



WEEK 2



MONDAY
GETS
UNDERSTANDING



THIS WEEK: WALK IN THEIR SHOES



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

WEEKLY REFLECTION

1) SHARE:

- Now that “WALK IN THEIR SHOES” week is over, let's see how we did on our weekly goals

2) RE-SHARE 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”

3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals.*

- What was it like to “WALK IN THEIR SHOES” this week?
- What are some things you've learned about what it means to “WALK IN THEIR SHOES”?
- How did you feel about “WALKING IN” other people's “SHOES” before this week?
 - How do you feel about it now?
- How has “WALKING IN THEIR SHOES” helped you “UNDERSTAND” other people better?
- What are some ways you “WALKED IN” other people's “SHOES” this week?
- Have you had a chance to put empathy into action this week?
- What did you learn about “taking off” your “SHOES” so you can “WALK IN” someone else's (the I MATTER activity)?
 - How will you keep doing this going forward?

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- What was it like to practice taking the first step toward “UNDERSTANDING” someone else (the YOU MATTER activity)?
 - Will you be the person to take the first step going forward? How so?
 - Did you learn anything new about taking on a new perspective by learning about people in other parts of the world (the WE MATTER activity)?
 - How did that help you “WALK IN THEIR SHOES”?
 - What lesson, activity, or discussion meant the most to you this week? Why is that?
 - What is your biggest takeaway from this week’s lessons?
 - After this week, how will you keep acting empathetically?
 - After this week, how will you keep “WALKING IN THEIR SHOES” to “GET UNDERSTANDING”?
 - Why is it important to do our best to empathize and try to really “UNDERSTAND” other people’s perspective?
 - Do you feel more “UNDERSTANDING” after this week’s activities?
 - Are you inspired to encourage other people to “WALK IN THEIR SHOES” and “UNDERSTAND” others in this way?
 - What will you share with others about this week?
 - Why does taking a “WALK IN THEIR SHOES” help us show others that they MATTER?
 - How can “UNDERSTANDING” your own perspective help remind you that YOU MATTER?
 - What would the world be like if everyone worked hard at being empathetic and “UNDERSTANDING” toward others by “WALKING IN THEIR SHOES”?
 - How might everyone realize that they MATTER?

4) THANK STUDENTS FOR TAKING A “WALK IN THEIR SHOES” THIS WEEK AND FOR LEARNING MORE ABOUT WHAT IT MEANS TO EMPATHIZE WITH OTHERS TO BETTER “UNDERSTAND” THEIR PERSPECTIVE. CHALLENGE THEM TO ACT EMPATHETICALLY WITH FRIENDS, CLASSMATES, FAMILY, MEMBERS OF THEIR COMMUNITY, AND PEOPLE WORLDWIDE. ENCOURAGE STUDENTS TO INSPIRE OTHERS TO ACT WITH “UNDERSTANDING” BY “WALKING IN THEIR SHOES.”

5) CHALLENGE STUDENTS TO “WALK IN” OTHER PEOPLE’S “SHOES” BY EMPLOYING THE IDEAS THEY LEARNED ABOUT EMPATHY AND PERSPECTIVE. REMIND STUDENTS THAT PRACTICING EMPATHY CAN LEAD TO A BETTER RELATIONSHIP WITH THEIR FRIENDS AND FAMILY, AND INSPIRE OTHERS TO DO THE SAME.

“LEARNING TO STAND IN SOMEBODY ELSE’S SHOES, TO SEE THROUGH THEIR EYES, THAT’S HOW PEACE BEGINS. AND IT’S UP TO YOU TO MAKE THAT HAPPEN. EMPATHY IS A QUALITY OF CHARACTER THAT CAN CHANGE THE WORLD.”

- BARACK OBAMA