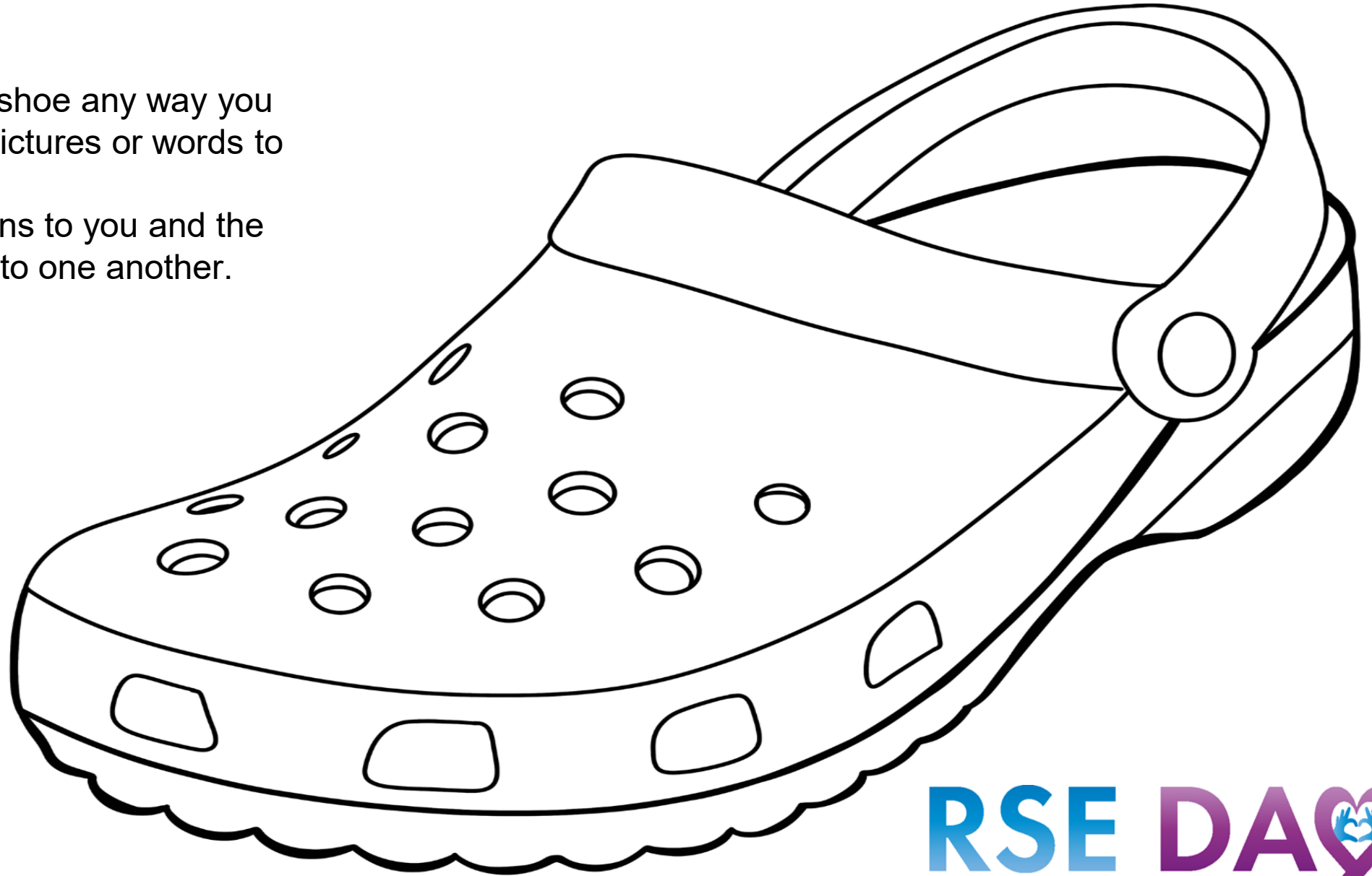
Don't judge a person until you have walked a mile in their shoes...

- Colour and decorate the shoe any way you wish to, using symbols, pictures or words to represent who you are.
- Write what *empathy* means to you and the ways people can show it to one another.



Don't judge a person until you have walked a mile in their shoes..

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