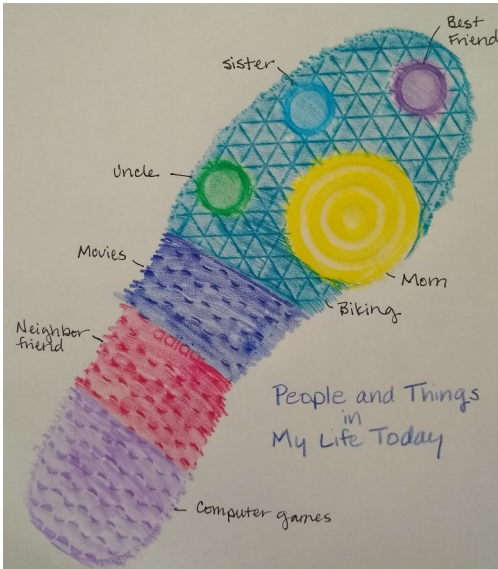


# Walking in My Shoes



The idiom “Before you judge someone, try walking a mile a in their shoes” is a reminder to try to consider another person’s life experiences, challenges, perspectives and motivations before making a judgement about them.

It is common when grieving to feel misunderstood by others. This can be especially true for youth whose friends often cannot relate to having a important person in their life die, and whose grief may look different than how the adults in their life grieve.

In this activity, colorful shoe prints are created to represent anything others would need to know to understand what life is like for the wearer of the shoes. This activity can help in processing the loss of a significant person as well as all the other losses and

changes in life since the start of the COVID-19 pandemic.

There are many creative ways to do this activity. One way, is decorating one shoe to represent all the people, activities, and things that the wearer misses everyday. The other shoe can represent all the people, activities, things that are still part of the wearer’s life.

## You Will Need:

- 2 sheets of blank paper
- Colored pencils or crayons
- Pair of shoes

## Directions:

What do you feel is important for others to understand about you if they were to walk a mile in your shoes?

There are many ways to do this activity. Be creative!

One way is for one shoe to represent the people, activities, and things that you miss, and the other shoe can represent all the people, activities, and things that are a part of your life everyday.

1. Place a piece of paper on the sole of the shoe.
2. Using colored pencils or crayons rub on the paper creating an impression of the sole of the shoe. You can use the colors to symbolize different people, activities, events, etc. in your life.
3. Label different parts of your shoe prints so others can learn more about you.

