1. Measure round the head. You’ll be surprised how big the measurement is. Ideally just wrap the thick fabric or preferably leather strip you are going to use round the head and mark off the length with a permanent marker. Remember to leave some overlap for the velcro (hook and eye) fixing.

2. Cut out the shape of the goggles from the template sheet and lay it on the fabric or leather at the centre of the strip and draw round it with a marker. Then cut out the shape, including the eye holes, using a strong pair of scissors.

3. Cut most of the centre from 2 x Poly bottle (milk bottle) closures so that you leave a small rim round the edge. Some closures have a rim inside which is useful to follow as a cutting guide. If your closures don’t, then you'll need to draw a guide line round with a marker before you start cutting. Take care with sharp knives and only cut soft polythene plastic lids.

4. Paint both closures with gold paint. You can use spray, gold felt tipped markers or gold paint. Put them on one side to dry while you make the rest of the goggles.

5. Follow the instructions on the template sheet for making the lens. Your lens doesn’t need to be curved, but it really does add a nice touch to the finished goggles if it is. If you don’t have any old soda bottle you can always buy a value pack bottle of soda very cheaply and drink or discard the contents.

6. To make the inner coloured filters, cut two circles of boiled sweet wrapper cellophane (or similar) about the same size as the lenses. Check out whether you can see through the sheet by holding it close to your eyes, most candy wrappers and even some crisp bag metallicised plastic foils are actually see through if you look up close.

7. Assemble the eye pieces by first sticking the lens inside the golden ring. To do this, first put some glue inside the ring [a]. If using glue gun glue, wait a few seconds for it to cool slightly before pressing in the lens as the very hot glue can melt the lens slightly and spoil the look of it. Next put a ring of glue on the goggle strap just round the eye hole [b] and stick the colour filter film to that. Lastly apply some glue to the underside of the ring [c] and stick that to the goggle strip.

8. Using a gold or silver marker, or a paint brush, make a number of small dots along the goggle strip as shown on the template. Alternatively make up your own pattern.

9. Don’t forget the velcro (hook and eye fastener). Use a self-adhesive version, sew or stick with glue gun glue. Remember that the velcro is stuck to the front of one end and the back of the other end so that the strap lays flat when the velcro is fastened.
**Goggles**

Extend out to correct length, with overlap for hook and eye (velcro) fixing.

**LENS TEMPLATE**

To make the lenses:

i. Select the circle guide that best fits the bottle lid diameter that you have. Cut out the template square and then carefully cut out the correct circle.

ii. Use the circle template to draw two circles on the shoulder of a 2 litre soda bottle with a permanent marker.

iii. Use scissors to cut the bottle in half.

iv. Carefully cut round the circles to make your lenses. You can get four lenses out of one 2 litre bottle.

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Please see [www.dadcando.com](http://www.dadcando.com) for more great things you can do with your children

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