

Heart Glasses Craft

WRITTEN

To help students understand empathy by creating and wearing "heart glasses" that represent viewing the world with kindness. Neptune's swirling skies inspire us to look deeper, to see the feelings of others and respond with care truly.



Learning Intentions

I can create something that reminds me to be kind and caring:

This supports empathy and emotional awareness.

I can wear heart glasses to pretend I'm seeing how others feel:

This encourages imaginative play and compassion.

I can think about how to treat others with love and understanding:

This builds positive social values and emotional insight.



Success Criteria

I can make and decorate a pair of glasses with heart shapes:

This supports creativity and fine motor skills.

I can talk about what it means to "see with kindness.":

This helps develop empathy and emotional language.

I can wear my glasses and think about how others might feel:

This builds perspective-taking and gentle communication.



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Objective:

To help students understand empathy by creating and wearing “heart glasses” that represent viewing the world with kindness. Neptune’s swirling skies inspire us to look deeper, to see the feelings of others and respond with care truly.

Players:

Ideal for individual creative work, with optional class display

Materials:

- Cardstock or thick paper for glasses frames
- Pre-cut heart shapes (or templates to trace and cut)
- Scissors (child-safe)
- Coloured pencils, markers, stickers, glitter glue
- Tape or child-friendly glue
- Optional: string or pipe cleaners to create glasses arms

Time Required:

15–20 minutes

Setup:

Begin by reading the Neptune page from *The Playful Astronauts* and discussing:

- “What does it mean to see with kindness?”
- “How would the world look if we tried to understand how others feel?”

Introduce the activity:

- “Today, we’re going to make heart glasses that help us ‘see’ like caring astronauts, looking out for others and spreading kindness.”

Gameplay:

Step 1 – Create the Frames:

Students either cut out or trace glasses shapes on cardstock (educators can prepare these ahead for younger students).

Add two heart shapes as the “lenses” and decorate with colours, drawings, stickers, or anything that feels kind and caring.

Encourage students to think about what empathy looks like as they decorate:

- A friend sharing
- A helping hand
- A smile or hug



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Step 2 – Add the Arms:

Attach string, elastic, or pipe cleaners to the glasses to wear around the ears or over the head.

Step 3 – Role-Play with Kind Vision:

Once glasses are complete, students wear them and walk around the classroom, pretending to be astronauts seeing kindness all around.

They can:

- Compliment a peer
- Ask if someone is okay
- Pretend to notice someone feeling left out and invite them to play

Winning the Game:

There's no competition. Every student who wears their heart glasses and acts with empathy is a winner. Neptune reminds us that understanding others starts with seeing the world through their eyes and our hearts.

Additional Notes:

Heart Glasses Craft is a playful way for students to explore empathy and emotional intelligence. It turns a big concept into something visual, wearable, and memorable, teaching students that when we choose to “see with kindness,” we help make the world (and classroom) a gentler place.

