



No materials required.

Prep Time: 0 mins.



As this is the second Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at [www.everymondaymatters.org](http://www.everymondaymatters.org). Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

## WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK'S THEME WITH STUDENTS: "WALK IN THEIR SHOES"**
- 2) **ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS EXPLORE THE WEEK'S FOCUS:**

**\*NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What does the phrase "walk in someone else's shoes" mean?**
  - Answer: When we "WALK IN" someone else's "SHOES," we are being empathetic and doing our best to consider what other people are going through
- **Have you ever heard of this phrase before?**
- **What does "empathy" mean?**
  - Answer: To understand and share someone else's feelings
- **How can "WALKING IN" someone else's "SHOES" help you be empathetic?**
- **What is one way you have "WALKED IN" in someone else's "SHOES"?**
- **What is it like to "WALK IN" someone else's "SHOES"?**
- **Do you think people understand the world differently than you?**
  - Why do you think everyone has their own unique perspective?
- **Is it easy for you to empathize with other people?**
- **What are some of the benefits of being empathetic toward others?**
- **Has someone in your life ever made you feel better about something by empathizing with you?**
- **Do you think we can develop skills that help us become more empathetic?**
- **Why is it so important to do our best to empathize with other people?**

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- **Can you think of a few actions that are empathetic?**

- Possible Answers: Listening closely to what someone has to say, asking questions and being informed, and having an open mind to what other people might be going through or feeling, doing our best to understand other people's experiences and histories

- **How can trying to understand others and "WALKING IN THEIR SHOES" help our relationships?**

- **How can "WALKING IN THEIR SHOES" help build a stronger community?**

- **How does "WALKING IN THEIR SHOES" help you become a more "UNDERSTANDING" person?**

- **How can "WALKING IN" other people's "SHOES" help you know that YOU MATTER?**

- **How can practicing empathy by "WALKING IN THEIR SHOES" show others that they MATTER?**

- **What do you think the world would look like if everyone was "UNDERSTANDING" and did their best to empathize with others by "WALKING IN THEIR SHOES"?**

### **3) READ THE WEEKLY INTRODUCTION ALOUD OR ASK A STUDENT TO DO SO:**

Curiosity is the first step toward understanding others. When we're curious about someone or something, we're already trying to understand them a little bit better. That's when we can start to use empathy as a tool to connect, understand, and build relationships and a better world. This week, we want you to practice empathy over and over again by WALKING IN THEIR SHOES. Well... you don't have to literally walk in someone else's shoes. This week, do your best to try and understand what a day, a month, or even years of someone else's life is like. Because we all have different experiences, different hopes and dreams, and different histories. And the world gets a whole lot better when we try to understand someone else's experiences, hopes and dreams, and histories, rather than ignoring them altogether. This week, take the opportunity to learn about others. Find out what it's like to live life differently than you do. Try to understand why people make different choices, and don't be held back by the fear of what you might learn. Knowledge is power, and so are empathy and understanding. This week, reach out and connect, and see the world through a different pair of eyes. Once you do this, things might change—for you, for others, and for our whole world. Walking in their shoes matters.

### **4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH'S THEME OF "MONDAY GETS UNDERSTANDING":**

- **Explain:**

- This week we are going to focus on our ability to "UNDERSTAND" others by "WALKING IN THEIR SHOES"
- "WALKING IN" other people's "SHOES" is an important part of empathizing with others and "UNDERSTANDING" the people around us and their perspectives
- Building our sense of "UNDERSTANDING" by "WALKING IN THEIR SHOES" can help us build connections with others, and can help us discover more about our own feelings
- When we "WALK IN THEIR SHOES" we try to put ourselves in the place of another person to better "UNDERSTAND" what they might be going through—whether they are someone from a different part of the world or even another community nearby
- "WALKING IN THEIR SHOES" expands our "UNDERSTANDING" which in turn helps us remember that other people's perspectives MATTER

- **Ask:**

- How can "WALKING IN THEIR SHOES" help you "UNDERSTAND" other people?
- Do you think "WALKING IN THEIR SHOES" is always easy?
- Why is it important to consider other people's experiences and perspectives, and learn from them?
- Do you think it is possible to develop our "UNDERSTANDING" of others and grow in our ability to be empathic and caring?

- **Explain:**

- This week, get ready to "WALK IN THEIR SHOES" by asking questions, practicing empathetic actions, and learning about the world from someone else's point of view
- Because when we "GET UNDERSTANDING" and "WALK IN" other people's "SHOES," we become better friends, family members, and community members
- And, we build a better, stronger, more compassionate, and more loving world

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**5) PRESENT THE WEEKLY GOALS:**

- Discover what it means to empathize by learning from others and about others
- Practice showing empathy and commit to doing our best to understand what others are going through
- Gain an appreciation for perspectives and experiences that are different than our own
- Understand how “WALK IN THEIR SHOES” is an important part of this month’s theme, “MONDAY GETS UNDERSTANDING”

**“ I THINK WE ALL HAVE EMPATHY.  
WE MAY NOT HAVE ENOUGH  
COURAGE TO DISPLAY IT. ”**

- MAYA ANGELOU