Preparation for “Altered Shoes: Reflection of My Journey”

“Life is a journey”
“Don’t judge someone until you have walked in their shoes”
Project Hope, Roxbury, Ma women of Strength Class

<table>
<thead>
<tr>
<th>Time</th>
<th>Guiding Questions</th>
<th>Responses</th>
<th>Part of shoe/Color &amp; materials to represent this time</th>
</tr>
</thead>
</table>
| PAST | • Where have I lived?  
• What family roles have I had? (mother, sister, grandmother, aunt, etc.)  
• What work or other roles have I had? (student, childcare worker, PCA, bus driver, receptionist, etc.)  
• Where did I used to walk a lot & how did I walk? Was I confident?  
• Who are my heroes, role models?  
• What were turning points in my life? | Example:  
My past will be insole & heal of shoe  
Materials: family photographs names of the streets I’ve lived on & country(s) I’ve come from. Pieces of maps, images of roads, walkways, etc.  
Past will be represented in blues. |
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| PRESENT | • Where am I today?  
• What stands out as my focus? (Family, school, work, etc.)  
• What/who gives me strength to keep on my journey?  
• What/who are my guides? |           |                                                      |