

# Make Snow Goggles

Discover traditional technology to protect eyes from sunlight!

Inupiat and Dene (Athabascan) peoples traditionally use snow goggles to protect the eyes from the glare of sunlight reflecting off snow. Narrow slits reduce incoming light, but provide a wide range of vision.

Materials Needed:

Snow Goggles printable (or draw your own),  
scissors, yarn, crayons or colored pencils.

Optional: Cardstock, hole punch.

## Instructions

Step 1: Cut out the snow goggles template. Hold it to your face to check that the eye slits are in the right place. Cut the slits to the correct size.

Hint: You can glue the snow goggles template to cardstock to make it sturdier.

Step 2: Decorate your snow goggles with colored pencils or crayons. Color it to look like a traditional material such as wood, ivory, antler or baleen, or use your imagination!

Step 3: Use scissors or a hole punch to make a small hole on each side. Tie a piece of yarn through each hole.

Step 4: Tie the yarn around your head to wear your snow goggles. Adjust the yarn length if needed.

Step 5: Try looking at snow dice. Do the snow goggles reduce the amount of glare from the Sun?

Caution: Never look directly at the Sun.

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# Traditional Technology: Snow Goggles

For thousands of years, people around the world have come up with ways to protect their eyes from bright sunlight. Inupiat, Yup'ik, and Dené (Athabascan) peoples traditionally use snow goggles to protect the eyes.

As the amount of sunshine increases in spring, it is important to protect against snow blindness, a painful



# Snow Goggles Printable

Instructions: Cut out the template. Hold up to your face to check the eye slits are in the right place, and cut to the correct size. Decorate your snow goggles. Make a small hole on each side where indicated, and tie a piece of yarn through each hole. Tie the yarn around your head to wear your snow goggles!

