

Heart Glasses Craft - Levels A & B

CREATIVE

To support early empathy by helping students experience kindness in a concrete, visual way. By creating heart glasses, students explore the idea that we can look at others with care and gentle attention. Linked to the Neptune theme from The Playful Astronauts, this activity reinforces that feelings can be big and that kindness helps people feel safe and supported.



Learning Intentions

Students aim to experience kindness through a shared creative activity.

Students aim to notice others using gentle attention and support.

Students aim to take part in a routine that encourages caring and connection.



Success Criteria

I can take part by decorating, touching, choosing, or watching.

I can help create heart glasses with support.

I can respond to kindness using actions, gestures, visuals, or AAC.

I can stay with the activity for part or all of the time.



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Duration: 8 - 12 minutes

Objective

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Players

Individual activity with adult support
Suitable for 3 - 16 students

What You Need

- Pre-cut glasses frame templates (card or thick paper) (found in PDF resource)
- Pre-cut heart shapes for lenses (found in PDF resource)
- Coloured pencils
- Glue sticks or double-sided tape
- Optional: stickers, textured shapes, shiny paper
- Optional: pipe cleaners, string, or elastic for arms
- AAC devices, switches, or communication boards as required

Setup

Prepare all templates in advance to reduce fine motor demands or use this as a part of a learning activity with the students and assist them to cut out the templates.

Arrange students at tables, trays, or lap desks with minimal visual clutter.

Introduce the activity using simple, concrete language:

"These are heart glasses."

"Hearts mean kindness."

Link gently to the Neptune theme:

"Neptune reminds us to be kind."

Show a completed example and allow students to touch or explore the glasses you have made.

Reassure students:

"You can make, watch, or help."

Confirm AAC devices are switched on and open to words such as kind, happy, friend, help.



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Gameplay

Step 1: Make the Glasses

Give each student a pre-cut glasses frame.
Students glue heart shapes where the lenses go.
Participation may include:

- Placing the hearts
- Pressing the glue stick
- Choosing colours or stickers to use
- Watching while an adult assists

Adults narrate calmly:

"Hearts are what makes us kind to others."

"These are your glasses we are making together."



Step 2: Decorate with Kindness

Students decorate the glasses using coloured pencils or stickers.
Decoration may be brief and simple.

Adults model kind language while students work:

"You're using kind colours."

"Your glasses are looking great!"

There is no expectation of neatness or completion.

Step 3: Use the Heart Glasses

Students may:

- Hold the glasses
- Look through them
- Place them on the table
- Wear them briefly if comfortable

Adults model noticing others:

"I can see a friend through your glasses."

"I can see someone smiling."

Invite simple responses from the students as they wear their glasses:

- Pointing to a peer whilst wearing the glasses
- Smiling to a peer
- Activating AAC (kind, friend)
- Sitting calmly nearby and watching the teacher wear their glasses



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Debrief / Reflection

Keep reflection brief and concrete.

Ask one simple prompt with wait time:

"Did you enjoy wearing your glasses?"

"Did you enjoy helping to make your heart glasses?"

"Do your heart glasses make you feel kind?"

Accept responses through gesture, AAC, eye gaze, or facial expression.

Reinforce:

"Being kind helps others."

Winning the Game

There are no winners or losers.

Success is shown through participation and shared kindness.

Sensory-Specific Learner Variation

Purpose: To support regulation and comfort.

Adjustments may include:

Using felt or foam heart shapes for tactile input.

Limiting decoration choices to reduce overload.

Completing one step per session.

Allowing observation-only participation.

Providing quiet, low-stimulation work spaces.

AAC-Specific Supports

Prepare AAC in Advance

Ensure access to symbols such as: kind, happy, friend, help, me.

Single-message switches (kind, friend) are appropriate.

Model AAC Consistently

Adults activate AAC while narrating:

"Kind."

"Friend."

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Accessibility and Inclusion Notes

Provide all templates pre-cut as standard.

Accept participation through touching, choosing, watching, or directing.

Do not require students to wear the glasses.

Ensure materials are accessible at seated or standing height.

Respect individual comfort and sensory needs.

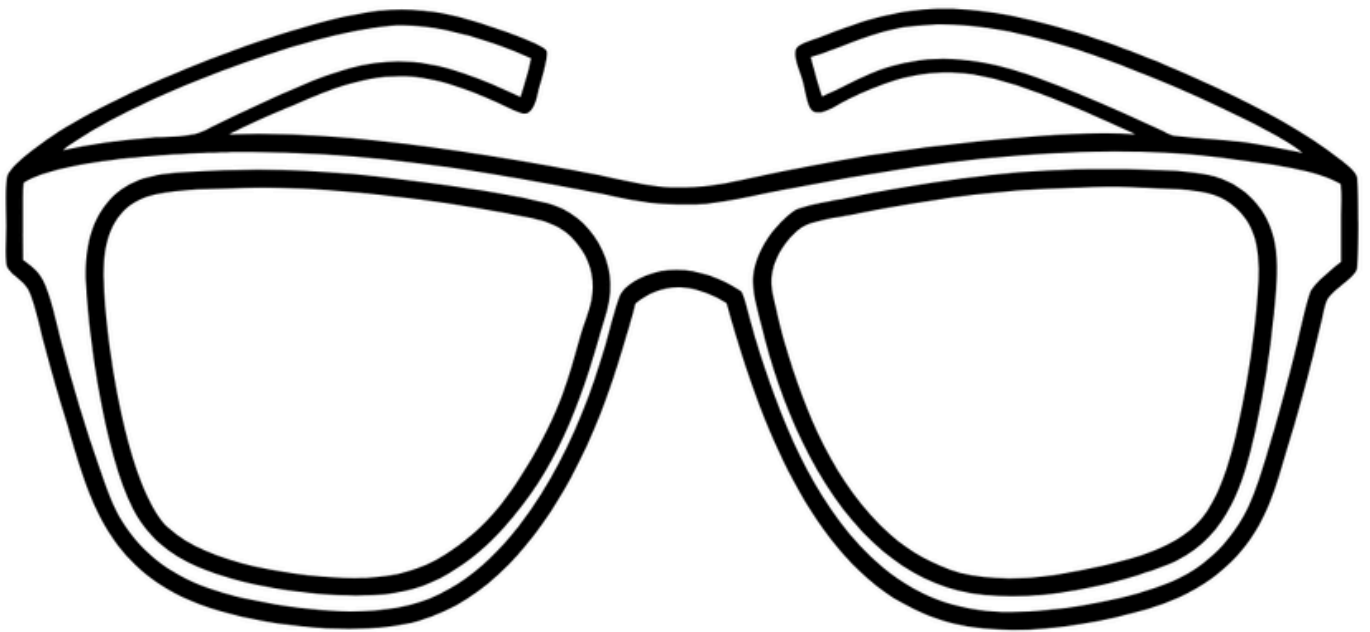
Teacher Notes

“Heart Glasses Craft – Levels A & B” introduces empathy as a felt and visual experience, not a concept to explain. The glasses act as a concrete symbol of kindness and gentle attention. Linked to the Neptune theme, the activity reinforces that when feelings feel big or unclear, kindness and calm noticing help us connect safely with others.



GLASSES FRAME TEMPLATE

PRINT ON A4 CARD FOR DURABILITY. STUDENTS DECORATE THE HEARTS, THEN ATTACH THEM TO THE GLASSES FRAME WITH ADULT SUPPORT. GLASSES CAN BE HELD, PLACED ON THE TABLE, OR WORN BRIEFLY IF COMFORTABLE. THE FOCUS IS ON CREATING AND NOTICING KINDNESS.



HEART TEMPLATE

