

★Empathy Shoes Instructions

The empathy shoes activity was created to get students thinking about empathy in all aspects of life, not just with food allergies. When teaching this activity, feel free to connect it to the values of your school (kindness, care, compassion) or if your school is religious, you could connect it to the beliefs of your school.

1. First, talk to students about what they learned about empathy. Then, go through the activity directions.
2. Hand out the Empathy Shoes Worksheets to students.
3. READ THIS TO STUDENTS IN SOME FORM:

Remember how we learned that people with food allergies go through different experiences than we do such as reading ingredients, missing out on treats, carrying life-saving medicine, etc? We learned we must be inclusive and show empathy to everyone, including people with food allergies. **(Ask students)** What does empathy mean? **Conclude by saying that** *"Empathy is stepping into someone else's shoes and trying to imagine what it would be like to live like them. Empathy is also showing someone that you care about them because you understand how they must feel."*

Today we are going to write examples of empathy you saw at school, at home, or anywhere you want! Maybe you saw someone sit with a person who hurt their knee because they were feeling sad with them. Or maybe you saw someone high-five another person and celebrate with them because they got a good grade on a test. Did you see a friend invite another friend to play basketball because they imagined how they may be feeling sad or lonely? Write on your shoe one example of someone recognizing and understanding another person whether at home or at school! Then, decorate your shoes!

"Empathy Shoes" document included in the activities section of the website.

Materials (All worksheets listed are included on the website)

- Empathy Shoes Worksheets
- Coloring Materials (Crayons, Colored Pencils, Markers)
- Scissors
- Pencils