

In Their Shoes

Watch a show with the sound off.

Guess how each person feels from
their face.

Brain note: your brain reads a face in under a
second, before words arrive.

In Their Shoes

Make six faces in a mirror. Name
the feeling behind each one.

Brain note: copying a face gives your brain
extra clues about the feeling.

In Their Shoes

Find a photo of a crowd. Pick one
person and guess what their day
was like.

Brain note: your brain guesses feelings from
small clues, then updates them.

In Their Shoes

Watch someone's hands and
shoulders. What are they saying
without words?

Brain note: motion areas of the brain track
hands and posture, not just faces.

In Their Shoes

Play a song with no words. Say
what feeling it carries and why.

Brain note: music moves the same emotion
areas that faces and voices do.

In Their Shoes

Read one line out loud three ways:

tired, excited, unsure.

Brain note: tone of voice is read in a different
brain area than the words.

In Their Shoes

Draw the same face twice, once
calm and once worried. Name
what changed.

Brain note: comparing two drawings helps the
brain spot what carries meaning.

In Their Shoes

Look at a baby or a pet. Guess
what they want right now.

Brain note: reading a face without words uses
fast, very old parts of the brain.

In Their Shoes

Ask a grown-up what the hardest part of their day was. Just listen.

Brain note: listening closely quiets the part of the brain planning your reply.

In Their Shoes

Ask a friend how they feel today.

Then ask one more question about
it.

Brain note: one more question keeps your
brain in listening mode longer.

In Their Shoes

Ask someone what they were most
looking forward to this week.

Brain note: asking about the future pulls your
brain into someone else's plans.

In Their Shoes

Think of a time you were wrong.
Now tell it from the other person's
side.

Brain note: imagining another view uses the
network you use to recall your past.

In Their Shoes

Retell your last argument as if you
were the other person.

Brain note: retelling a memory changes it.
That is how new views take hold.

In Their Shoes

Pick a story villain. Tell the story
again from their point of view.

Brain note: holding two sides at once builds
the brain's flexible thinking.

In Their Shoes

Take a rule you dislike. Say why an
adult might have made it.

Brain note: asking why trains the brain to look
for reasons, not blame.

In Their Shoes

Think of someone you find hard to like. Name one thing that is hard for them.

Brain note: seeing someone's struggle turns down the quick us-and-them reflex.

In Their Shoes

Spend one day noticing who eats
alone. Say hi to one of them.

Brain note: noticing people takes attention,
and attention trains like a muscle.

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In Their Shoes

Look around at recess. Who has no one to play with? Invite them in.

Brain note: the brain handles social pain near the areas it uses for hurt.

In Their Shoes

Notice who never gets picked first.

Pick them next time.

Brain note: being left out shows up in the brain fast, even in a small game.

In Their Shoes

Notice who is quiet in a group. Ask
them what they think.

Brain note: a brain running on stress finds
speaking up in a group harder.

In Their Shoes

Do one kind thing today and tell no
one it was you.

Brain note: giving with no credit still switches
on the brain's reward areas.

In Their Shoes

Leave a nice note where someone
will find it. Do not sign it.

Brain note: a kind act can lift the giver's
mood as much as the receiver's.

In Their Shoes

Tidy something someone else
made messy. Say nothing about it.

Brain note: quiet, unseen help builds inner
reward instead of applause.

In Their Shoes

Give away a compliment you
would like to hear yourself.

Brain note: saying something kind lights up
reward areas in both brains.

In Their Shoes

Listen to a friend's problem without
fixing it. Say "that sounds hard."

Brain note: naming a feeling turns down
activity in the brain's alarm center.

In Their Shoes

When someone is upset, sit with them for two minutes. No advice.

Brain note: calm company can slow another person's heart rate, and yours too.

In Their Shoes

Repeat back what a friend said
before you answer. Check you got
it right.

Brain note: repeating back what you heard
checks the picture your brain built.

In Their Shoes

Ask if they want help or just want
you to listen. Then do that.

Brain note: asking what someone needs saves
your brain from guessing wrong.

In Their Shoes

Imagine your pet's whole day.

What was the best part? The
worst?

Brain note: imagining an animal's day
stretches perspective taking past people.

In Their Shoes

Pick a bird outside. Describe its
morning from its side.

Brain note: your brain can model a mind
unlike yours, and that is practice too.

In Their Shoes

Imagine being an ant in your
kitchen. What looks huge? What
looks scary?

Brain note: changing scale in your head builds
flexible mental models.

In Their Shoes

Imagine a zoo animal's day. What
would it change if it could?

Brain note: wondering what someone wants is
the first step of reading minds.

In Their Shoes

Draw the place your friend feels
happiest. Ask if you got it right.

Brain note: drawing makes the brain fill in
details it would otherwise skip.

In Their Shoes

Draw what your grown-up's perfect
Saturday looks like. Show them.

Brain note: picturing someone's perfect day
trains you to hold their goals.

In Their Shoes

Draw a comic of your day from
your sibling's point of view.

Brain note: a comic forces one point of view
into every frame you plan.

In Their Shoes

Thank someone for one exact thing
they did, not just "thanks."

Brain note: specific thanks gives the brain
something real to store and repeat.

In Their Shoes

Tell a friend one thing they did this
week that helped you.

Brain note: naming a helpful act makes it
easier to recall later.

In Their Shoes

Thank someone whose work you
usually do not notice.

Brain note: noticing hidden work trains
attention to look past the obvious.

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In Their Shoes

Write down three people who
helped you today. Tell one of
them.

Brain note: counting helpers builds the habit
of scanning for kindness.

In Their Shoes

Ask a family member about a time
they felt left out. Listen all the
way.

Brain note: a real story links feelings to a face
your brain already trusts.

In Their Shoes

Guess how a new kid feels on day
one. Do one thing that helps.

Brain note: new places trigger the brain's
alert system. A friendly face calms it.

In Their Shoes

Say sorry for the part that was
yours, even if it was small.

Brain note: a brain that is not defending itself
can own a small mistake.

In Their Shoes

Trade jobs with someone at home
for a day. Tell them what was hard.

Brain note: doing the job yourself gives the
brain real data, not a guess.

In Their Shoes

Also try: Friendship and Boundary
Guides, Conflict Repair Scripts,
and Strength-Spotting Guides.

Brain note: Find every set at
NextGenLearners.com.