

Teacher Notes: A Day in Someone Else's Shoes



Your Local Homelessness Charity

OBJECTIVE

Develop empathy and understanding by encouraging students to imagine the experiences, challenges and feelings of someone who doesn't have a home. Encourage thoughtful reflection and discussion about support and kindness in their communities.

INSTRUCTIONS

1. Begin with a short class discussion about what 'home' means and why some people may not have one. Then, ask students to imagine they are someone experiencing homelessness for a day.
2. Students write a journal entry or short story describing:
 - Where they would sleep or spend the night
 - Challenges they might face
 - How they feel throughout the day
 - Small acts of help they would appreciate (a meal, a kind word, access to a warm place)
 - What would make their day easier?
3. After writing, hold a class discussion
 - What did they notice about the persons feelings?
 - What are some ways communities or schools could help?

LEARNING OUTCOMES

- Develop empathy and perspective taking
- Improve reflective writing and communication skills
- Understand social issues and think critically about solutions.

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1. **Imagine:** You are someone who does not have a home today.
2. **Describe your morning:** Where do you wake up? How do you feel?
3. **Describe your day:** What challenges do you face? What helps you get through the day?
4. **Acts of help:** List three small things that would make your day easier
5. **Reflection:** How does imagining someone else's day make you think differently about kindness, support or your community?

