

# Heart Glasses Craft - Levels C - D

CREATIVE

To support the life skill of empathy by creating and using "heart glasses" that symbolise looking at others with kindness and care. Inspired by Neptune, this activity helps students understand that feelings can be deep and that empathy helps us respond gently and thoughtfully.



## Learning Intentions

Students aim to understand that kindness helps us think about how others feel.

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Students aim to use creativity to represent empathy and caring.

Students aim to practise imagining other people's feelings in a safe and playful way.



## Success Criteria

I can make and decorate a pair of heart glasses.

I can show or tell what it means to "see with kindness."

I can use my heart glasses to think about how others might feel.



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**Duration:** 15 - 20 minutes

## **Objective**

To support the life skill of empathy by creating and using “heart glasses” that symbolise looking at others with kindness and care. Inspired by Neptune, this activity helps students understand that feelings can be deep and that empathy helps us respond gently and thoughtfully.

## **Players**

Individual creative work

Suitable for 4 - 26 students

Optional group sharing or role-play

## **What You Need**

- Pre-cut glasses frame templates (using card or thick paper) (found in PDF resource)
- Pre-cut heart shapes for lenses (found in PDF resource)
- Coloured pencils
- Child-safe scissors (if cutting is required)
- Glue sticks or tape
- Optional: stickers, glitter, stamps or shapes
- Optional: pipe cleaners, string, or elastic for glasses arms
- AAC devices or communication supports as required

## **Setup**

1. Prepare the glasses and heart shape templates, one for each student.
2. Revisit the Neptune page from *The Playful Astronauts* using clear, concrete language:
  - “Neptune reminds us that feelings can be deep.”
  - “Empathy means trying to understand how someone else feels.”
3. Ask simple guiding questions with wait time:
  - “How do we know if someone feels sad or happy?”
  - “What does kindness look like?”
4. Explain the activity clearly:
  - “We are making heart glasses.”
  - “The glasses help us remember to look at others with kindness.”
5. Show a finished example of the heart glasses.



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## Gameplay

### Step 1: Make the Heart Glasses

1. Give each student a pre-cut glasses frame.
2. Students glue one heart shape where each lens would be.
3. Students decorate their glasses using colours, stickers, or drawings that remind them of kindness.
4. As students work, prompt thinking with questions such as:
  - “What helps people feel happy?”
  - “What shows kindness?”

There is no expectation for neatness or symmetry.

### Step 2: Add the Arms

1. Help students attach pipe cleaners, string, or elastic to the sides of the glasses.
2. If wearing glasses is not comfortable, students may:
  - Hold the glasses
  - Place them on the table
  - Display them instead

### Step 3: Seeing with Kindness

1. Students wear or hold their heart glasses.
2. Practise simple empathy actions as a group:
  - Saying something kind to a peer
  - Pointing to someone and saying “kind”
  - Using AAC to select a feeling or kind word
3. Model examples:
  - “I see someone smiling.”
  - “I see someone who might need help.”

### Debrief / Reflection

Ask one or two simple questions:

- “What did you see with your heart glasses?”
- “How can we use kindness every day?”

Reinforce:

“Seeing with kindness helps everyone feel safe.”



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## Winning the Game

There are no winners or losers.

Students are successful when they create, reflect, and practise kindness in their own way.

## Sensory-Specific Learner Variation

**Purpose:** Support comfort and regulation.

Adjustments may include:

- Using foam or felt heart shapes
- Limiting decoration choices to reduce overload
- Working one step at a time
- Allowing students to observe instead of wear the glasses
- Offering quiet work spaces

Students may complete the activity over more than one session if needed.

## AAC-Specific Supports

### 1. Prepare AAC Vocabulary

- kind, help, happy, sad, friend, listen, care

### 2. Model AAC Use

- Teacher models: “see” + “kind”

### 3. Student Expression Options

- Selecting symbols to describe kindness
- Using single-message buttons (e.g. “kind”)
- Partner-assisted scanning

### 4. Reflection with AAC

- “I see kindness.”
- “I can help.”

All AAC communication is valued equally.

## Accessibility and Inclusion Notes

- Provide all templates pre-cut if needed.
- Accept participation through drawing, gesture, AAC, or observation.
- Avoid forcing role-play or wearing items.
- Ensure materials and tables are accessible to all students.
- Reinforce that kindness can be shown in many ways.

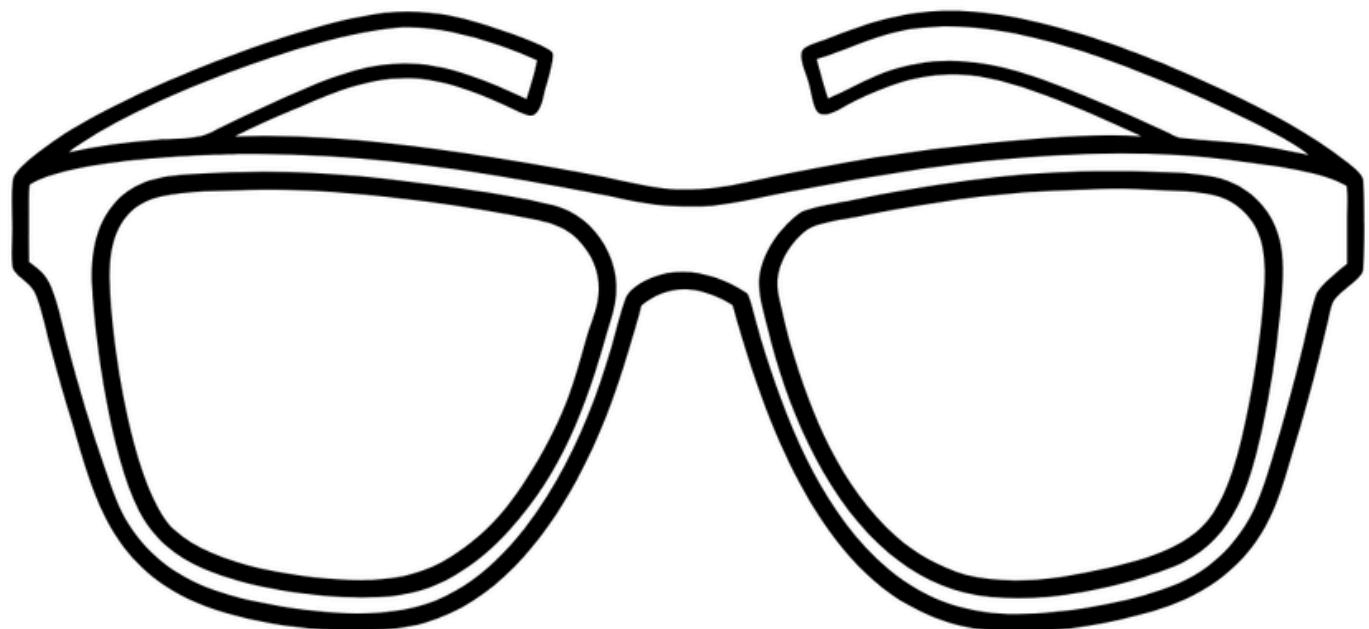
## Teacher Notes

“Heart Glasses Craft – Levels C & D” makes empathy visible and concrete for students who benefit from symbolic and hands-on learning. The glasses act as a reminder that kindness is a choice we can practise every day. Linked to Neptune, the activity supports emotional understanding, imagination, and gentle social connection in a safe and playful format.



# 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

