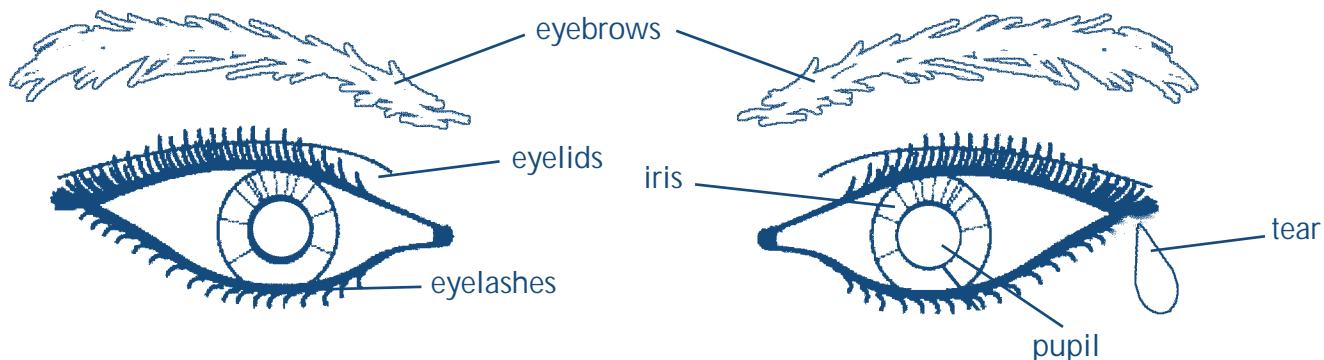


The Parts of My Eye Activity Sheet

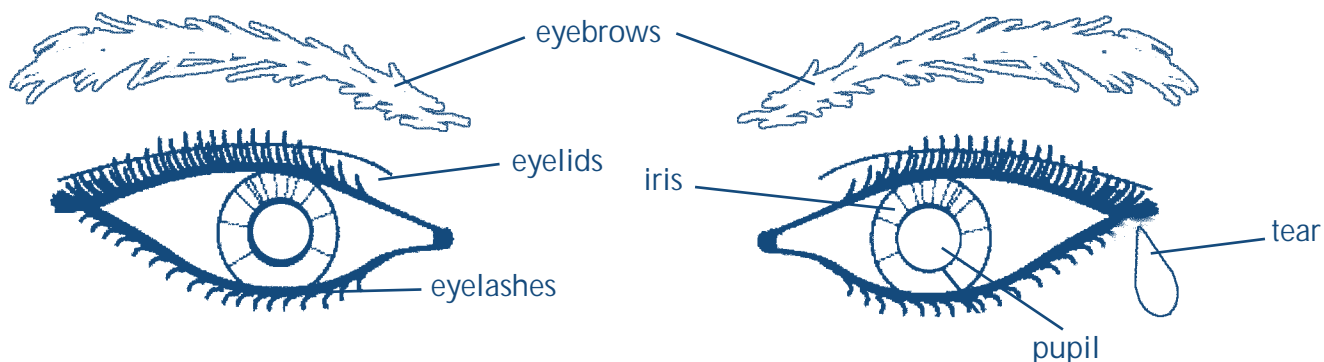
Grades K-3

Vision Quest

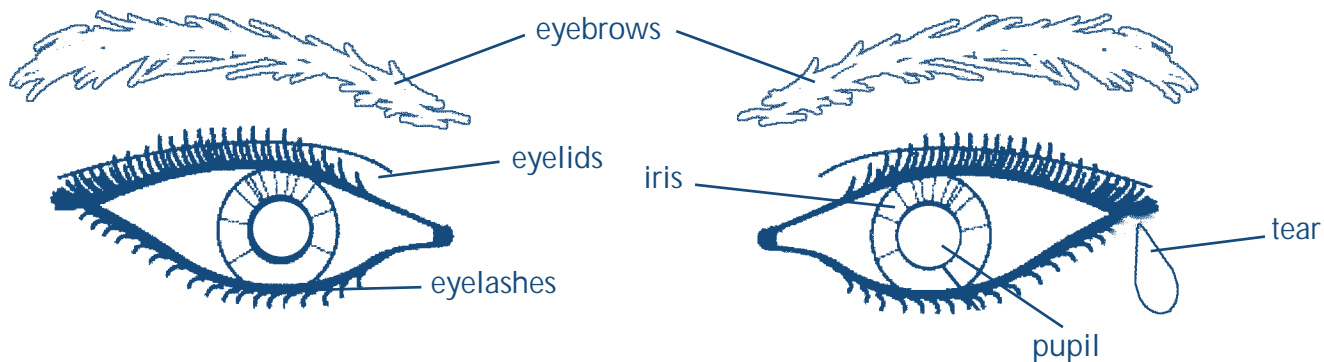
Use a mirror to look at your eyes. Color each part of your eyes in the picture below.



Now, look at the eyes of one of your classmates. Color each part of your classmate's eyes in the picture below. Be sure to note the color of his or her irises.



Tonight, color each part of a family member's eyes in the picture below. If he or she wears eyeglasses or sunglasses, draw the frames.



Note to parents: The best way to diagnose and treat many childhood eye and visual conditions is to obtain a comprehensive eye examination in addition to any school-provided visual screenings. The South Dakota Optometric Society recommends families obtain eye examinations every year for students age 6 through 18.

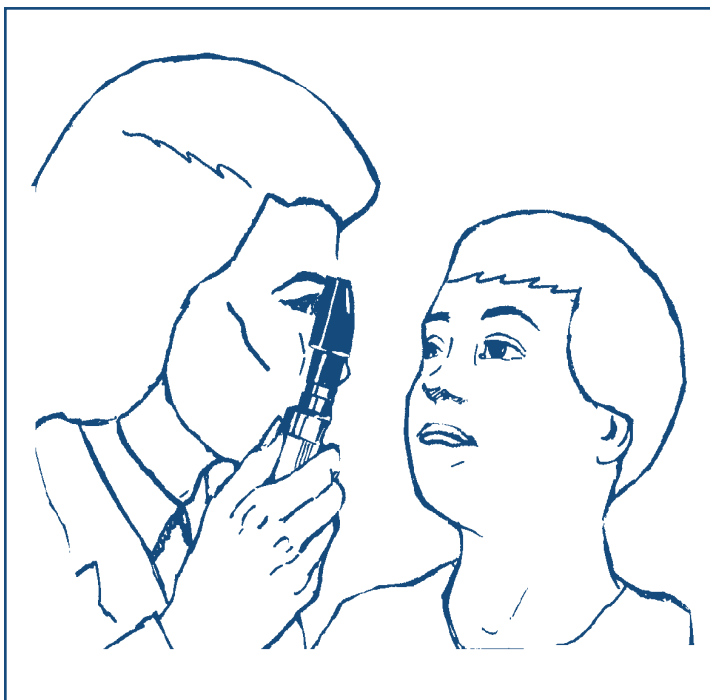


Visiting the Eye Doctor Activity Sheet

Grades K-3

Vision Quest

It's fun to go see the optometrist. Dr. Julie uses a special tool called an ophthalmoscope to make sure the inside of my eye is healthy.



Looking through the phoropter is kind of like playing a game. Sometimes Dr. Greg makes the letters look clear for me and some times they look fuzzy. I tell him what I see!



Note to parents: The best way to diagnose and treat many childhood eye and visual conditions is to obtain a comprehensive eye examination in addition to any school-provided visual screenings. The South Dakota Optometric Society recommends families obtain eye examinations every year for students age 6 through 18.

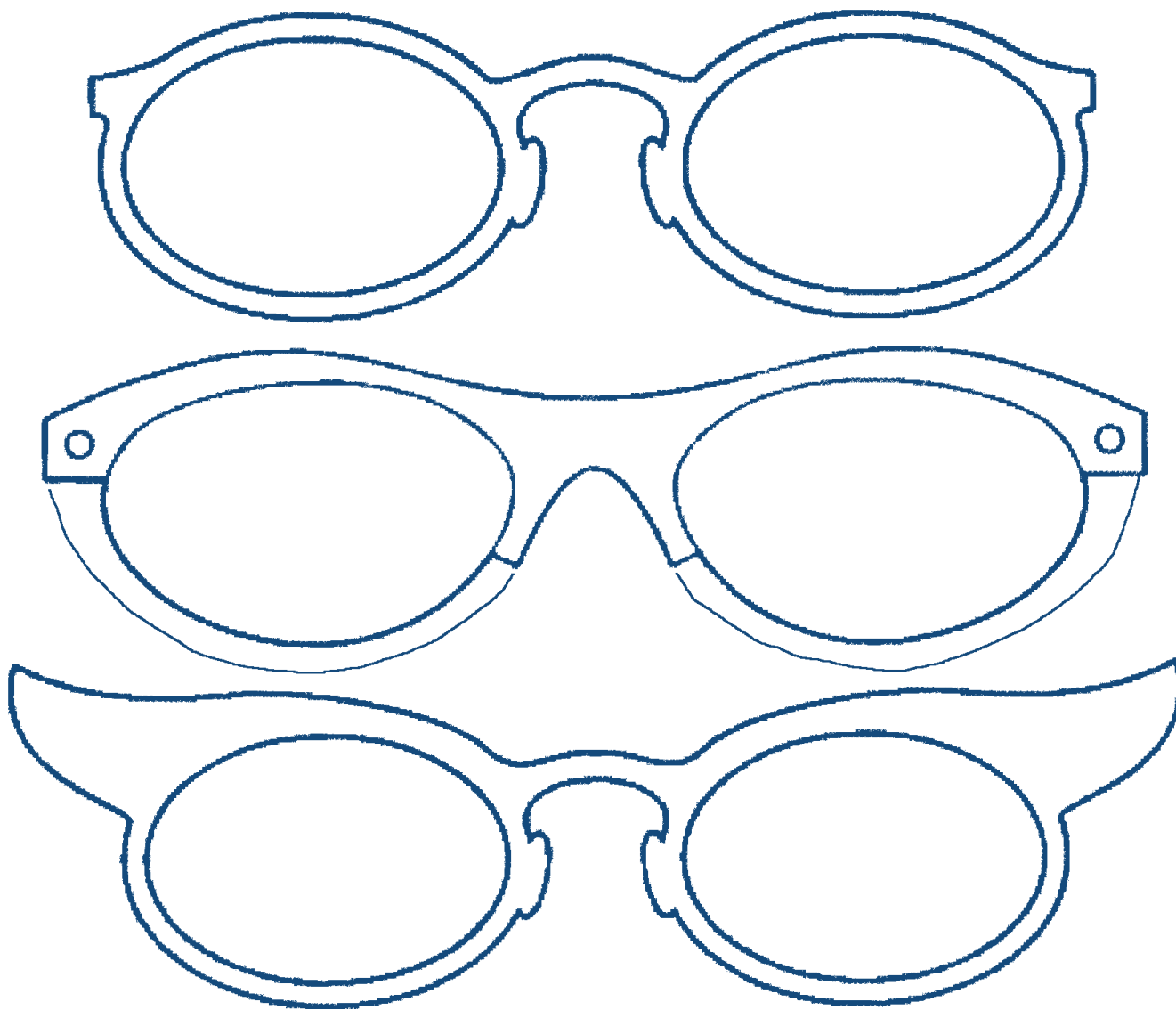


Eyeglasses for You and Me Activity Sheet

Grades K-3

Vision Quest

Some people need eyeglasses to help them see better, and everyone needs sunglasses to protect their eyes on sunny days. Eyeglasses come in lots of shapes and sizes. Try decorating these frames and cutting them out to see how you'd look in fancy eyeglasses or sunglasses.



Note to parents: Children of all ages can benefit from wearing sunglasses that protect the eyes from harmful ultraviolet A and B rays. To help ensure that your child sees his or her best at school, obtain a comprehensive eye examination in addition to any school-provided visual screenings. The South Dakota Optometric Society recommends families obtain eye examinations every year for students age 6 through 18.



For more information, contact: South Dakota Optometric Society
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