

Note to teachers: Younger students may benefit from working through each activity box as a group with you reading instructions and leading discussion.

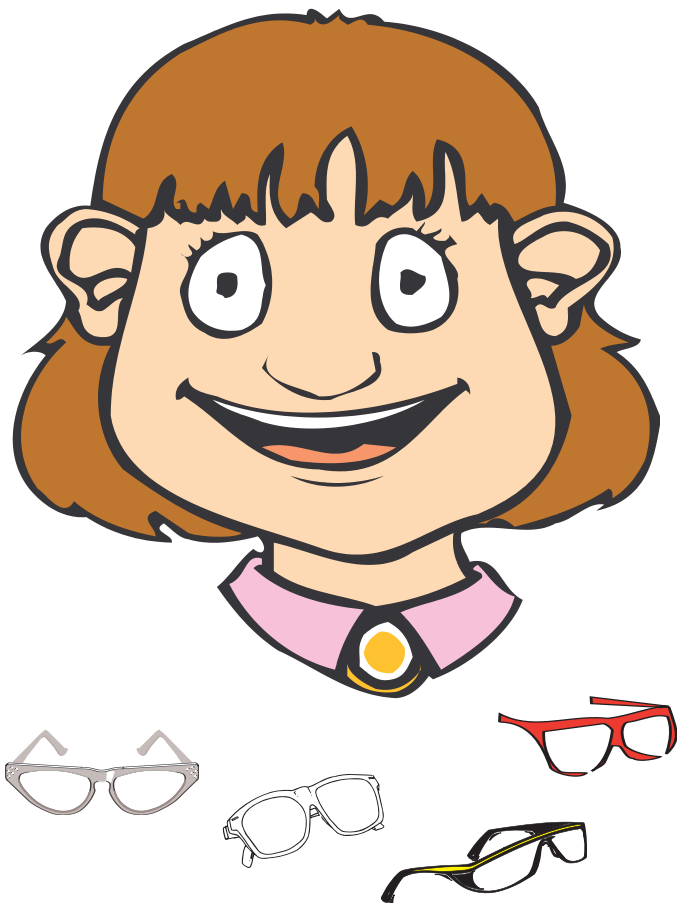
Can you imagine what it would be like if you couldn't see? Close your eyes and think about it. Your wonderful eyes need your help to stay strong and healthy!

Learn how you can keep your eyes safe and sound by using crayons or markers to complete each of the following activity boxes!

Skating, skateboarding, biking, football, paint ball and hockey can be hazardous to your head and eyes if you don't wear a helmet or face shield. Mike is going for a bike ride; draw a helmet on his head!



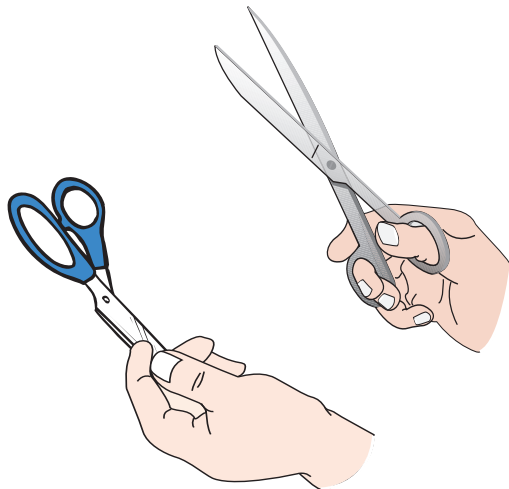
If your eye doctor determines you need eyeglasses or contact lenses to see well, be sure to wear them as directed. Help Susan pick out a new pair of eyeglasses at her eye doctor's office by drawing the frames you like on her face!



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.



Scissors, knives, darts, umbrellas and other sharp, pointy objects can hurt the eyes. It is important to carry these items carefully (no running!) and point them away from the eyes. Circle the correct way to pass scissors to another person.



Sunshine contains ultraviolet rays that can hurt the eyes. Two good ways to protect the eyes are to wear a hat with a brim and sunglasses on bright, sunny days. Help Jennifer enjoy the beach by drawing on a hat and sunglasses!



Folks who have lost vision can often be helped by a variety of aids such as computer screens with very large type, reading telescopes and even well-trained guide dogs! Print your name in very big letters on Carla's special computer.



Some household items can cause particles, splashes and sparks to fly into the eyes. Draw a line to match each of these hazards with its name.

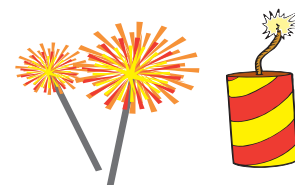
sparklers and fireworks



lawnmower



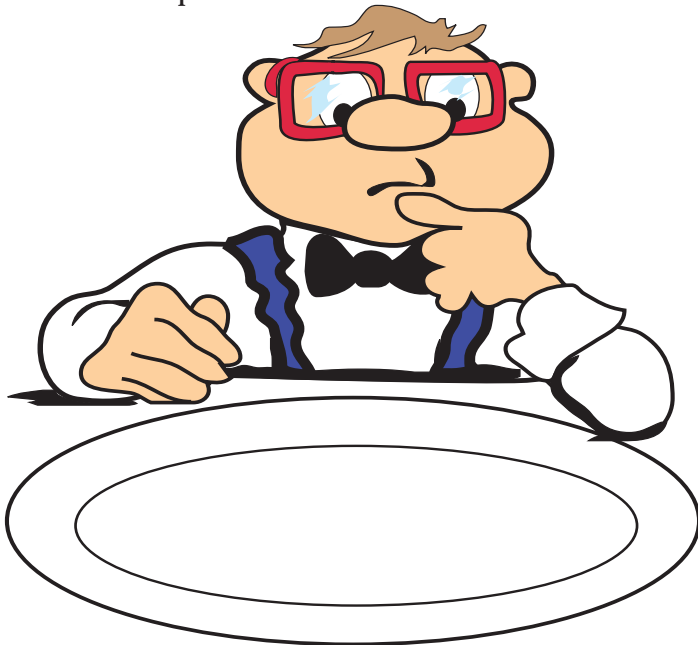
saws and power tools



chemicals and paints



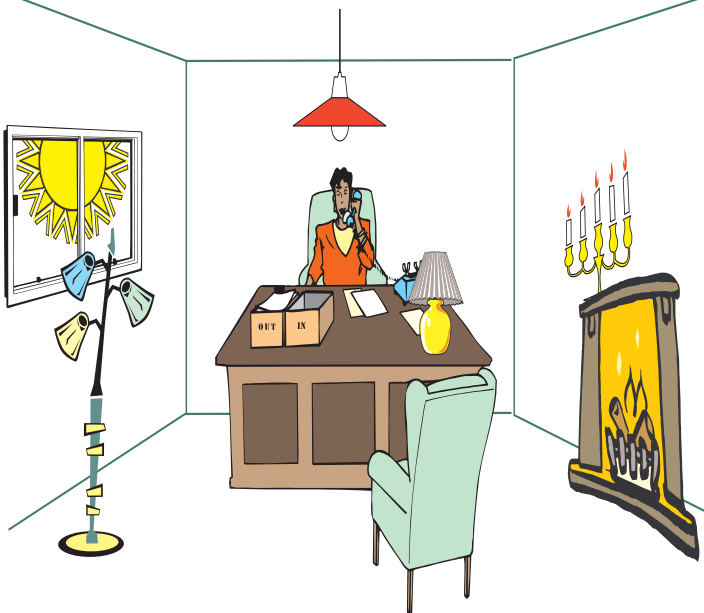
Carrots, blueberries, spinach, raisins and tomatoes are rich in vitamins that help the eyes. Bobby is having a snack; draw some of these eye-healthy foods on his plate!



When using the computer or playing video games, the eyes often get tired, so it is important to take a break every hour to relax your eyes and stretch your muscles. Draw a fun activity that Tim can do during his computer break!



It is important to have good lighting when reading and doing other close work. Circle all the sources of light in Mrs. Smith's office.



One of the best ways to keep your eyes and vision healthy is to visit your doctor of optometry for an eye examination every year. Use your crayons or markers to make the doctor below look like your optometrist! If you don't remember what he or she looks like, ask your parents!

