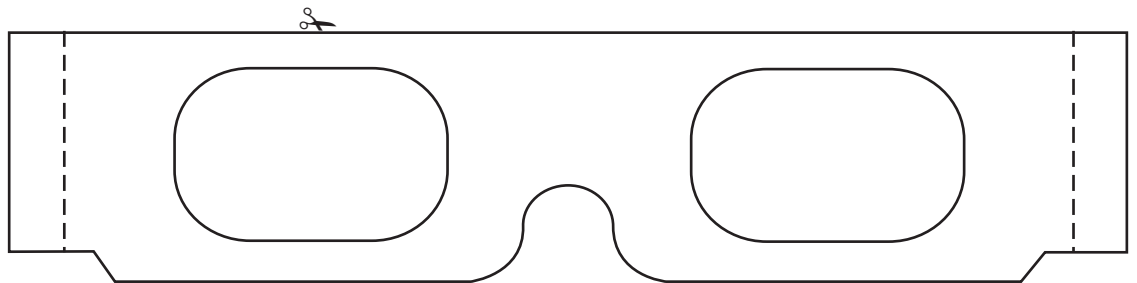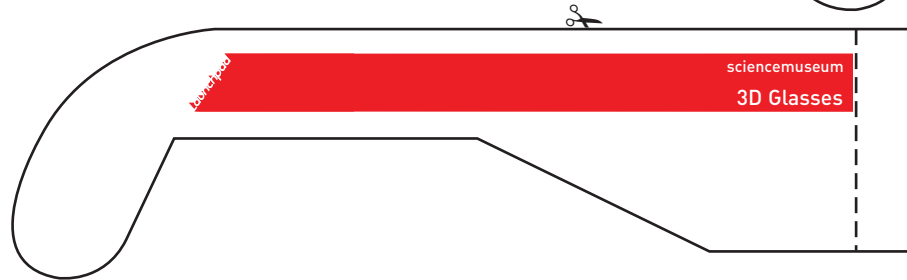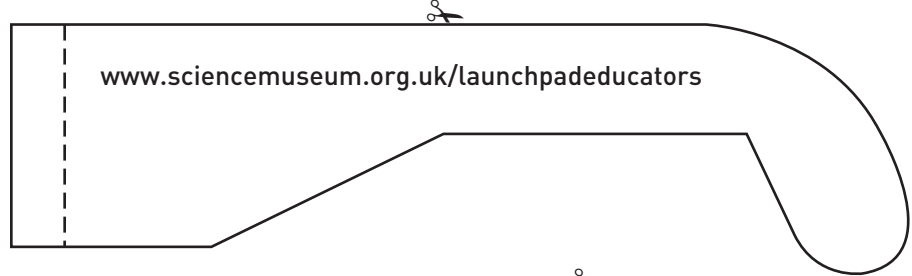1. Cut out the glasses, including the eyeholes.

2. Tape the arms to the frame and bend the hinges.

3. Place the glasses face down, then stick a piece of coloured plastic to each eyehole – blue to the right eye and red to the left eye.

4. Wear your glasses while you are looking at objects that are lit up with strong red and blue lights. Move your head from side to side to see the 3D shadows.

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3D Glasses