



VALUES EDUCATION

# “Put yourself in my shoes”

Ref. 20845



# PUT YOURSELF IN MY SHOES

Ref. 20845

3-8  
years

SPECIAL  
NEEDS

## CONTENTS:

The game consists of 1 triangular support with 10 scenes (🗨️), 15 characters (👤) and 10 different emotions (❤️). The cards are printed on both sides with high-quality illustrations. The stand is made of hard-wearing, thick cardboard. Stand measurements: 31 x 15,3cm.



The **10 emotions** contained on the cards are as follows:

### PLEASANT

1. Happiness
2. Curiosity
3. Admiration
4. Security

### UNPLEASANT

5. Sadness
6. Anger
7. Disgust
8. Fear
9. Guilty

### NEUTRAL

10. Surprise

## RECOMMENDED AGE AND INSTRUCTIONS:

From 3 to 8 years.

The format and materials for playing this game are for a number of children to participate,



whether in groups or in pairs. The game also helps an adult to work individually with a child whether in class, at home or in therapy.

## LEARNING OBJECTIVES:

- Help to develop social skills such as empathy.
- Facilitate the identification of emotions and develop emotional awareness.
- Develop a child's attention and active listening.
- Understand that a single situation can arouse different emotions.
- Develop communication and respect for other people's opinions.

## GAME RULES:

1. Choose a scenario (👥) and ask a child to describe what is happening in it.
2. Then, search for one of the characters that appear in that scenario (👤) and choose the emotion (❤️) that the character is feeling in that situation. Ask the child to explain their decision through the character's body language, their facial expression, what is happening in the image and even the child's own experience of a similar situation.
3. Repeat the previous step with the remaining characters in the scenario.
4. Reflect on the different emotions of each character as if you were in the same situation.

Note:

The objective of this activity is to generate a space for working with emotions, both your own and those of others, through empathy. The important thing about this activity is that the children should think, express themselves and develop their emotional awareness, always with respect for the opinions of others.

There are no right or wrong answers.

## ACTIVITIES

In activities including more than one child, the youngest should go first.

### Guess who feels like this is in the scenario

1. In pairs, one child sits in front of the other and they choose a scenario (this can also be done with two groups).
2. The first player chooses an emotion from the cards and says it aloud to the other player (placing the corresponding image on the table).



3. The second player has to say if there is a character in the scenario who might feel that emotion. If there is, the chosen character's card should be placed on the table and the child should explain their decision.
4. Both players discuss the decision taken. It is not necessary for all players to agree on the emotion that each character feels. The important thing is that the players practice their understanding of other people's emotions and put themselves in their place.
5. The same steps are repeated with the remaining scenarios, changing the roles of the players each time.

#### How does the character feel?

1. Choose a character and place their card upright so it can be seen.
2. Go through each of the scenarios in which this character appears.
3. Discuss the emotion the character is feeling in each of the scenarios.

