

# Footsteps [General]

Everyone has a point of view. The way we see things can make a difference when we're trying to work out a problem. This activity will help us look at issues from different points of view.

Directions: Trace shoes and cut out pairs of shoe prints. In pairs, each person stands on their footsteps. Take 2 deep breaths (Step 1). The first person presents their side of the problem using the language below (Step 2). The other person listens, and then "steps into" the speaker's footsteps and paraphrases back what they heard using the language below (Step 3). The original speaker clarifies as needed. Each returns to their footstep. Repeat Steps 2 and 3 for the other speaker. When this is done, the pair makes suggestions for compromise until a solution is reached.



Step 1	Take two deep, focusing breaths
Step 2 [In original footsteps]	I feel...  I think...  I want...
Step 3 [switch places]	You feel...  You think...  You want...Is that right?
Repeat for each person, then...	
Step 4	How about if...

- ◆
- ◆
- For the educator to discuss:
  - What values came into play here?
  - Where can this type of listening be useful in our learning community?
  - Can you think of a time when what you said was misunderstood? How did that feel?
- Follow up
  - Practice in curriculum, other class venues; Share progress and challenges

# Footsteps for Coaching for Character Conference

This is an activity that can be used to Listening with Kavod, perspective taking, and many other skills.

Directions: Trace shoes and cut out pairs of shoe prints. In pairs, each person stands on their footsteps. Use Step 1 below to get ready. One person responds to the prompts below (Step 2). The other person listens, and then "steps into" the speaker's footsteps and paraphrases back what they heard (Step 3) using the language below. The original speaker clarifies as needed. Each returns to their footprints. Repeat Steps 1 and 2 for the other speaker. When this is done, the pair brainstorms some next steps.



Step 1	Take two deep, focusing breaths. Be mindful of Listening with Kavod.
Step 2 [In original footsteps]	I am intrigued by...  As a next step, I'd like to...  A concern or challenge I anticipate is...
Step 3 [switch places]	You are intrigued by...  As a next step, you'd like to...  A concern or challenge you anticipate is...  Is that right?
Repeat for each person, once each person has gone, then...	
Step 4	What would help each of us move ahead with our next step?