

Step Into Someone Else's Shoes

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Scenario 1:

➤ *Sarah is watching her favorite movie, when her sister Anne comes in and changes the channel without asking. Their mom turns the TV off, saying if they can't agree, no one can watch.*

- Sarah's point of view: *What is Sarah thinking? Feeling?*
- Anne's point of view: *What is Anne thinking? Feeling?*

Scenario 2:

➤ *Brian brings an orange to school to eat with his lunch. His best friend Terrell sits down and says "Yum, an orange! I'd love some!" He takes a piece without asking.*

- Brian's point of view: *What is Brian thinking? Feeling?*
- Terrell's point of view: *What is Terrell thinking? Do you think he was trying to be mean? What is he feeling?*

Scenario 3:

➤ *Nate found a megaphone in their garage and is marching around the house, pretending he is an announcer at a basketball game.*

- Nate's point of view: *What is Nate thinking? Feeling?*
- Nate's brother's point of view: *What is he thinking? Feeling?*

Kind Mind



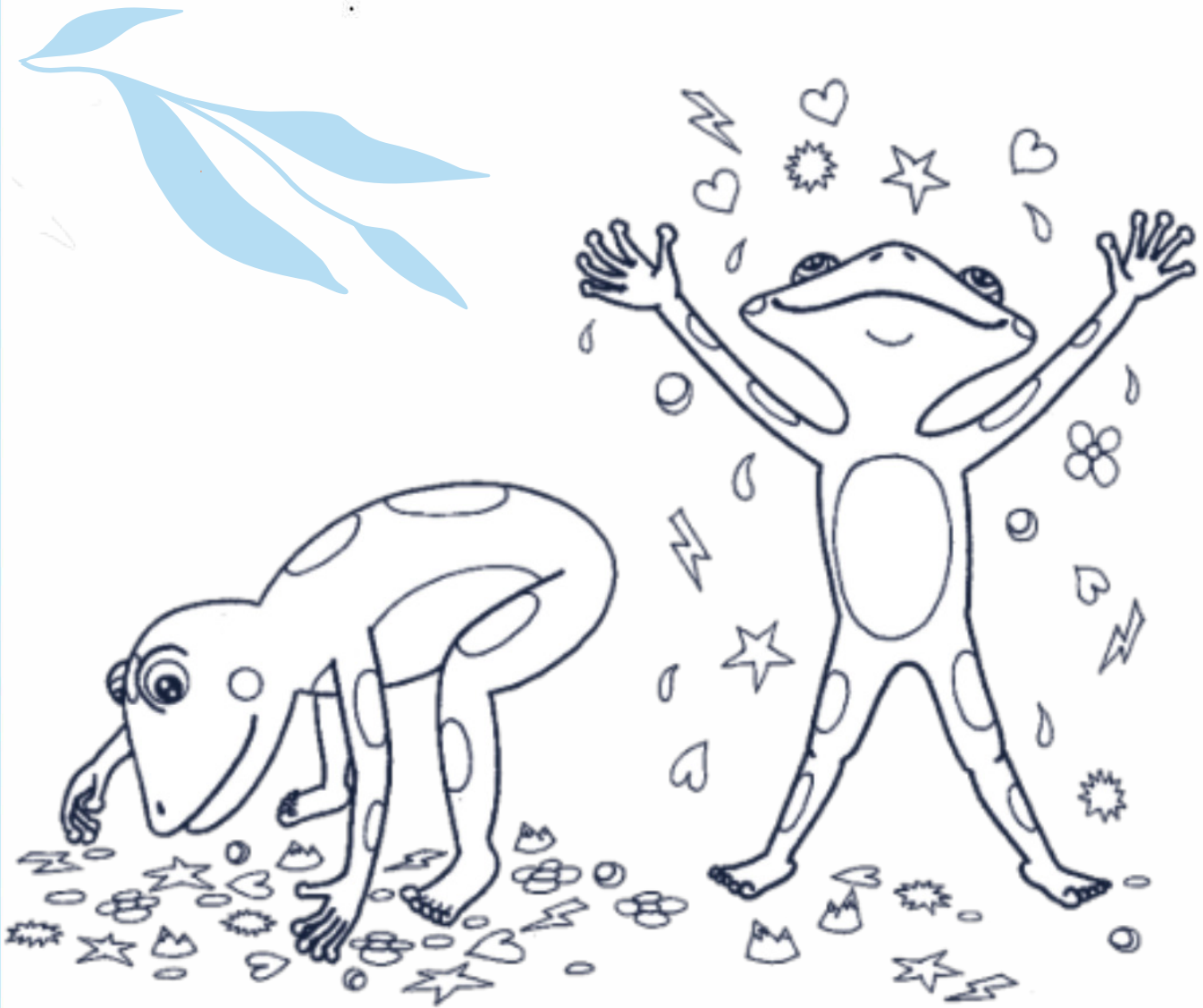
Kind Mind

Ask students to return to being seated in the circle. Display or project the Kind Mind (for Self) visual.

Tell students:

- *Today we're going to learn a practice that reminds us to be kind and compassionate to ourselves and others. It's called the Kind Mind practice.*
 - *Begin by closing your eyes if that feels comfortable for you, or if you prefer, simply look at one spot in the room.*
 - *Imagine for a moment what it feels like to be heard and understood.*
 - *What does it feel like when someone shows you compassion and kindness even if they disagree with you?*
 - *Repeat these kind thoughts to yourself. After I say them out loud, take a deep breath and silently repeat them to yourself, letting them sink in for a moment.*
 - *May I feel heard and understood.*
 - *May I feel seen and valued.*
 - *May I feel peace and compassion.*
 - *Notice what it feels like to speak kindly to yourself. Practicing Kind Mind is a way to teach your mind to treat yourself with care and compassion.*
 - *Now open your eyes if you'd like to and take a look around at the members of this group. Recognize that just like you, they also want their perspectives to be understood and considered.*
 - *Close your eyes if it's comfortable or rest them on one spot. Picture the other students in your mind and let's practice kind thoughts for them to build our kindness muscles. After I say the words out loud, take a deep breath and repeat after me in a whisper or silently.*
 - *May you feel heard and understood.*
 - *May you feel seen and valued.*
 - *May you feel peace and compassion.*
 - *I hope you feel cared for.*
 - *Notice what it feels like to practice kind thoughts for others.*
 - *Take a deep breath in and now out. And when you're ready, gently open your eyes or look up.*
- Point out to students that they can practice Kind Mind for themselves or others any time.
- *Practicing Kind Mind helps our minds remember to be kind to others.*

Pick It Up



Pick It Up

- *Start in a standing position.*
- *Imagine you are standing in a pool, and the pool is full of whatever attitude, feeling, or mindset you need today. Is it kindness, patience, bravery, calmness or something else?*
 - Have the students pause and think about seeing things from a new perspective/point of view.
- *Begin by closing your eyes if that feels comfortable for you, or if you prefer, simply look at one spot in the room.*
 - *Is there a challenge in your day or week you can try to see from a new perspective?*
 - *Maybe this challenge is a conflict or misunderstanding, or maybe there's a situation you're frustrated with or finding difficult.*
 - *Your new perspective might be coming to the challenge with fresh eyes, as if you are seeing it for the first time.*
 - *Or your new perspective might be placing yourself in someone else's shoes to see things from their point of view.*
- *Breathe out, and as you breathe out, bend your knees, fold forward, and swoop your arms down in a gathering motion. Imagine you are "picking up" whatever it is you need today.*
 - *As you breathe in, slowly return to standing, bringing that feeling or attitude up over your head.*
 - *As you breathe out, imagine you are allowing what you picked up to wash over your whole body and into your mind, as you lower your arms down along your sides.*

Tips:

This movement may be repeated several times, with or without the imagery. Invite students to share what it was they needed and picked up.

Notice out loud that everyone picked up something that was right for them based on their point of view.