

# Caring Boots

# GRATITUDE

To help students express empathy by imagining what it feels like to “walk in someone else’s shoes” and how their steps can bring care to others. Neptune, with its swirling emotional depth, shows us that when we lead with empathy, our journey becomes a path of connection.



## Learning Intentions

**I can think of ways to help and care for others:**

This builds empathy and compassion.

**I can imagine what it’s like to walk in someone else’s shoes:**

This strengthens perspective-taking and kindness.

**I can show my understanding by drawing or writing caring actions:**

This supports emotional expression and creativity.



## Success Criteria

**I can trace my feet or shoes on paper:**

This supports fine motor skills and self-awareness.

**I can name and illustrate kind actions I can take for other:**

This develops emotional language and empathy.

**I can talk about what it means to wear my “empathy boots.”:**

This promotes reflection and gratitude.



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## Objective:

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## Players:

Best as an individual creative activity with group discussion

## Materials:

- Large sheets of paper
- Coloured Pencils
- Markers, stickers, glitter (optional)
- Tape (for classroom wall display if desired)

## Time Required:

15–20 minutes

## Setup:

Begin by reading the Neptune page from *The Playful Astronauts* and revisiting the earlier activity *Walk in Their Shoes*.

Discuss:

- “What does it mean to wear empathy boots?”
- “How can our actions help others feel safe, loved, or supported?”

Let students know that today, they’ll design their very own pair of caring boots, shoes that remind them to walk kindly through life.

## Gameplay:

### Step 1 – Trace and Decorate:

Students trace both feet or the outline of their shoes onto paper.

Then, they decorate their “caring boots” using colours, patterns, stickers, or anything that shows kindness.



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## Step 2 – Fill with Kindness:

Inside each foot outline, students draw or write simple caring actions they can take, such as:

- Helping a friend tie their shoes
- Listening when someone is sad
- Sharing toys
- Giving hugs or kind words

You can use prompts like:

- “What do empathy boots do?”
- “Where will your caring feet walk today?”

## Step 3 – Share and Reflect:

Invite students to show their boots to the class and name one way they’ll wear empathy this week.

Optionally, display all the “Caring Boots” on a class wall to create a *Walk of Empathy/Kindness*.

## Winning the Game:

Everyone who fills their boots with kindness and shows care for others wins. Neptune reminds us that empathy doesn’t just float in our hearts. It travels with us in every step we take.

## Additional Notes:

*Caring Boots* is a gentle and thoughtful activity that brings empathy to life through a hands-on craft. It offers students a way to visualise how their choices and actions can create a more caring world, one small, thoughtful step at a time.

