



## Feet/Shoes

### Discussion Questions

- *What are your favorite type of shoes to wear? (tennis, heels, etc.)*
- *Describe your favorite pair of shoes (or model them if you have them on).*
- *What is the farthest (in estimated miles) that you have ever walked?*
- *When you were a kid, did you walk or ride the bus (or car) to school?*
- *What's your favorite place to walk? (beach, through the woods, along the street, through leaves, in the snow, etc.)*
- *Describe how your feet feel when you wear an uncomfortable pair of shoes.*
- *What color are the majority of your shoes and boots?*
- *What color of shoes would you choose not to wear?*
- *Have you ever owned any unusual shoes, boots, or slippers? Describe them.*
- *Do you like getting a pedicure?*
- *Do you sacrifice comfort for fashion when it comes to your shoes?*

- *What is the most comfortable type of shoe (according to you!)?*
- *Do you have a regular foot care routine (trimming nails, exfoliating, moisturizing, etc.) or do you wait until they are out of hand and then take care of them?*
- *Do you enjoy soaking your feet (warm water, bath salts, foot soak solutions)?*
- *Do you enjoy walking in the sand barefoot?*
- *Do you run outside for quick errands without putting your shoes on?*
- *How does stubbing your toe make you feel?*
- *Have you ever had any series injuries to your feet?*
- *What do you feel most comfortable wearing on your feet inside your own home (barefoot, socks, slippers, shoes, etc.)?*