WALK IN MY SHOES

A CREATIVE JOURNEY TOWARD MENTAL WELLNESS

"Walk in My Shoes" is a unique art therapy-based program designed to educate and empower middle or high school students through creative expression and mental health awareness while designing a shoe that tells their story.









How It Works

Teachers introduce the activity & prepare interested students.

Each student recieves:

- 1 blank canvas shoe
- Fabric markers, Mod podge, magazine clippings & mixed media

What's Included

Teachers will receive prep support and Students will receive a structured mental health education presentation, led by a trained NAMI representative.

Why It Matters

- Allows students to express emotions they may not have words for
- Normalize mental health conversations
- Support friends and Peers
- Real stories from youth with lived experience

Flexible for schools: Wellness periods, art classes, Advisory or social-emotional learning time

INTERESTED IN BRINGING "WALK IN MY SHOES" TO YOUR SCHOOL?

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NAMI Santa Clara County
National Alliance on Mental Illness