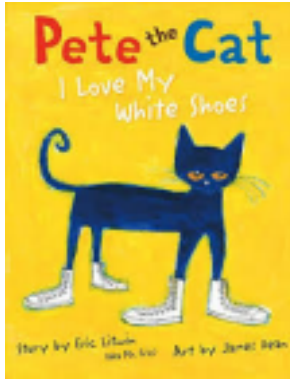


Shoes: Impermanence / Resilience / Gratitude

1) "Pete the Cat: I Love My White Shoes"

(narrated book, WhiteBoard Entertainment Studios, 3:55 minutes)



https://www.youtube.com/watch?v=fj_z6zGQVyM&feature=share&fbclid=IwAR13qwffvx7_pKtoxoc87-51SRpldTZXQrbNLfjakSzIIM19buGck4i1kd0

2) Robert Gubenco Sensei talks about "Pete the Cat: I Love My White Shoes"



<https://youtu.be/EpooAGFRcFk>

3) What is your Favorite Footwear?

Activity Sheet "I Love My _____ (favorite footwear)"

4) Resilience Resources

If parents and Dharma School teachers want more information, ideas and activities on building resilience, check out the attached websites.

I Love My

_____ (favorite footwear)

Draw or paste in a picture of your favorite footwear.

Why are they so great?

Do you look after them in a special way?

RESILIENCE RESOURCES

Resilience: Making Kids Sesame Street Strong

<https://www.sesamestreet.org/toolkits/challenges>

Review from **Child Mind Institute**

<https://childmind.org/blog/resilience-making-kids-sesame-street-strong/>

Big Life Journal

Resilience Kit for Kids

<https://biglifejournal.com/products/resilience-kit-printables-kids>

TOP 30 Children's Books About Resilience

<https://biglifejournal.com/blogs/blog/top-childrens-books-resilience>

Centre for Addiction and Mental Health

<https://www.camh.ca/en/health-info/guides-and-publications/raising-resilient-children>

Centre on the Developing Child: Harvard University

<https://developingchild.harvard.edu/resources/inbrief-resilience-series/>

Shoes: Suffering / Attachment / Compassion / Putting Yourself in Someone Else's Shoes

- 1) **“Those Shoes”** written by Maribeth Boelts, illustrated by Noah Z. Jones, read by Rachelle Muskovich



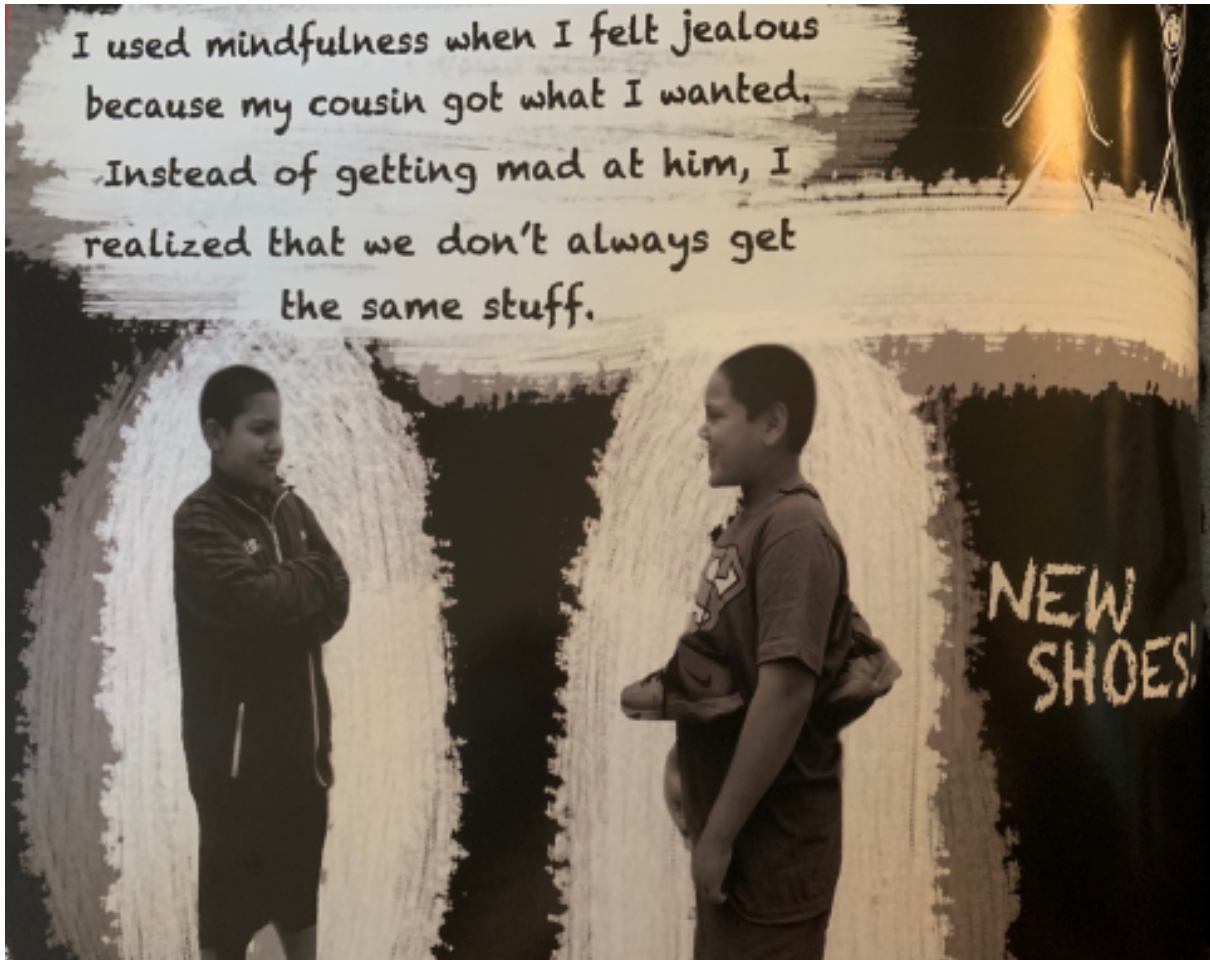
<https://www.youtube.com/watch?v=6XbB1rjPui4>

- 2) **Roland Ikuta Sensei talks about “Those Shoes”**



<https://www.youtube.com/watch?v=9zOw2NKPB9I&feature=youtu.be>

- 3) **Don't Always Get the Same Stuff** photo from “Master of Mindfulness: How to Be Your Own Superhero in Times of Stress”, Laurie Grossman / Angelina Alvarez / Mr. Musumeci’s 5th Grade Class, New Harbinger Publications, 2016



Taken from “**Master of Mindfulness: How to Be Your Own Superhero in Times of Stress**”

Laurie Grossman / Angelina Alvarez / Mr. Musumeci’s 5th Grade Class

New Harbinger Publications, 2016



4) "The Other Pair" short film and discussion questions



<https://www.youtube.com/watch?v=BN7px3XzRoU&feature=youtu.be>

This Egyptian short film is based on a situation in Gandhi's life. Directed by Sarah Rozik, Screenplay by Mohammed Maher. It is the first film by then, 20-year old filmmaker, Sarah Rozik. It won the Jury's special award in the short film category at the 2014 Luxor Egyptian and European Film Festival.

"The short is heart-warming and the two characters speaks to us about how letting go is difficult at times but could be the right choice. It also reminds us about how rewarding it can be for being honest, doing what's right and sacrificing to complete others."

Review: <https://telanganatoday.com/six-minutes-sarah-rozik>

Gandhi's Shoes

As Gandhi stepped aboard a train one day, one of his shoes slipped off and landed on the track. He was unable to retrieve it as the train started rolling. To the amazement of his companions, Gandhi calmly took off his other shoe and threw it back along the track to land close to the first shoe. Asked by a fellow passenger why he did that, Gandhi replied, 'the poor man who finds the shoe lying on the track will now have a pair he can use.' ~ Author Unknown

Questions:

- What message do you think the film maker is trying to send to us?
- What thoughts/feelings/emotions did the two boys show?
- Is that how you thought the movie would end?

5) **Activity: Whose Shoes?**

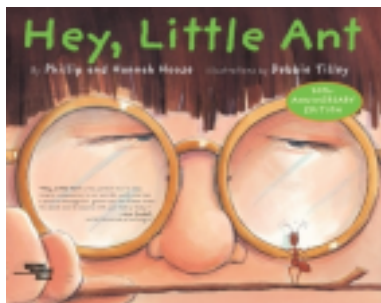
WHOSE SHOES?



THEMES

Empathy development, Perspective-taking, Different experiences

Alternative book pairing: "Hey Little Ant" by Phillip and Hannah Hoose, illustrations by Debbie Tilley. <https://www.youtube.com/watch?v=ehH6l6v5sYM>



AGE

This activity can engage all ages at different levels

SUPPLIES

Shoe images from the internet or from magazines. The ones in the picture above were glued to thick paper and laminated.

ACTIVITY

Everyone chooses or is provided with an image. Take turns talking about who might be wearing the shoes (age, location, cultures, family, what do they do every day? How do you feel looking at the picture? How might the wearer of the shoes feel? Imagine what their experiences might be)

In her book, Bonnie Thomas provides a similar activity to this one and provides further ideas to facilitate conversation: Beforehand write scenarios on the back of chosen images and ask how the situation makes them feel, how might they help out, etc. See below for examples (pp. 33-34).

The child who wears these shoes...

- Has to tell his dad he got in trouble today
- Has her first dance performance tonight
- Has not eaten in two days
- Was told by friends to "go away" at recess

If so inclined, the project can be extended with an art project. Create a collage of shoes with images found in magazines or draw a pair of your favourite shoes. What about setting up a still life of shoes for the group to draw?

If there are writers, a story can be created around any of the images.

RESOURCES/INSPIRATION

- 1) Wildsmith, Brian, *Whose Shoes?* Oxford University Press, 1984
This book has great illustrations of shoes, telling a story without words
- 2) Thomas, Bonnie, *More Creative Coping Skills for Children*, Jessica Kingsley Publishers, 2016.

Appendix



WHOSE SHOES?





Mukluks or **kamik** (singular: bL^b *kamak*, plural: bĪ^c *kamiit*) are a soft boot, traditionally made of reindeer (caribou) skin or sealskin, and worn by Arctic aboriginal people, including the Inuit, Inupiat, and Yupik. <https://en.wikipedia.org/wiki/Mukluk>









“AFOs (ankle-foot orthoses) start at your child’s toes and then extend up, stopping just shy of the knee. Among other benefits, this tall design offers extra sagittal plane (front to back) control. AFOs can potentially help: Instability, Hypermobility, Drop foot, Pronation, Supination, Toe walking, Genu-recurvatum, Hypotonia, Developmental delays” <https://surestep.net/parents/>





“Pokkuri geta have a large base cut from a single piece of wood. The inside is hollow and may contain a small bell or tinkling noisemaker so the wearer makes sounds when they walk; *pokkuri* is onomatopoeia for the sound these shoes make. These are women’s geta and rarely worn except by maiko.”
<https://theculturetrip.com/asia/japan/articles/8-types-of-traditional-japanese-footwear/>



“Fluid-Resistant Shoe Covers: Ideal for extended-wear situations involving low to moderate fluid content. Highly breathable, fluid-resistant material with non-skid treads”
<https://www.marketlab.com/fluid-resistant-shoe-covers/p/Fluid-Re>





“Ottobock has created a line of running blades that includes a blade for active children and a running blade for adults that is suitable for jogging and those just starting out. <https://ablemagazine.co.uk/ottobock-launches-new-range-running-blades-budding-jogger/>



“Caring for your [Speed] Skates: Your skate blade is your most important piece of equipment. It’s your connection to the ice and racers will obsess over a sharp blade. And unlike hockey and figure skates, speed skates are hand sharpened, so taking care of them — on and off the ice — will help keep them sharp longer.” <https://www.peninsulaspeedskating.com/register/>



“The Moschino Runway Show Was Marie Antoinette Meets '80s-Rocker Glam

<https://www.popsugar.com/fashion/photo-gallery/47237926/image/47237972/Moschino-Fall-2020-Collection-Details>



“Rock climbing, although a somewhat specialized sport, is enjoyed by more people than you might expect. However, rock climbing is one of those sports where having the right equipment is critical for safety. One of the most important tools of the trade for male rock climbers are men's rock climbing shoe.”

<https://www.chicagotribune.com/consumer-reviews/sns-bestreviews-outdoors-the-best-mens-rock-climbing-shoes-20200207-tp75liodofmpnn62go5cce23i-story.html>

Shoes: Thank You Shoes / Compassion

- 1) **“Thank You Shoes” Video Montage** – Thank you to everyone who participated!



<https://www.youtube.com/watch?v=5r7jpD61LsU&feature=youtu.be>

- 2) **Izumi Sensei’s Dharma Talk in Stop-Motion “The Footrace”** – narration and stop-motion by Seiji Hilgersom



[https://youtu.be/ Dvcxf-ChX8](https://youtu.be/Dvcxf-ChX8)

3) Gatha “Buddha Loves You”



https://youtu.be/dPgPkGfln_Q

4) Grab and Go Games & Ice Breakers – “14 fun and easy games to foster a positive classroom climate. Great for building teams of any size and dynamic!” Many can be adapted for use online.

https://www.randomactsofkindness.org/additional-resources/Grab_and_go_games.pdf



14 fun and easy games to foster a positive classroom climate. Great for building teams of any size and dynamic!

Me Too!

Object of the Game: To get to know one another in a fun, greeting activity.

Description: Each kid mingles around the room and passes to take turns to greet and introduce themselves each other.

When kid "A" approaches another kid, he/she says their name, and something they like to do. For example, "My name is Alicia and I like to play basketball." Then, Alicia's partner, kid "B" has one of two responses: "Me Too" or "Not so much." If kid "B" likes basketball, he/she puts their hands in the air and says with enthusiasm, "Me Too!" If he/she does not like basketball, hands go in an open gesture to shrug and say, "Not so much." Then kid "B" shares their name and what they like to do and the kid "A" responds with either "Me Too" or "Not so much." This is repeated and the icebreaker continues for about 5 minutes. A fun variation is for kids to act out what they like to do when they introduce themselves!

Kindness BINGO

Materials Needed: RAK Bingo card; attached

Object of the Game: To get to know how others express and experience kindness through a scavenger hunt BINGO game.

Description: Each kid gets a BINGO card. Kids stand and find a partner. Each partner asks the other if they have done one or more things on the BINGO card. When their partner responds, "yes" I have done what is written in that square; write their name in that BINGO square. Have kids thank that partner and repeat. Play for a given time frame or until a kid reaches five in a row or blackout.

Create-a-Shake

Object of the Game: To build relationships by creating a handshake with a partner.

Description: Divide kid into pairs. Kids will introduce themselves to one another and then create a silly 3-part handshake. Encourage kids to be creative. Handshake steps could include a normal handshake, high five, fist pump, spin, dance

move, etc. After an appropriate amount of time, signal for kids to find a new partner and repeat.

Some leaders then use "handshake partners" to pair up kids in the future by instructing, "Stand up and find your first handshake partner," for example.

Have You Ever?

Object of the Game: To share something about oneself in a non-verbal way while learning about others.

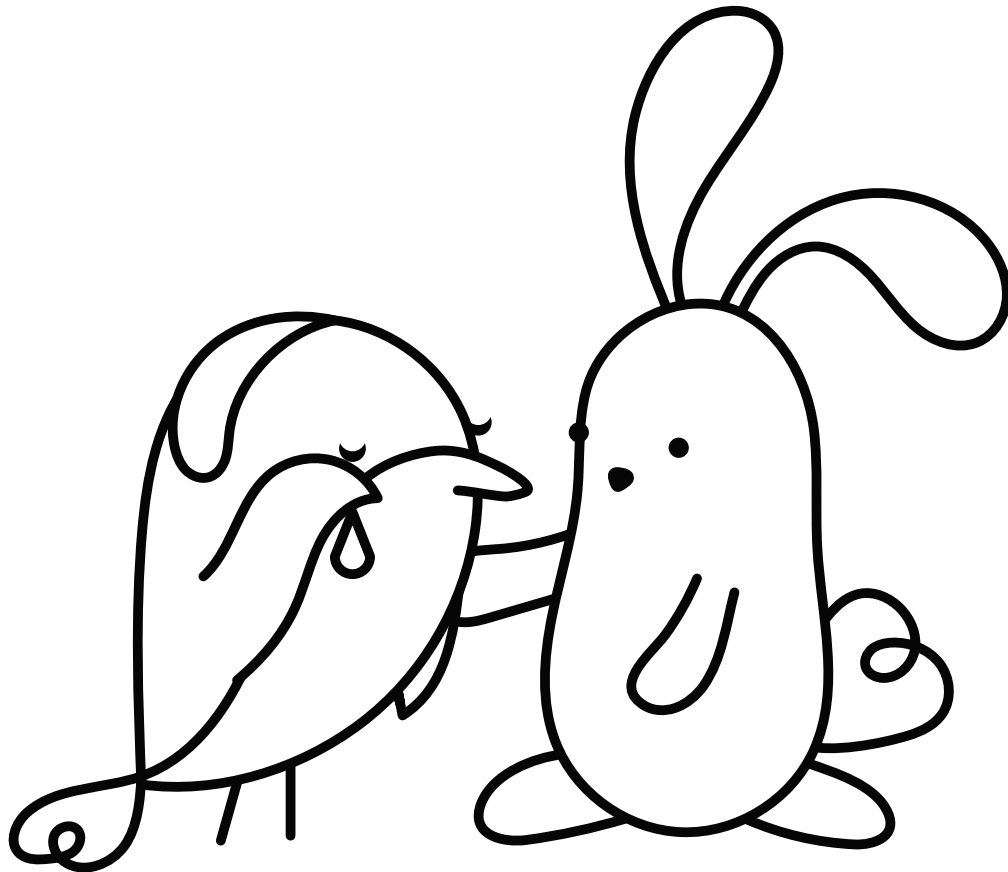
Description: Divide the kids generally into two groups and ask one group to stand on one side of the room and the other half of the group to stand on the other side of the room facing each other. Leader explains that he/she will call out different things that may or may not apply to each kid. Tell kids that if the statement applies to them and they would answer "yes" to the question, then they cross from the line they are standing in to the other side. Leaders can set the example and go first. Create a list of about 20 items that are appropriate for the group. Consider the cultural differences

5) **Coloring Page and Poster:**

https://www.randomactsofkindness.org/kindness-concept-posters/Caring_Poster.pdf

<https://www.randomactsofkindness.org/printables>

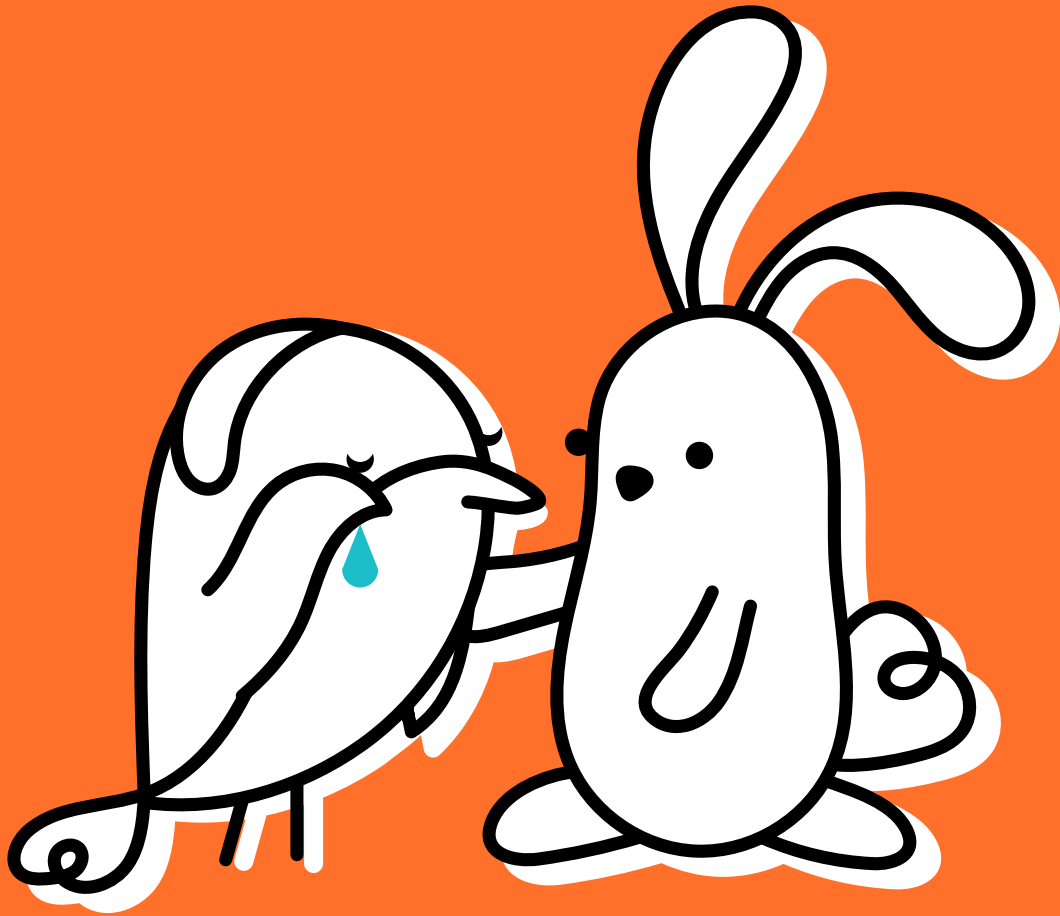
Caring: Feeling and showing
concern for others.



RANDOM ACTS OF KINDNESS
FOUNDATION®

CARING

Feeling and showing
concern for others.



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FOUNDATION

www.randomactsofkindness.org

- 6) **Other books on kindness** - check the website for book synopses:
<https://storiesbystorie.com/kindness-books-for-kids/>

KINDNESS

books for kids



STORIES by storie