

CREATIVE CLUB

Activity Plan 2
Early Years

imagine

Creative Club - Facilitator Overview

Empathy in Focus: Empathy Glasses (Kinder, Prep)

Session Title	Empathy in Focus: Empathy Glasses
Session Summary	A short, creative after school care activity that introduces children to empathy and perspective-taking. Children explore what it means to notice and care about how someone else feels, hear a simple Make-A-Wish story, and create their own Empathy Glasses as a reminder to see things from another person's point of view.
Suitable For	After school care groups, OSHC programs, holiday programs, particularly kindergarten or prep age students. Facilitators can simplify or extend discussion depending on age and confidence levels.
Duration	30–40 minutes
Children Will	• Learn that empathy means noticing how someone else feels and caring about it. • Explore perspective by thinking about how different people may see or feel things differently. • Hear a short Make-A-Wish story and reflect on kindness, joy and support. • Create and decorate Empathy Glasses to take home or display.
What You'll Need	• Empathy Glasses template or plain card to create glasses • Markers, crayons, pencils, stickers or craft materials • Scissors and glue, with adult support as needed • Optional: device to play Roxy's Make-A-Wish video Roxy Embarks on a Rainbow Adventure  • Optional: whiteboard or paper for group brainstorm
Facilitator Notes	• Keep the session light, warm and flexible for a mixed-age after school care environment. • Pre-cut glasses for younger children or where time is limited. • Check the optional video before showing it and decide whether it is suitable for your group. • Support children to share only what they feel comfortable sharing.

Empathy in Focus: Empathy Glasses

1. Welcome & Warm-Up (5 minutes)

Welcome children and introduce the idea of empathy in simple language: empathy means noticing how someone else feels and caring about it. Invite children to practise by making a happy, sad or worried face and asking the group what feeling they notice.

2. Make-A-Wish Story Connection (5 minutes)

- Briefly explain that Make-A-Wish Australia helps grant special wishes for children with critical illnesses.
- Share Roxy's wish in a simple way: Roxy loved her rainbow umbrella and wished to see a place filled with colourful umbrellas.
- Optional: play Roxy's video if appropriate for your group and setting. [Roxy Embarks on a Rainbow Adventure](#) 

3. Creative Activity: Empathy Glasses (20 minutes)

- Explain that children will make Empathy Glasses to remind them to look at things from another person's point of view.
- Hand out templates or card and invite children to decorate their glasses using colours, patterns and craft materials.
- Encourage children to think about colours or designs that feel kind, joyful or supportive.
- Support younger children with cutting, gluing and fitting the glasses as needed.

4. Reflection & Pack-Up (5 minutes)

- Invite children to put on their glasses and share one way they can show empathy at school, at home or in the playground.
- Prompt ideas if needed: ask a friend if they are okay, invite someone to join in, listen when someone is upset, or help tidy up.
- Thank the group for taking part and finish with a quick shared pack-up.