What is it like to be you?

Grade 10 - SE-16 Mental Wellness/ Social Emotional Skills 2020 Virginia SOLs

How would you like to take a walk in my shoes?

Spend a day in my life and see how you do.

Take a look at me through my eyes

And realize

When those real lies are uncovered,

You see

I am not simple.

How would you like to spend a moment in my mind?

Take notice that my thinking process isn't one you'd expect to find How would you like to know me past what you think you see?

Start by walking a mile in my shoes

Instead of assuming you know me.

- Lianna Walters

What is it like to be you? What do your days look like? What does your life look life? If I were to walk in your shoes what would I see?						

I am more than what you see

Everyone sees who

I appear to be,

But only a few						
Know the real me.						
You can only see						
What I choose to show,						
There's so much						
Behind this face						
You don't even know						
-Anonymous						
If you judge a book by its cover you may miss an amazing story. What do you feel judged by without someone even knowing you? This is usually a part of your identity that people judge you without getting to know the real you. If I were to open up your book and read your story, what would it say?						

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