Take a Walk in Their Shoes

This short activity creates an opportunity to experience one-on-one the sender-receiver interaction.

Inform the participants that they will be involved in a short activity during which one partner will provide directions and the other will follow.

Directions:

• Break up the larger group into pairs.
• Explain that within each pair, one person will be the sender and the other will be the receiver.
• Ask each pair to decide who will take which role.
• Hand each sender a picture of a person, place, or thing. Tell the senders not to show or describe the picture to their partners, the receivers. They are also not to say what the picture is.
• Hand each receiver a blank piece of paper and something to draw with (pencil, pen, marker, etc.).
• Ask the sender to describe the picture. Remind the senders that they are not to show the picture to their partners, the receivers, and that they are not to say what it is.
• Ask the receiver to draw the picture as the sender describes it. Tell the receivers that they can ask clarifying questions in regards to the directions being given, but cannot ask questions specific to the picture.
• Ask the pairs to stop after 3 minutes.

Debrief:

• Ask the participants to compare the picture and the drawing.
• Ask them to take the next 2 minutes to discuss the experience from each of their points of view.
  • How did you feel?
  • What was helpful? What was not helpful?