

Group Activities for Children that Accompany Questions at the End of “Sophie Wears Someone Else’s Shoes”



Did you ever wonder why someone acts a certain way?

(Describe a time to the children that you felt that way so they can see another example.)

Ask the children to think of a time someone acted a certain way and they didn't know why.

Ask the children to come up with ideas of how someone might act if they were experiencing something. (*How would someone act if they were?* They could then write down their answers or draw a picture or just discuss in a group)

Happy
Sad
Mad
Sick

Very Shy
Worried
Scared
Worried

Other...



How does it make you feel when someone is angry with you?

Have the children physically stand and show you how they might respond when someone is angry with them. *Ask them how it feels when they are doing that action.*

Have them repeat the action, then stop and take three deep breaths.

After that ask them to think of one thing they can do to understand why that person might be angry. *(Examples, Ask the other person a question. Tell the other person that it's ok and they will come back later. Stop what they are doing and LISTEN to the other person, etc.)*

Encourage them to explain why that might work.

Capture their answers and put them on a board or paper that they can look at and practice.



What is the best way to talk with someone who doesn't act the way you think they should?

Ask the children: If someone responded to you in a way you thought they shouldn't have, what would you say to them?

Provide them with some examples: Someone doesn't want to play with you, someone doesn't want to talk to you, someone doesn't want to share with you, etc.

Ask them to verbally respond to what they would say.

Then ask them to respond in other ways:

What would it sound like if you responded out of concern for them?

What would it sound like if you responded with understanding?

What would it sound like if you responded with friendship?

Etc.



What does it mean to put yourself in someone else's shoes?

Use construction paper and other decorating items like pipe cleaners, markers, etc. have the children make a pair of shoes that looks like someone else's.

(This could be a cartoon person, a professional like a firefighter or police person, it could be a fairytale character, or someone they know like a parent or sibling, etc.)

After the child has make the shoes, ask them how they feel different when they are wearing those shoes.



Can you think of someone whose shoes you should try wearing?

Ask the children to think about a friend or someone they know that they may need to understand better.

Have them write the person's name at the top of a paper and then draw the person or something that reminds them of that person.

Ask them to visualize themselves in that person's shoes.

While holding the drawing, ask them to tell you what that person might want them to know or understand.