

SHOES FOR ORPHAN SOULS[®] YOUTH CURRICULUM

Dear Youth Leader,

Have you ever thought about the important work your feet accomplish each and every day? They hold you up, help you walk and can endure forces up to seven times our body weight with each jog we take. Feet are an amazing creation!

The following curriculum will help open your students' eyes about the critical work our feet do each day, while teaching important lessons about caring for your feet, budgeting for shoes and potential careers in the shoe and foot industry. It will also help make your students aware of the children living around the world without shoes and help empower them to know how they can make a difference.

We hope you enjoy the curriculum!

The Shoes for Orphan Souls team

Curriculum Objectives:

1. Learn foot facts.
2. Learn the proper care of feet.
3. Learn the terminology of shoe construction.
4. Examine shoe budget considerations.
5. Shoe care and careers in shoe and foot industries.
6. Becoming aware of and sensitive to the needs of others.



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER

www.ShoesForOrphanSouls.org

Objective 1

The student will create a poster to demonstrate foot facts.

Fun Foot Facts

With a partner or with a group, design a poster of pictures and drawings that summarize the fun foot facts below, as well as additional foot information you may find in books, magazines or online. Decorate the poster with your traced feet or painted foot prints.

Q How much thicker is the skin on the soles of your feet compared to anywhere else on your body?

A The skin on your feet is 20 times thicker than on any other part of your body.

Q How many steps does the average person take in a day?

A The average person takes 8,000 to 10,000 steps in a day.

Q How many bones are there in the human foot?

A There are 28 bones in the human foot.

Q About how many sweat glands are there in a pair of feet?

A There are roughly 250,000 sweat glands on a pair of feet. These glands can excrete as much as one half-pint of moisture per day.

Q What causes foot odor?

A Foot odor usually comes from the decomposition of the protein within the skin in the presence of excessive sweat production.



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

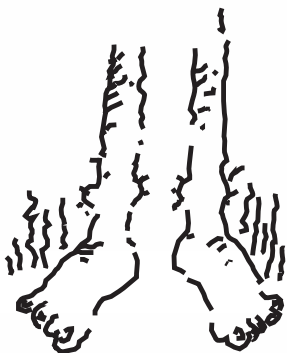
Objective 1

The student will create a poster to demonstrate foot facts.

Activity

Be Sweet To Your Feet

Brainstorm in pairs and then report to the large group: What are some of the things your feet allow you to do? Because your feet are so important, we will learn how to care for your feet. With a partner, create a song, poem or video a public service announcement to share the foot care facts below with the large group. You can choose one fact or include several.



Fun Foot Facts

With a partner or with a group, design a poster of pictures and drawings that summarize the fun foot facts below, as well as additional foot information you may find in books, magazines or online. Decorate the poster with your traced feet or painted foot prints.

Q How many times your body weight is the pressure on your feet for the average person when running?

A The pressure on your feet when running can be as much as seven times your body weight.

Q At what time of the day is it best to shop for shoes?

A It's best to shop for shoes in the afternoon or late in the day. Your feet swell during the day from walking and activities, so a pair of shoes that fits comfortably in the morning might actually be too snug by day's end. Try both shoes on as most people tend to have one foot larger than the other.



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 2

Learn The Proper care of feet

Proper care of feet

1. Wash your feet and dry them well (especially between toes). As you become a teenager, your sweat glands roar into production so it's important to tend to daily foot care!
2. Air dry your shoes at night so they are fresh the next day. (You may have to remove the shoes from a gym bag or backpack.) Don't stuff shoes with socks until they have air dried completely.
3. Some shoes can be washed by the adult in your home to keep the shoes fresh.
4. Let an adult keep your toenails trimmed. The toenails should be trimmed straight across to avoid getting an ingrown toenail. If a toenail feels sore, ask an adult to check it. Ingrown toenails occur when the sides of the toenail grow into the skin at the side of the nail. The ingrown toenail becomes very painful and even infected. A toenail takes about six months to grow from base to tip.
5. Check your feet for bumps or blisters. An adult can provide proper medication and Band-Aids so blisters and sores do not get infected. To avoid blisters, wear socks with your shoes and especially new shoes. When selecting new shoes, take your time to walk around the store with the shoes on to make sure they are comfortable and fit properly.
6. Athlete's foot can be avoided by keeping feet clean and dry. You may want to wear flip flops in showers at the gym to avoid athlete's foot. Also clean the shower and bathroom floors well when it's your turn to do that chore!



Objective 2

Learn The Proper care of feet

Activity

Salt Foot Scrub Recipe

Ingredients

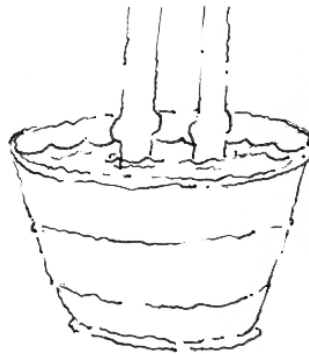
- 1 cup of sea salt or Epsom salt
- 1/2 cup of cold water
- 2 drops of lavender essential oil
(check for any skin allergies)



Preparation

- Start off by gradually adding water to salt and lavender oil.
- As you are adding it, you want to make sure the mix starts looing like a paste. It should be soft, but not too liquid.
- Rub your feet and soles a in circular motion.
- Rinse off with warm water.

After reviewing the fun foot facts, students can practice proper foot care. Girls especially enjoy painting toes and foot baths. Girls can search “tips for perfect pedicure” on the internet and then give themselves a pedicure. Girls may wish to compare their home pedicure cost to a salon or spa pedicure cost.



Girls will need to provide their own foot bath bowls/towels and pedicure equipment for health reasons. If lotions are used, be careful of slick floors or ask the girls to immediately put their socks and shoes on after the activity. For extra soft feet, girls may want to rub lotion on their feet before going to bed and then wear socks all night. Again, be careful of slick floors with lotioned feet!

If each student brings their own clean, empty sealed container, you can make salt foot scrub from inexpensive ingredients. (1) Students may wish to copy this recipe on an index card for future reference.

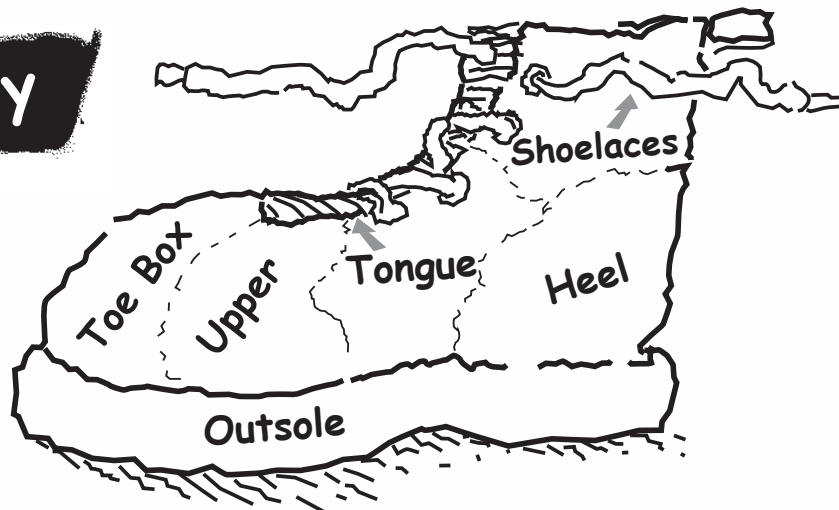


SHOES FOR ORPHAN SOULS
A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 3

Learn the terminology of shoe construction.

Activity



Make a copy of this page and cut the definitions below into strips. Have everyone sit in a circle and give each person a strip with one shoe definition. Remove one shoe and place it in the middle of the circle. As they read each definition aloud, see if participants can find a shoe from the circle that has the described part. (2)

Aglet-The plastic or metal part of a shoelace tip that keeps it from fraying



Counter-The counter of a shoe sits behind the heel of the foot, and is used to stiffen the back part of the shoe, and to give it structure.

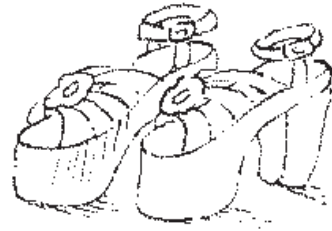
Eyelet-The eyelet is the smooth circular piece that laces are thread through. Eyelets can be made of metal or plastic, and are used to cover the edges of holes made in shoes or clothing. An eyelet provides a smooth, rigid surface for laces to be fed through, and stops the fabric from fraying where the hole was made.



**SHOES FOR
ORPHAN SOULS**
A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 3

Learn the terminology of shoe construction.



Footbed-The footbed is the inside part of the shoe that runs under the bottom of the foot. A footbed is also sometimes referred to as the insole.

Heel- The heel is the outer part of the shoe that is placed under the heel of the foot. Shoe heels come in a wide variety of styles, shapes and heights. In fact, even shoes that are referred to as “flats,” will often have a heel, although it’s very low. Some casual shoes, such as sneakers, do not have a separate “heel,” but instead have an outsole that runs the length of the shoe.

Insole- The insole is the inside part of the shoe that runs underneath the sole (bottom) of the foot. Insoles can usually be easily removed, and wearers will sometimes replace the manufacture’s insole with specialty insoles they’ve purchased separately.

Outsole- The outsole is the bottom part of the shoe. Also referred to as the “sole” of the shoe, this is the part that comes in direct contact with the ground. Soles can be made of a variety of materials, including leather and rubber. Certain types of outsoles provide more traction than others, by using specific materials or designs. A ballroom dancer might prefer a shoe with a smooth leather sole, as it’s easier to turn and glide in, while a hiker needs an outsole that is thick, durable and waterproof. The outsole of the shoe is often the part that will wear out first, but some shoes can be resoled by a shoe repair shop.

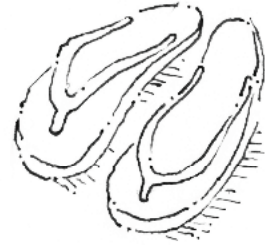
Shank- The shank is the part of the shoe that runs between the heel and the outsole, and sit under the arch of the foot. The shank supports the foot and helps give a shoe its structure.



**SHOES FOR
ORPHAN SOULS**
A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 3

Learn the terminology of shoe construction.



Tongue- The tongue of a shoe is a strip that runs up the top-center of the shoe and sits on the top part of the foot. Nearly always found on shoes with laces, the purpose of a shoe tongue is to protect the top of the foot, and to keep the laces from rubbing the foot.

Upper- The term “upper” refers to the part or parts of a shoe that cover the toes, the top of the foot, the sides of the foot, and the back of the heel -- it is attached to the outsole of a shoe. Depending on the style of the shoe, the upper of a shoe can be cut from a single piece, or can be comprised of many pieces stitched together. Parts of a shoe’s upper can include the vamp, the back, the tongue, the quarter, and the lining.

Shoelaces- Shoelaces are laced through the eyelets of a shoe, and are used to bring the sides of the shoe together. Often called “shoe laces” or simply “laces,” shoelaces give the wearer a bit of control over how tightly the shoe will fit around the foot -- but they shouldn’t be left too loose, and they should never be pulled too tightly. Shoelaces can be made from many different materials, and some tout special features like extra strength to prevent breakage, or coiled ends that need no tying.

Sole- The sole is the bottom part of the shoe. Also referred to as the “outsole” of the shoe, this is the part that comes in direct contact with the ground.

Toe box- The toe box is the part of a shoe that covers and protects your toes. Toe boxes come in a variety of shapes and styles, but they should be wide enough and long enough to accommodate the toes comfortably.



**SHOES FOR
ORPHAN SOULS**
A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 4

The student will examine shoe budget considerations.

Activity

Shopping for Shoes

Have the students list or find pictures of shoes they would be interested in wearing. Once the list of brands or samples have been cut from magazines or newspapers, help the students learn how to make well-thought-out (rather than impulsive) purchase decisions.



Questions to consider:

What activity is each shoe intended for: walking, sports, strictly fashion, cold days, warm days, wet weather, beach, hiking etc. Why is it important to have the appropriate shoe for each activity? What would happen if you spent your total shoe budget and didn't have the appropriate shoe?

Which shoes will go with the most outfits in your closet? Sometimes a shoe that is slightly more expensive will be worn more frequently than a less-priced shoe; therefore it is important to consider the cost per wear of the item.

Can the same type shoe (i.e. tennis shoe) be purchased in a range of prices (some high and some low)? Is the price based on quality or brand name? What makes one shoe better quality than another?

How do you determine which shoes to wear each day? Why would reviewing the weather forecast or your calendar be important before selecting what to wear?

As you look at different careers, what types of shoes are required (steel-toed shoes, shoes with extra support for long hours of walking)?

What shoes would you consider "needs" in your closet, and what shoes are "wants"? Are some shoes more practical than others?



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 5

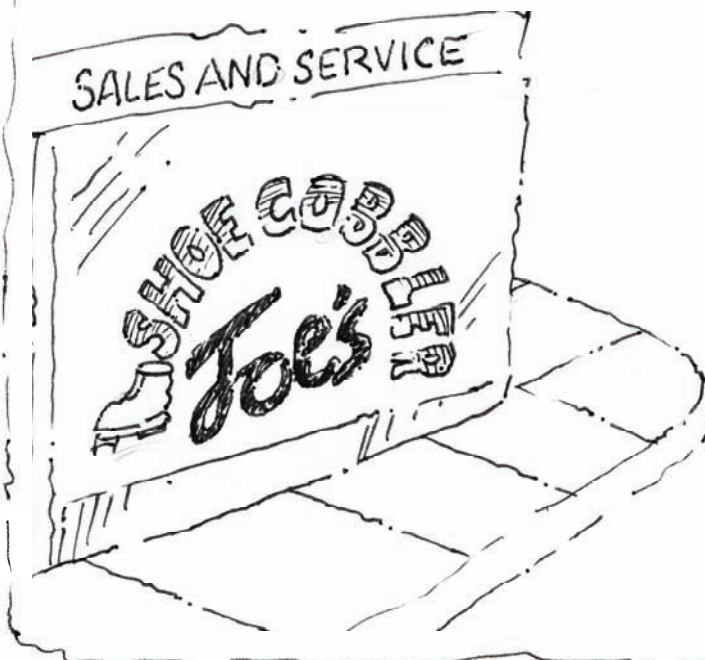
Proper shoe care and careers in shoe and foot industries.

Getting Your Foot in the Door

Research the expected job market for each field, the annual salary and education required. If possible, make a list of career questions and interview persons in each career.

Cobbler: If a shoe cobbler is located in your area, it would be helpful for the group to see what type of repairs are available for shoes and the tools used for leather work, polishing, and shining various shoe materials. Perhaps one pair of shoes in disrepair could be taken and the students could view the before and after condition of the shoes. Then, compare the repair cost of the shoes with that of a new pair of shoes. With proper shoe care, quality shoes can last for many years. Show polish, brushes, buff rags, and proper shoe storage boxes

and bags that allow leather/ rubber items to breathe while in storage. Boot trees, shoe trees can be demonstrated to show how to keep a shoes shape and form when stored. Shoe organization and storage tips are also available at the Container Store. Seasonal storage for various shoe materials can be reviewed (leather versus patent or canvas).



SHOES FOR ORPHAN SOULS
A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

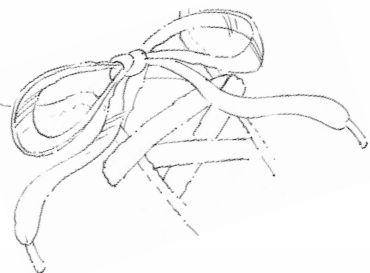
Objective 5

Proper shoe care and careers in shoe and foot industries.

Activity

Design A Dream Shoe

Have the students design a dream shoe. Use color, fabric, etc. to design your shoe. What would its price be? Where would you sell it? What price would you ask for it? Where would you advertise this shoe? Who would you market this shoe to? There are many craft activities involving shoes. Your group can decorate flip flops or inexpensive tennis shoes from items at a craft store. Some students enjoy buying brightly colored or printed shoes laces to make an old pair of shoes new.



Podiatrist/Podiatrist Assistant: Sometimes a specialist may be needed to care for serious foot problems. A podiatrist can review preventive care with the group.

Pedicurist: Each state has licensing requirements and continuing education programs for maintaining a license.

Shoes Salesperson: Department store personnel can share how inventory is ordered, kept, and how sales are maximized with proper shoe marketing and promotions.

Shoe Designer: This fashion merchandizing field will allow the students to think beyond shoe construction and use their creative skills in designing and marketing a dream shoe of their making.



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

Objective 6

Becoming aware of and sensitive to the needs of others.

Helping Others without Shoes

After learning the importance of foot care and the vital role of shoes in caring for your feet, review the Shoes for Orphan Souls brochure and DVD to become aware of how your group can share shoes with those who have none.

Questions to consider:

What would it be like to not have shoes and clean socks? Think about your day and what would happen to your feet without the protection of shoes and socks. Would your toes be cold? Would you have to walk on hot sidewalks or jagged rocks? How would your feet look at the end of a shoeless day?

Without shoes, your feet are unprotected, and a bump or scratch to bare feet can result in serious health problems. Direct contact with contaminated soil or water can even cause one to contract hookworms or other diseases through the feet. The hookworms or diseases may cause very uncomfortable symptoms in a person's entire body. (3)

There are some children in this world who do not even have one pair of shoes. Would you and your friends be able to provide a pair of shoes for someone without any?



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org

References

(1) Salt Foot Scrub:

<http://ezinearticles.com/?Feet-So-Soft---Foot-Scrub-Recipes-that-Soften-and-Rejuvenate-Your-Feet&id=334414>

(2) Parts of a Shoe:

<http://shoes.about.com/od/shoetermsglossary/shoetermsglossary.htm>

(3) Hookworms and other diseases:

http://www.cdc.gov/NCIDOD/dpd/parasites/hookworm/factsht_hookworm.htm



**SHOES FOR
ORPHAN SOULS**

A MINISTRY OF BUCKNER
www.ShoesForOrphanSouls.org