



DIY SUNGLASSES WORKSHOP

It's easier than you think to make your own jazzy sunglasses! Follow our easy guide to create a stellar pair of shades that will instantly brighten any day. Help the kids sneak in some sunshine with their very own pair of specs made from everyday craft materials.

YOU WILL NEED

- An A3 sheet of medium to thick card
- A ruler
- A pencil
- A craft knife or scissors
- A cutting mat
- A sheet of colourful cellophane (we recommend yellow)
- A rubber
- Double sided tape

Household craft materials like stickers, foil and felt-tip pens, glitter, colouring pencils, gems and more to decorate your sunglasses.

1

Measure your child's head by going from the back of their left ear, putting the measuring tape across their eyes, and then stopping just past their right ear to get the right measurement.



2

Now take your card, turn it landscape and draw a horizontal line towards the top of the card using the measurement you just took. Leave an extra cm each end to form your guide line.



3

Measure the front of your child's head again, putting (not wrapping) the tape just in front of their eyes and stopping where the front of the glasses would end each side.

4

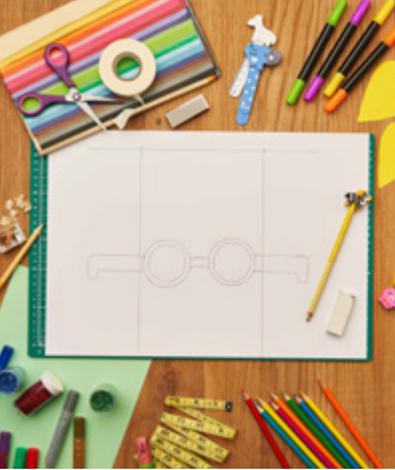
Using a ruler, mark this width (e.g. 12cm) on your guide line with two faint lines, making sure to keep things symmetrical. Draw two vertical lines through these measurements to the bottom of the paper to give yourself an area to work in.



5

You're now ready to draw your template! Take inspiration from a pair of real sunglasses or a disco-inspired design like stars. Just make sure you leave room for the bridge, so the glasses fit comfortably on your child's nose. Leave a good gap between the outside and inside of the frames, so they're not too flimsy.



A top-down view of a wooden desk with various craft supplies. A white sheet of paper is laid out on a green cutting mat. A pencil has just finished drawing a simple outline of a pair of sunglasses with two circular lenses and two horizontal arms. A yellow pencil and an eraser are nearby.

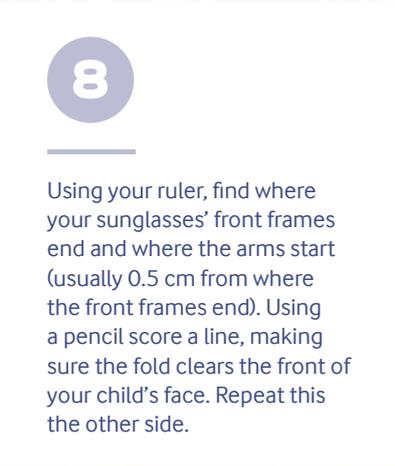
6

Once you've drawn a design, draw the rest of the frame and your sunglasses' arms. Draw the sunglasses flat [see picture] using your guide line for accuracy and symmetry. Arms: A few centimeters before your child's head stops, draw a slight curve. This is the hook that will keep the shades on your child's ears.

The same white sheet of paper is now on the green cutting mat. The sunglasses template has been cut out. Two circular pieces of green cellophane are placed on the lenses. A red marker is visible on the mat.

7

Using a craft knife and cutting mat – or scissors, if you prefer – carefully cut out your template and the inner frames, so you're left with a flat pair of sunglasses. Roughly check these against your child's head and cut the arms to size if they're too long.

The white sunglasses template is placed on the green cutting mat. A yellow pencil is being used to draw a faint line across the top of the frame, indicating where to fold.

8

Using your ruler, find where your sunglasses' front frames end and where the arms start (usually 0.5 cm from where the front frames end). Using a pencil score a line, making sure the fold clears the front of your child's face. Repeat this the other side.

The sunglasses template is on the green cutting mat. Two circular pieces of green cellophane are being stuck to the inside of the lens openings with double-sided tape.

9

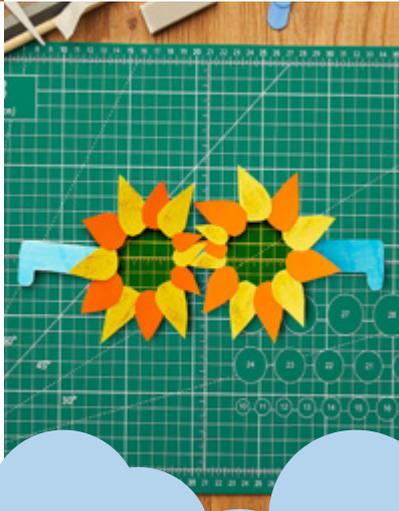
You should now have a pair of perfect sunglasses! Working with your child, cut two lens-shaped pieces of cellophane and stick these to the inside of your sunglasses with double sided tape.

The sunglasses are on the green cutting mat. They are being decorated with colorful paper flowers in shades of orange, yellow, and blue. A blue marker is also visible.

10

10

Time to accessorise! Wrap and stick foil around your sunglasses, add stickers, glitter and whatever you can get your hands on!

The final pair of sunglasses is shown on the green cutting mat. The lenses are covered in a vibrant pattern of orange and yellow paper petals, with blue paper wings on the sides.

11

Final Results

The Arla Big Milk logo is centered in a white cloud shape. The word 'Arla' is in a green oval with a small orange flower above it. 'Big Milk' is written in a colorful, playful font below it.

Arla
Big Milk

Did you know Vitamin D is created in the body from sunlight on your skin and helps to support the normal function of your immune system?

Unfortunately we don't always get sunshine in the UK so at Arla Big Milk we fortify our fresh whole milk with vitamin D. Supporting you and your little ones no matter the weather!