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| Workshop Title: Standing in Someone Else’s ShoesAudience: anyTime Frame: ~30-40 minDate:  |
| Objectives/ Outcome |
| **DO** | **SAY/Activity** | **RESOURCES** | **TIME** |
| Set the stage | How often do you hear “you never know til you stand in someone else’s shoes?” Well today is the day you can | Hand out sheets, ask people to keep them turned over until you give the que | 5 min |
| Ask individuals to make sure they have a black or blue ink pen | After they have writing utensils explain that individuals will read thru each question independently and put an x on the statement they could answer yes to. If they have questions about a word during the process ask them to raise their hand and someone go work with them… sometimes I say if you don’t know what it means then obviously you probably wouldn’t put an x in the box.Explain that once they have filled out their sheet just fold in half or turn it over and had to collectors in the audience.  | The sheet with the questions | 6-10 minutes |
| Redistribute the sheets  | Randomly hand everyone in the audience a new piece of paper. I TRY to tell them the odds of them getting their own back is RARE, BUT even if they do, NO ONE else will know, so don’t worry, just keep it and be quiet! (Folks freak out)  | Helpers to help collect and then redistribute once they are ALL collected  | 3 min |
| Read the statements | Ask the group to be very quite during this part of the activity, no side talks or comments, simply listen and watch.One by one walk thru the statements directing folks to stand IF THE SHEET they are HOLDING has an x on the statement, (not to be confused with the sheet they filled out).Read each statement out loud, allow a few seconds for folks to look around and note how many others are standing.say ‘thank you’ (meaning you can sit now)Read the next statement…. Do this until the list is completed |  | 10+ |
| Debrief | Questions to ask:How are you feeling right now?Is there anything you want to say to the person you ‘became’ during this activity?What did it feel like to stand up for things that you personally wouldn’t have if you had your sheet?While participating, what was your greatest fear?As you participated, did you make value judgments/assumptions about others in the room? Were there questions you did not understand?What was the most interesting thing you learned about yourself from this experience?Is/are there question(s) you would like to have asked if you had designed this exercise? |  | 10  |