**Objective:**
Your family or group or children will do a simple task while experiencing a physical challenge and recognize empathy.

**Materials:** tape dispenser, pair of gloves, a shoe with laces, a deck of cards.

**Ages:** 8-12 years

**Procedure:**
1. Wrap tape around your child’s upper finger joints and put gloves on taped hands.
2. Have child attempt to tie a shoelace or a bow.
3. Have child play a game of cards with you.
4. Ask:
   - What did you just do? (Put yourself in another’s place. That’s called empathizing, or having empathy for others.)
   - How was it harder to tie the shoe or play a game of cards than usual?
   - How will you look at others differently now that you’ve experienced what it is like to have a physical challenge?

**Hint:**
Could also tie a bandana over the eyes to simulate blindness.

**Source:** *Walk in My Shoes*, University of Illinois Extension, 1994.