

WALK
A
MILE
IN MY
SHOES



Interfaith Outreach Association, 2016

How Would Your Life Change?

1. In a group, go through your day, make a list of everything you use electricity for. You have just lost power. Go through your same day. How are things different?

2. In a group, go through your day, make a list of everything you use water for. You have just lost water. Go through your same day. How are things different?

How Does It Feel?

With adult supervision, spend time without one or more of the following:

- electricity
- water
- shelter
- food
- drink
- furniture
- toiletries

It is up to the adult how long you go without any of the above. Do not make any decisions regarding this exercise without adult supervision. Keep a journal of your thoughts about your experiences.

What Would YOU Do?

1. What would YOU do? - You have no water and no money.

How would you

- brush your teeth?
- keep your body clean?
- wash your hair?
- wash your hands?
- cook your food?
- wash your dirty dishes?
- go to the bathroom?
- clean your dirty clothes?
- change a dirty diaper?
- clean up spills and other messes?

2. What would YOU do? You have no electricity and no money.

How would you

- keep warm?
- keep cool?
- cook your food?
- get around in the dark?
- keep your milk cold?

3. What would YOU do? You have no toiletries and no money.

You do not have any soap or shampoo. How do you get clean and/or smell good?

You do not have any lotion? What happens to your skin?

You do not have a brush or comb. What do you do?

You do not have a tooth brush or toothpaste.

How do you clean your teeth or avoid bad breath?

You do not have a razor. What do you do?

4. What would YOU do? You have no place to stay and no money.

Where do you put all of your belongings?

What do you do with your clothes?

It is raining outside. Where can you go to stay dry? Day? Night?

It is cold outside. Where can you go to warm? Day? Night?

It is hot outside. Where can you go to stay cool? Day? Night?

5. What would YOU do? You have no food and no money.

How do you eat?

How do you drink?

Making Family Choices!

Family of 4- mother, grandmother, 6 year old daughter, 10 year old son

Take Home Monthly Household Income
\$1000

Monthly Expenses

Rent \$400

Water \$50

Electricity \$150

Food- \$300

Cable-\$50

Cell phone- \$50

total \$1000

1. You have just lost your job and only have \$200. Which of the above bills would you pay?
2. Your car has stopped working. You must have transportation to get to work. Repairs for your car cost \$500. You have exactly \$500. What do you do?
3. You have been in a car accident. You are the breadwinner for your family and you are unable to work for 3 months because of your injuries. What do you do?
4. You have developed a heart condition and your medicine is \$150 per month. What do you do?
5. Your children need \$100 worth of school supplies for the beginning of school. What do you do?
6. Your children have all grown and need new clothes ? What do you do?
7. Christmas is coming. What do you do?
8. Both of your children have strep throat. What do you do?
9. Your children need braces. What do you do?

10. Your home has bed bugs. To get rid of them, you must throw out all of your furniture and wash everything you own in hot water. You will have to go to a Laundromat to wash everything you own which will cost a lot of money- bedding, clothes, towels. What do you do?
11. Your husband dies and you must have the funeral and bury him. What do you do?
12. Your sister dies and you must now raise her 3 small children. What do you do?
13. You are the breadwinner and you have just been convicted of a felony. You will be in jail for 2 years. What will your family do?

Making more family choices.....

Create a shopping list and menu for a family of 4 for 4 weeks. You have \$300 to spend.

You have \$100.00 to buy furniture for you apartment. You do not have anything. What would you buy?

Making a Difference-What Can YOU Do About it?

1. Hold a food drive for clients of Interfaith Outreach.
2. Hold a toiletry drive for clients of Interfaith Outreach.
3. Collect used furniture for clients of Interfaith Outreach.
4. Hold a cleaning supplies drive for clients of Interfaith Outreach
5. Raise funds to prevent eviction and utility cutoffs for clients of Interfaith Outreach.
6. Buy bus passes for clients of Interfaith Outreach.

MY PLAN OF ACTION

- 1.
- 2.
- 3.
- 4.
- 5.

Thank you for caring enough to make a difference!

For more information, please contact:

Mrs. Shawne M. Farmer

Executive Director

Interfaith Outreach Association

ioashawne@ntelos.net

phone: 434.846.6098

fax: 434.846.1040

www.interfaithoutreach.org

facebook.com/interfaithoutreach

twitter:@InterfaithOA

701 Clay St.

P. O. Box 1125

Lynchburg, VA 24505