

# WALK IN THEIR SHOES

## ACTIVITY

### Time Needed

10–15 minutes

### Materials

Paper and pen/pencil

Optional: whiteboard or projector for sharing responses

### Activity Description

In this activity, you'll think about someone you admire and imagine what it would be like to spend a day in their shoes. You'll reflect on what makes them a good role model and how you might follow their example in your own life.

### Suggested Steps

1. Pick someone you look up to. It can be a friend, family member, coach, teacher, athlete, or artist — anyone whose choices and actions inspire you.
2. Take a few quiet minutes to respond to the prompts below. Write your answers on a piece of paper.
  - *If I walked in [Name]'s shoes for a day, I'd learn to...*
  - *They influence me because...*
  - *One way I can follow their example is...*
  - *What's one quality of a role model that matters most to you, and how can you build that into your own life?*

