



CREATIVE CLUB

Activity Plan 1
Primary School



Creative Club - Facilitator Overview

Empathy in Focus: Empathy Glasses (Primary)

Session Title	Empathy in Focus: Empathy Glasses
Session Summary	A creative after school care activity that helps primary children build a deeper understanding of empathy, perspective-taking and thoughtful action. Children explore how different people may experience the same situation in different ways, connect these ideas to a Make-A-Wish story, and create Empathy Glasses as a reminder to notice, consider and respond to the feelings of others.
Suitable For	After school care groups, OSHC programs, holiday programs, and primary age students. Facilitators can extend discussion by asking children to explain their thinking, compare perspectives and suggest practical ways to show empathy.
Duration	30–40 minutes
Children Will	• Explain empathy as noticing, imagining and caring about how someone else may feel. • Compare different perspectives by considering how two people may feel differently in the same situation. • Connect a Make-A-Wish story to ideas of kindness, joy, courage, support and community. • Create and decorate Empathy Glasses with words, symbols or designs that show what empathy looks, sounds and feels like.
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 warm and flexible, but encourage Years 3–4 children to give reasons for their ideas and listen respectfully to different viewpoints. • Use partner talk or small-group sharing to help children practise explaining how someone else might feel and why. • 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 and remind the group that empathy includes listening kindly.

Empathy in Focus: Empathy Glasses

1. Welcome & Warm-Up (5 minutes)

Welcome children and introduce empathy as noticing how someone else may feel, imagining what their experience might be like, and choosing a kind or helpful response. Invite children to look at a simple scenario, such as someone sitting alone at lunch or losing a game, and discuss what different people in the situation might be thinking or feeling.

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

- Briefly explain that Make-A-Wish Australia helps grant special wishes for children with critical illnesses, with support from families, volunteers and communities.
- Share Roxy's wish in a simple way: Roxy loved her rainbow umbrella and wished to see a place filled with colourful umbrellas. [Roxy Embarks on a Rainbow Adventure](#) 
- Ask: Could you see how happy Roxy was after her wish? How might the people helping her wish have used empathy?
- Optional: play Roxy's video if appropriate for your group and setting.

3. Creative Activity: Empathy Glasses (20 minutes)

- Explain that children will make Empathy Glasses to remind them to pause, notice, imagine and respond with kindness.
- Hand out templates or card and invite children to decorate their glasses using colours, patterns, words and symbols that represent empathy.
- Encourage children to include one empathy phrase on their glasses, such as "I can listen first", "I can imagine how they feel" or "I can choose kindness".
- Invite children who finish early to write or draw a short empathy scenario on the back of their glasses or on a separate card.
- Support 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.
- Extend responses by asking: What might the other person be feeling? What could you say or do to help? Why would that response be kind?
- Prompt ideas if needed: ask a friend if they are okay, invite someone to join in, listen without interrupting, offer help, or give someone space if they need it.
- Thank the group for taking part and finish with a quick shared pack-up.