



**Kids  
Giving Back**

**Creating the next  
generation of generosity**

**Connecting people  
Bridging communities**

# **In Their Shoes**

## **An Empathy Development Workshop**

**'In Their Shoes'** ® are tailor made 2 x 90-minute workshops that focus on practical and fun strategies to help improve students' levels of empathy towards others.

**Session One:** General empathy skills – laying the foundations for learning empathy and applying it in the school setting amongst peers; including empathy as an antidote to bullying.

**Session Two:** A more in-depth exploration of how to improve empathy with a focus on vulnerable groups such as the elderly, disabled, refugees and the homeless.

Additional sessions are available.

Through **discussion, games** and **drama** students experience what it's like to be in the shoes of others, and are given the tools to apply newly learned skills in all aspects of their lives.

## Skills include:

- 'Reading' facial expressions
- Body language
- Active listening
- Developing rapport

Workshops are facilitated by experienced drama teachers and support the NSW Dept. of Education syllabus across the key learning areas of Drama, English, PDHPE, and Religious Studies, in both primary and high school.

Workshops are suitable for both upper primary and secondary students as well as adults in the workplace.

*"You never really understand a person until you consider things from their point of view...until you climb into their skin and walk around in it."*

**Harper Lee, To Kill a Mockingbird**

**TO REGISTER OR FOR MORE INFORMATION,  
PLEASE CONTACT**

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[www.kidsgivingback.org](http://www.kidsgivingback.org)**

*"It really opened my eyes to how it must feel to be old, and I also learned some pretty cool tips on how to read body language that I can use in lots of ways".* **Thomas, 15**

