

Program Tools for Kindergarten through Grade 3

Educator's Guide (overview of the program and information about students' eye health and visual needs)

Lesson Ideas (learning activities for the classroom) on the following topics

1. Visual awareness (helps students become more aware of the importance of vision and caring for the eyes)
2. Parts of the eye (introduces the basic parts of the eyes and explains how the visual system works)
3. Safety inspectors (challenges students to identify and correct eye safety hazards)
4. Eye examinations (helps reassure students by familiarizing them with eye examination procedures and their importance)
5. Guest speaker or field trip (introduces students to a doctor of optometry who can interactively increase students' familiarity and comfort with eye examinations)

Activity Sheets (masters for photocopying student activities to reinforce lesson concepts)

- ✓ The Parts of My Eye Activity Sheet (for use with Lesson Idea #2)
- ✓ Eyeglasses for You and Me Activity Sheet (for use with Lesson Idea #4)
- ✓ Visiting the Eye Doctor Activity Sheet (for use with Lesson Idea #5)

Other Tools (masters for photocopying information for parents, students and others)

- ✓ Warning Signs of Possible Visual Problems (a referral form for instructors to provide student information to school nurses, parents and/or eye care providers)
- ✓ Area Doctors of Optometry (a list of optometrists who are members of the South Dakota Optometric Society)
- ✓ News Briefs about Eye Health and Safety (short messages about eye and visual care suitable for school newspapers, bulletins and Web sites)
- ✓ Bookmarks and Mailing Inserts (short messages about eye and visual care in a format that can be photocopied, cut and distributed through classrooms, the school library and mailings to parents)
- ✓ Healthy Eyes for Students and their Families (a fact sheet with important eye health and visual care information for students and their parents)

Program Tools for Grade 4 through Grade 5

Educator's Guide (overview of the program and information about students' eye health and visual needs)

Lesson Ideas (learning activities for the classroom) on the following topics

1. Optical illusions and how the eyes and visual system work (interesting puzzles to launch a discussion about the basic parts and workings of the visual system)
2. Animal eyes research project (an exploration into how animal eyes differ from human eyes and how all eyes meet the unique needs of their owners)
3. Eye health fair (an interactive project to help students become more aware of their vision, the workings of the visual system, personal eye health and safety and the importance of eye examinations and good nutrition)
4. Eye safety art show (an opportunity for students to share tips for protecting the eyes and visual system creatively with other students and the community)
5. Ask the doctor about vision and sports (an exercise to help students become more comfortable asking a doctor of optometry for information on a fun subject with important safety aspects)

Activity Sheets (masters for photocopying student activities to reinforce lesson concepts)

- ✓ Optical Illusions Activity Sheet (for use with Lesson Idea #1)
- ✓ Diagram of the Eyes and Visual System Activity Sheet (for use with Lesson Idea #1)
- ✓ Animal Eyes Activity Sheet (for use with Lesson Idea #2)
- ✓ Eye Fitness Checklist (for use with Lesson Idea #3)
- ✓ Sports Vision Safety Activity Sheet (for use with Lesson Idea #5)

Other Tools (masters for photocopying information for parents, students and others)

- ✓ Warning Signs of Possible Visual Problems (a referral form for instructors to provide student information to school nurses, parents and/or eye care providers)
- ✓ Area Doctors of Optometry (a list of optometrists who are members of the South Dakota Optometric Society)
- ✓ New Briefs about Eye Health and Safety (short messages about eye and visual care suitable for school newspapers, bulletins and Web sites)
- ✓ Bookmarks and Mailing Inserts (short messages about eye and visual care in a format that can be photocopied, cut and distributed through classrooms, the school library and mailings to parents)
- ✓ Healthy Eyes for Students and their Families (a fact sheet with important eye health and visual care information for students and their parents)



Program Tools for Grade 6 through Grade 8

Educator's Guide (overview of the program and information about students' eye health and visual needs)

Lesson Ideas (learning activities for the classroom) on the following topics

1. Parts of the eye and workings of the visual system (helps students understand how the eyes and brain use reflected light to create vision)
2. Oral presentations on visual conditions and eye diseases (introduces students to the basic components of a well-constructed oral presentation and the variety of research tools available for gleaning information on eye health topics)
3. Publishing The Eye Health Tribune (introduces students to basic journalism practices and terminology while enabling them to create an important health-education tool for the school and community)
4. Vision and sports performance (a fun lesson challenging students to participate in activities designed to help enhance visual performance and awareness when playing favorite sports)
5. Optometry as a career (an exercise featuring a doctor of optometry (as a guest speaker or during a field trip) who introduces students to careers in eye care)

Activity Sheets (masters for photocopying student activities to reinforce lesson concepts)

- ✓ Schematic of the Eye and Visual System Activity Sheet (for use with Lesson Idea #1)
- ✓ Basic Eye Anatomy Quiz (for use with Lesson Idea #1)
- ✓ Vision and Eye Health Presentation Worksheet (for use with Lesson Idea #2)
- ✓ Sports Vision Performance Activity Sheet (for use with Lesson Idea #4)

Other Tools (masters for photocopying information for parents, students and others)

- ✓ Warning Signs of Possible Visual Problems (a referral form for instructors to provide student information to school nurses, parents and/or eye care providers)
- ✓ Area Doctors of Optometry (a list of optometrists who are members of the South Dakota Optometric Society)
- ✓ News Briefs about Eye Health and Safety (short messages about eye and visual care suitable for school newspapers, bulletins and Web sites)
- ✓ Bookmarks and Mailing Inserts (short messages about eye and visual care in a format that can be photocopied, cut and distributed through classrooms, the school library and mailings to parents)
- ✓ Healthy Eyes for Students and their Families (a fact sheet with important eye health and visual care information for students and their parents)



Program Tools for Grade 9 through 12

Educator's Guide (overview of the program and information about students' eye health and visual needs)

Lesson Ideas (learning activities for the classroom) on the following topics

1. Vision and driving (helps student understand the impact of vision on driving safety, practical activities that can enhance on-the-road vision and the meaning of common traffic signs)
2. Conquering computer vision syndrome (a lesson that provides practical guidance on adapting work stations, lighting and personal work habits to reduce the visual fatigue that often accompanies prolonged computer work)
3. Eye and visual care consumerism (thought-provoking questions to help students research the quality and value of eye care and eyewear options in the market place)
4. Parts of the eye and workings of the visual system (helps students understand how the eyes and brain use reflected light to create vision)
5. Oral presentations on visual conditions and eye diseases (introduces students to the basic components of a well-constructed oral presentation and the variety of research tools available for gleaning information on eye health topics)
6. Publishing The Eye Health Tribune (introduces students to basic journalism practices and terminology while enabling them to create an important health-education tool for the school and community)
7. Vision and sports performance (a fun lesson challenging students to participate in activities designed to help enhance visual performance and awareness when playing favorite sports)
8. Optometry as a career (an exercise featuring a doctor of optometry (as a guest speaker or during a field trip) who introduces students to careers in eye care)

Activity Sheets (masters for photocopying student activities to reinforce lesson concepts)

- ✓ Driving and Vision Lesson Notes Activity Sheet (for use with Lesson Idea #1)
- ✓ Driving and Vision Safety Quiz (for use with Lesson Idea #1)
- ✓ Computer Vision Syndrome Inspection Checklist (for use with Lesson Idea #2)
- ✓ Bettering Your Consumer Eye-Q Activity Sheet (for use with Lesson Idea #3)
- ✓ Schematic of the Eye and Visual System Activity Sheet (for use with Lesson Idea #4)
- ✓ Basic Eye Anatomy Quiz (for use with Lesson Idea #4)
- ✓ Vision and Eye Health Presentation Worksheet (for use with Lesson Idea #5)
- ✓ Sports Vision Performance Activity Sheet (for use with Lesson Idea #7)

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Other Tools (masters for photocopying information for parents, students and others)

- ✓ Warning Signs of Possible Visual Problems (a referral form for instructors to provide student information to school nurses, parents and/or eye care providers)
- ✓ Area Doctors of Optometry (a list of optometrists who are members of the South Dakota Optometric Society)
- ✓ News Briefs about Eye Health and Safety (short messages about eye and visual care suitable for school newspapers, bulletins and Web sites)
- ✓ Bookmarks and Mailing Inserts (short messages about eye and visual care in a format that can be duplicated, cut and distributed through classrooms, the school library and mailings to parents)
- ✓ Healthy Eyes for Students and their Families (a fact sheet with important eye health and visual care information for students and their parents)