

WALK IN THEIR SHOES

WHAT:

During this difficult time, it is easy to become discouraged. Understanding that there are lots of helpers who are keeping us safe is important and enables us to have gratitude for the actions of others. This feeling of gratitude will lift our spirits.

Brainstorm with your child the helpers who are helping to keep our lives as normal as possible. Help your child to understand how the truck drivers and delivery workers keep supplies coming to us, workers in grocery stores keep our stores clean and stocked with food and supplies, healthcare workers work to help us stay healthy and heal from illnesses, first responders help keep us safe, and teachers work hard to keep us learning.

When we Walk In Their Shoes we can begin to understand how important their courage is to each of us. These helpers leave their own homes and families to do the jobs that we all need. While this time of social distancing and staying at home is very difficult, the helpers make it possible and their sacrifices keep us safe.

Discuss what messages of gratitude could brighten the day of the helper. For example: Thank you for delivering our packages because it helps us stay at home. Thank you for bringing supplies to our grocery store – because of you we can buy what we need. Thank you for taking care of the sick in the hospital. Thank you for delivering the mail because my grandmother writes me letters. Thank you for cleaning the carts in the grocery store because it keeps us healthy. The possibilities are endless.

When your child has decorated the shoes and has written messages of gratitude on them, you can deliver them when you are on essential outings. You can leave one on your front porch for the delivery driver; in your mailbox for the postal worker; under the windshield wipers of an ambulance; stuck in the door handle of a police car, grocery truck, or other vehicles of helpers; hand one to the curbside restaurant server as you pick up dinner; give one to the veterinarian when they take care of your pet; tape one to the front door of a healthcare worker in your neighborhood when they are at work; mail one to your teacher.

MATERIALS:

- Copies of shoes
- Crayons/markers
- Tape
- Scissors

HOW TO:

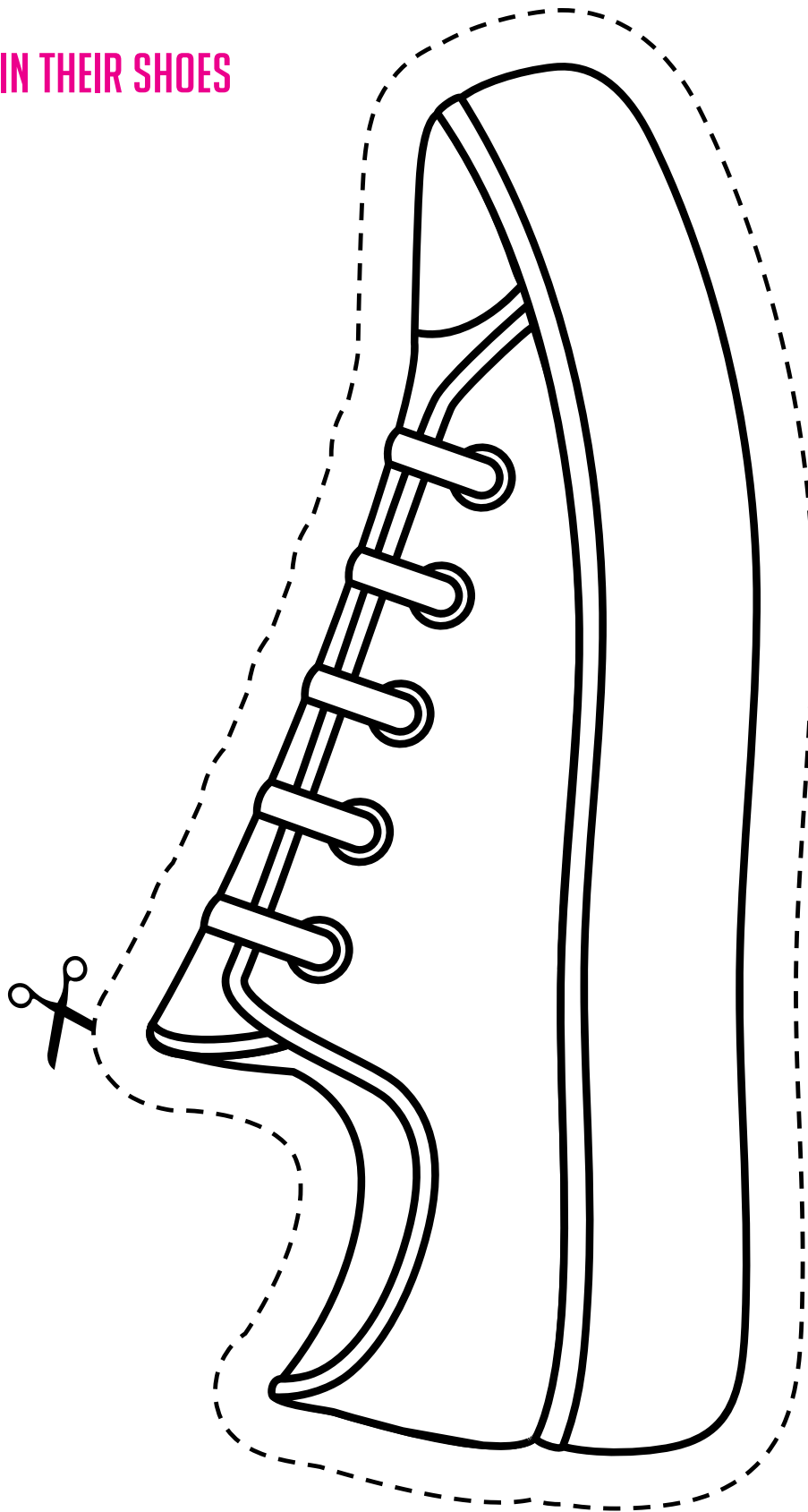
- Download and print as many copies of the shoes as you'd like (located on the following two pages).
- Ask your child to decorate the shoe.

- Cut out the shoe.
- Decide to whom they would like to give a message of gratitude.
- Help your child to complete this frame for their message:
“Thank you for *(insert the action you are thanking this person for)* because *(insert why)*.”
- Ask your child to write their message of gratitude on the back of the

decorated shoe. If the shoe is going to a stranger, do not include your child's full name. Have your child sign their first name or sign with just their initials.



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