



# LESSON OVERVIEW

## Title: Introduction to The Shoebox Project

Grade Level

**K-1**

Lesson Type

**Group**

Duration



Subject

**Social Studies  
Visual Art**

Skill(s) Developed

**Critical Thinking  
Collaboration**

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**Topic:** Supporting people experiencing homelessness

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### Learning Goals :

By the end of this lesson, learners should be able to understand what kindness and empathy is and ways that we can show kindness and empathy to others. This is an introduction for the learners into community organizations like The Shoebox Project that support people experiencing homelessness by extending kindness and empathy.

### Materials Needed:

- Chart paper
- Markers
- How full is your cup activity worksheet (included)
- Stand in my shoes activity worksheet ( included)
- The Shoebox Project Fact Sheet (included)

### Pre-Requisites

Introduction to Homelessness

Introduction to Homelessness 2

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# Introduction to The Shoebox Project Kindergarten- Gr. 1

## OBJECTIVE

learning ways to show kindness to others

## PREPARATION

To prepare yourself and the learners for the lesson please see the **Teacher's Glossary** below for explanations related to: kindness , empathy and ways we can show this to people experiencing homelessness. Instructor should review all activities and discussion questions in order to prepare the lesson for the learners.

## ACTIVITIES

- Activity 1: How full is your bucket?
- Activity 2: Stand in my shoes

## RESOURCES

- How full is your bucket? -[Read aloud](#)
- How full is your bucket?- [Audible book](#)
- Stand in my shoes- [Read aloud](#)

## LESSON OUTLINE

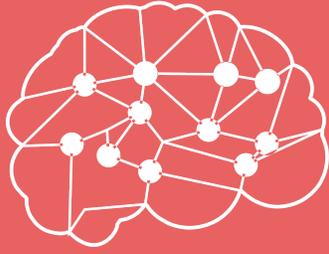
1 Begin the lesson by asking the learners what it means to be kind. 2 Instructor will define kindness and then complete **Activity 1:** How full is your bucket? Once complete, instructor will introduce The Shoebox Project to learners using **The Shoebox Project** fact sheet followed by **Activity 2:** Stand in my shoes.

## EVALUATION

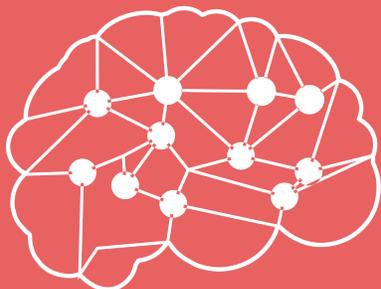
After the completion of Activity 1 and 2 , instructor may use the Evaluation rubrics to assess learning goals.

**Evaluation Rubric(s):** Critical Thinking Skills, Collaboration Skills





# Activity



## Title: How full is your bucket?

Grade Level

**K-1**

Lesson Type

**Class**

Duration



Subject

**Social Studies  
Language Arts**

Skill(s) Category

**Classifying  
Brainstorming**

**Topic:** Introduction to The Shoebox Project

**Materials Needed:**

- Chart Paper
- Markers
- How full is your bucket? - Read aloud
- How full is your bucket? - Audible book
- The SBP Fact Sheet (included)

**Instructions :**

1. Begin this activity by asking the learners discussion question 1.
2. Read the story 'How full is your bucket?' followed by discussion question 2.
3. As a class, create a chart that outlines 3 different places the learners can display kindness: home, school, and to a stranger.
4. Follow up with discussion question 3
5. Once complete, introduce The Shoebox Project to the learners using the SBP Fact sheet.

**Discussion Questions:**

1. Why should we be kind to others?
2. How are people kind in the story? How are they unkind?
3. How can you show kindness at home? school? to a stranger?
4. What is The Shoebox Project?
5. How does The Shoebox Project show others kindness?



WHO

# The Shoebox Project

The Shoebox Project for Women is an unaffiliated, non-religious, charity that collects and distributes gift-filled Shoeboxes for women impacted by homelessness in communities across Canada.

Founded in 2011 in Toronto, the organization works through volunteer-led chapters who partner with women's shelters and community agencies that serve women impacted by, or at risk of, homelessness.

The Mission of The Shoebox Project is to share empathy, kindness, and compassion with local women impacted by homelessness through the collection and distribution of gift-filled Shoeboxes and messages of support. They believe in a world where all women are seen, valued, and treated with dignity and compassion.



WHY



WHAT

### It's More than a Gift

Often, women impacted by homelessness report feeling disconnected from society, invisible and alone. A Shoebox gift is a powerful reminder for a woman that she has not been forgotten and that she remains a valued and respected member of her community.

### Kindness Matters!

The Shoebox Project is a tangible and creative opportunity to give back directly to someone in your very own community. It's a small, simple gesture of kindness that has an immediate, positive impact on the person who receives it.

Since its founding year, The Shoebox Project has distributed more than 251,000 Shoeboxes, with gifts and essentials valued at a total of \$14 Million.

### Get Involved!

You can create and donate Shoeboxes either at home with your friends and family, together with your class, or as a school-wide event!

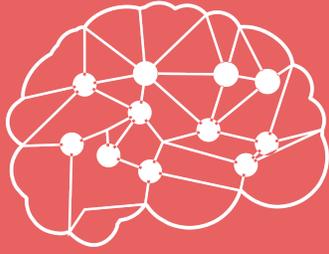
We also love receiving your special letters, cards and greetings for women impacted by homelessness.

[Register here to get started!](#)

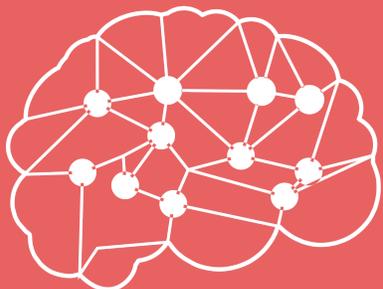
About The Shoebox Project

MOH





# Activity



## Title: Stand in My Shoes

Grade Level

**K-1**

Lesson Type

**Class**

Duration



Subject

**Social Studies  
Visual Art  
Language Arts**

Skill(s) Category

**Brainstorming  
Team building**

**Topic:** Introduction to The Shoebox Project

**Materials Needed:**

- Chart Paper
- Markers
- Stand in my shoes- Read aloud

**Instructions :**

1. Begin this activity by asking the learners discussion question 1.
2. As a class, read 'Stand in My Shoes' by Bob Sornson followed by discussion questions 2-4.
3. Once complete, instructor learners cut out copies of the shoes in the activity worksheet below.
4. Follow the instructions to complete the activity and then discuss question 5 as a class.

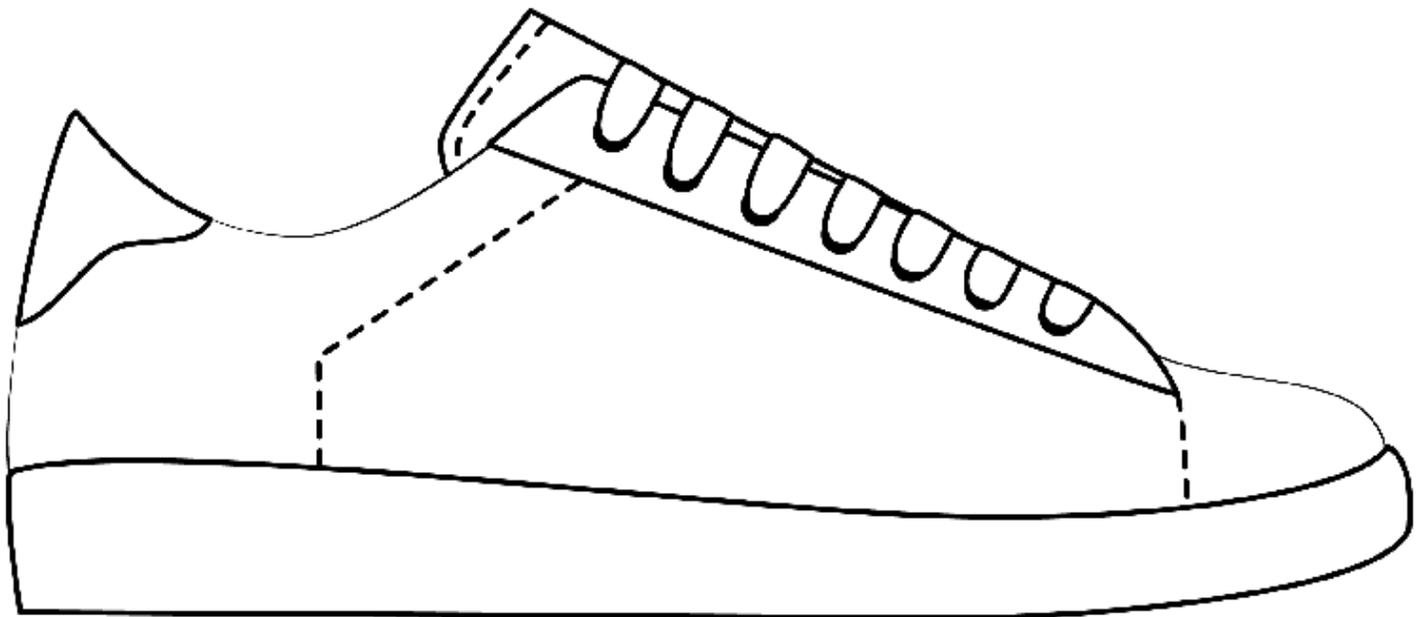
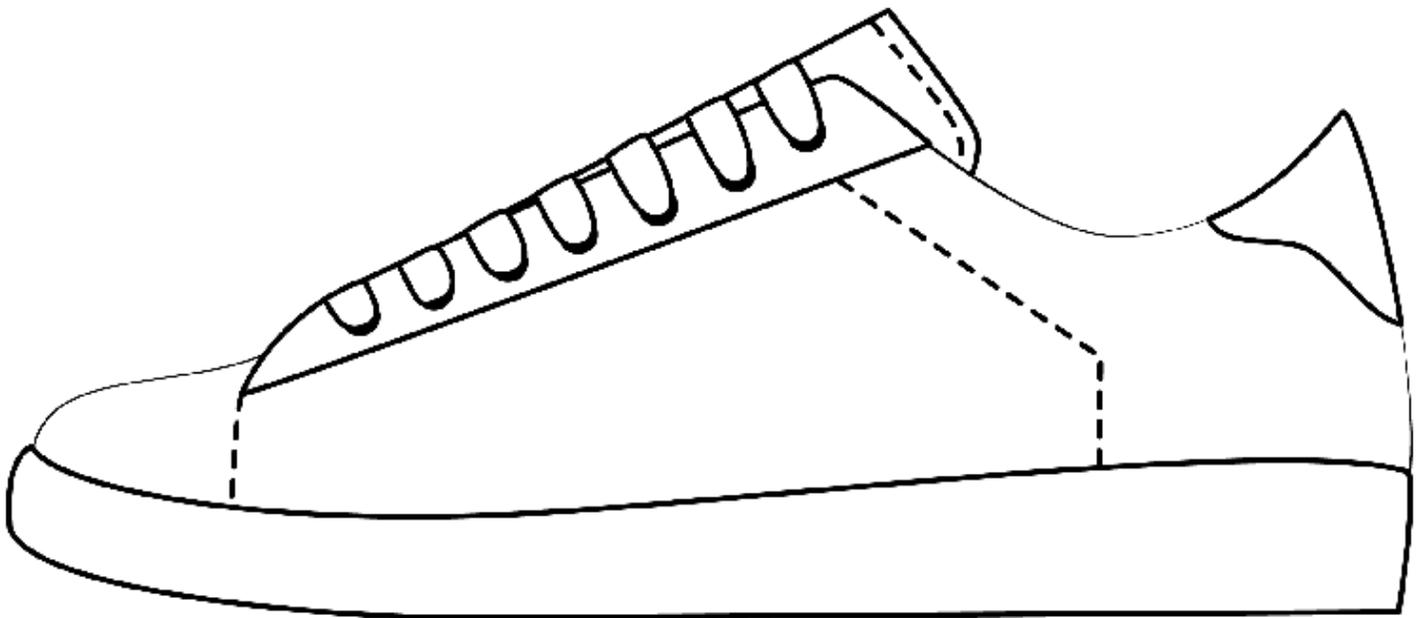
**Discussion Questions:**

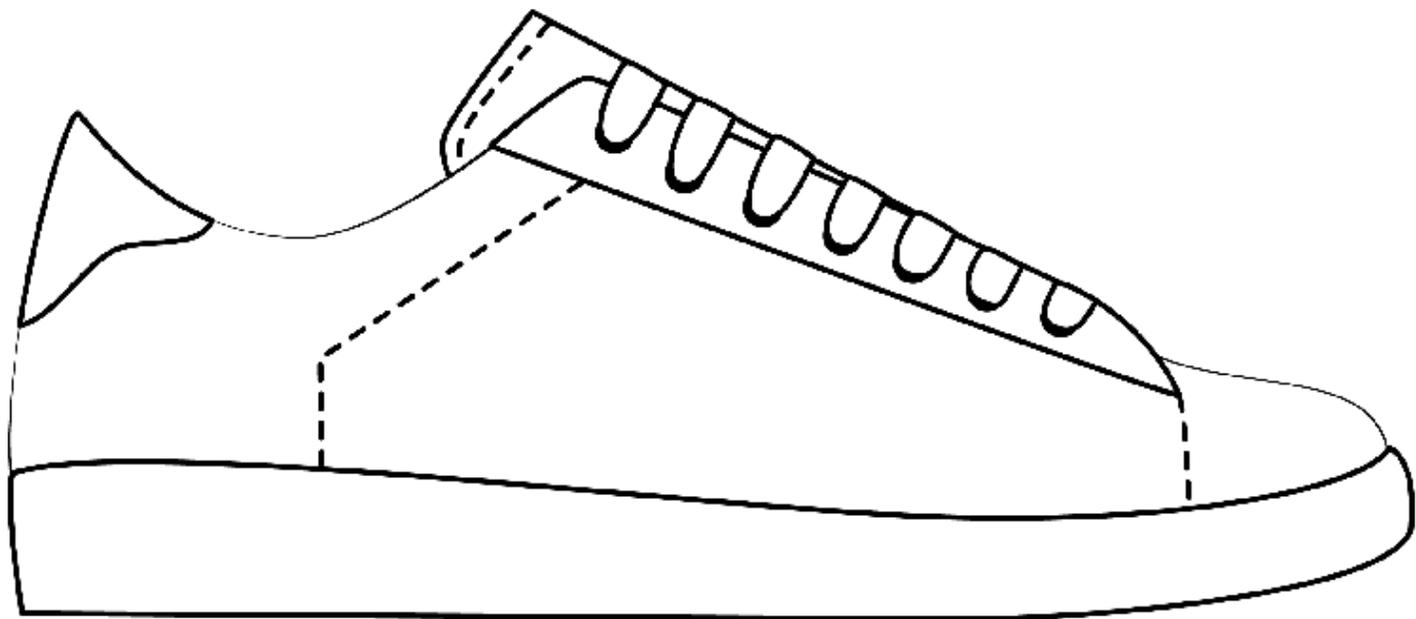
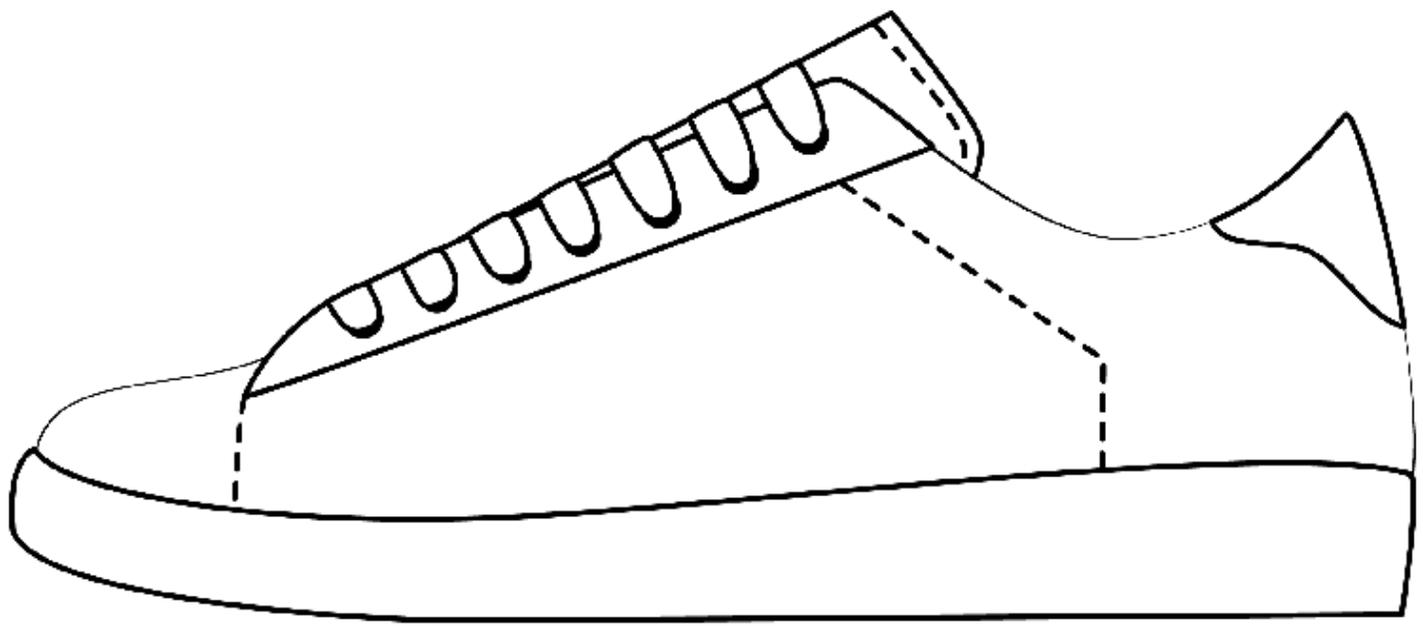
1. What does it mean to stand in someone's shoes?
2. What is empathy?
3. How does Emily show empathy towards her teachers and adults at school?
4. Why is Emily trying to understand them and what they are feeling?
5. How does the Shoebox project show others empathy?

# Stand in My Shoes



**Instructions:** After reading the story and answering the discussion questions learners will cut out and write their name on a shoe. They can decorate their shoe using any art supplies available. (Optional) Instructor can create a kindness/empathy board with all the decorated shoes and award stickers to learners for acts of kindness displayed in the classroom.







# GLOSSARY



## Grade Level

K-1

## Subject

Social Studies

Visual Art

Language Arts

## Lesson Title

Introduction to The Shoebox Project

## Description

The glossary section provides definitions and explanations for the lesson.

## DEFINITIONS

### Kindness

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions. There are different ways to practice kindness. One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

### Empathy

Empathy is the ability to recognize, understand, and share the thoughts and feelings of another person, animal, or fictional character. Developing empathy is crucial for establishing relationships and behaving compassionately. It involves putting yourself in someone else's shoes.

## RESOURCES

1. **Teacher's Guide**- The teachers's guide provides an introduction to The Shoebox Project lessons. This includes information about The Shoebox Project, why it matters and the learning objectives for these lesson plans. Please [click here](#) for details.

2. **Evaluation rubrics**- [Click here](#) to download