



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?

















