

Being in someone else's shoes

Who is this resource aimed for?

This is a useful resource for young people who would like to understand the feeling of others and to explore this in context of language.



Have you ever heard the phrase 'being in someone else's shoes'?

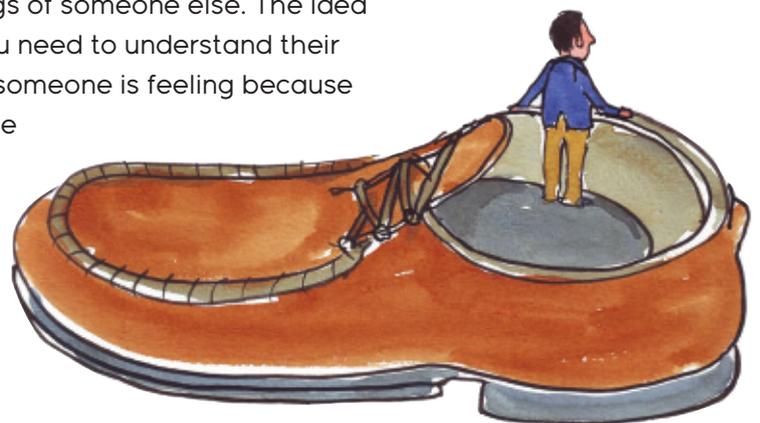
You might have heard similar sentences such as;



- I wouldn't want to be in Donnica's shoes when the teacher finds out she hasn't done her homework!
- "Walk a mile in my shoes before you judge me"

What do you think this means?

People use idioms, which don't make sense literally. Some people either know the context or have heard the phrase a number of times and understand it. "Being in someone else's shoes" means to empathise the feelings of someone else. The idea is that in order to understand how they are feeling you need to understand their experience. For example, you might understand how someone is feeling because you have had a similar experience to them; if someone has a cold you might think about the time you have a cold. Or if you have been worried about what a teacher has said to you, you may understand if a teacher has given another child a detention.



continued overleaf



Being in someone else's shoes

Have a look at the following situations and think if you have been in those situations. If you have put a tick in the box and then write a short sentence about how you felt in that circumstance.

Lily has forgotten her homework that she completed at home <input type="checkbox"/>	Robin has fallen over in the playground in front of a group of other children <input type="checkbox"/>	Isobella has forgotten her PE kit and the teacher last week said they would get a detention if they forget it <input type="checkbox"/>	Amelia has a really bad headache at school <input type="checkbox"/>
I think she might feel...	I think he might feel...	I think she might feel...	I think she might feel...
Pete has smelly feet and another child in the class has noticed and called him names <input type="checkbox"/>	Children are choosing which teams they want for PE, but Henry is chosen last <input type="checkbox"/>	Daniel gets 0/10 for a spelling test <input type="checkbox"/>	Jaspreet has spilled nail polish on her mum's new sofa <input type="checkbox"/>
I think he might feel...	I think he might feel...	I think he might feel...	I think she might feel...

Some different feelings that might help you think are;

sad worried upset proud frustrated
 annoyed anxious happy confused lonely
 embarrassed angry