



# LET'S CHECK YOUR EYESIGHT TODAY!

Place this page 3 meters (10 feet) away from you and make sure it's level with your eyes.  
If you wear glasses, make sure you put them on.

Cover one eye with your hand and read aloud the letters of each row, beginning at the top. Continue to the bottom row or until the letters are too difficult to see. Now repeat the activity with your other eye covered. Get a family member or friend to let you know if you are getting them correct.

K H O R

O Z N H V C

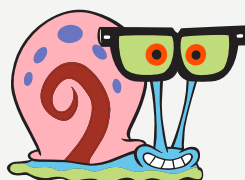
R K S C Z H V D

H O C Z R K D S V N

S D K H O R C V



**i** This is not an official eye test. If you have difficulty seeing the letters on this page, talk to your teacher or guardian about your eyesight.



# 'EYE' LOVE MY EYES



## I SPY PARTS OF THE EYE!

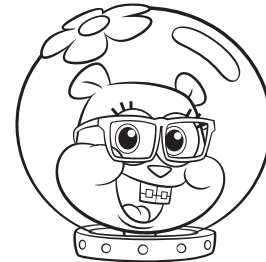
Find the words from the word bank in the word search below!

**EYELID LENS IRIS**  
**PUPIL CORNEA RETINA**

C	O	R	N	E	A	R	D
Z	G	L	I	P	U	P	W
S	L	I	M	H	K	T	N
I	Y	P	J	M	S	K	L
R	E	T	I	N	A	E	F
I	X	B	N	A	N	U	O
S	V	E	C	S	P	H	Y
X	E	Y	E	L	I	D	T

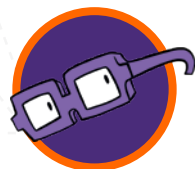
## EYES COME IN DIFFERENT COLORS

Color in Sandy and Simon's eyes and glasses.  
Can you match their eye color to the pictures below?



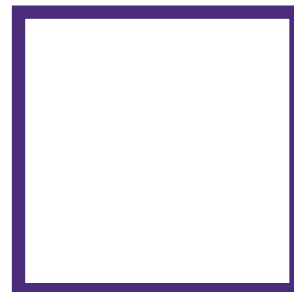
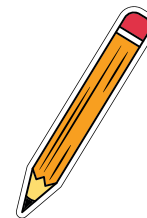
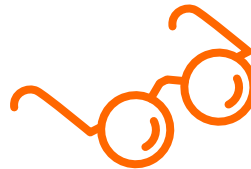
## HAVE YOU SEEN MY GLASSES?

Will you help SpongeBob, Chuckie and April find their glasses? Draw a line to the correct pair.



## EVERYONE'S EYES ARE AS UNIQUE AS THEY ARE!

Draw a picture of your eyes!



# WHAT CAN MY EYES DO?



**CAN YOU FIND THE NAME OF OUR FRIEND,  
HIDDEN IN THE DOTS?**



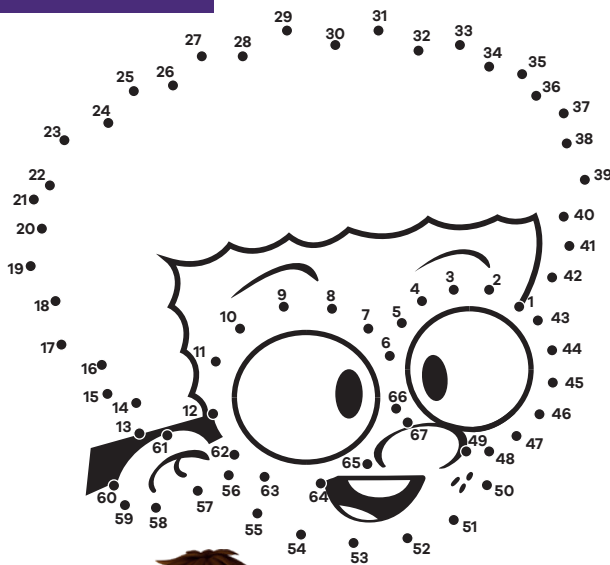
Write your answer in the box below.



If you have difficulty seeing the word on this page, talk to your teacher or guardian about your eyesight.



**JOIN THE DOTS TO SEE  
WHO IT IS!**



Answer: Clyde

**CAN YOU SPOT THE **FOUR**  
DIFFERENCES IN THESE TWO IMAGES?**



Answer: Extra saucepan, Flower pot in center window, Missing spot on curtain below the sink.

# HOW CAN I LOOK AFTER MY EYES?



## KEEP YOUR EYES SAFE DURING PLAY TIME

Can you spot which character isn't being as safe as he should be?



## THERE ARE LOTS OF WAYS WE CAN PROTECT OUR EYES

Can you match the label to the correct image?

Sunglasses

Glasses

Helmet

Sunhat

Safety Goggles

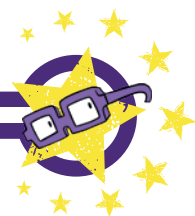
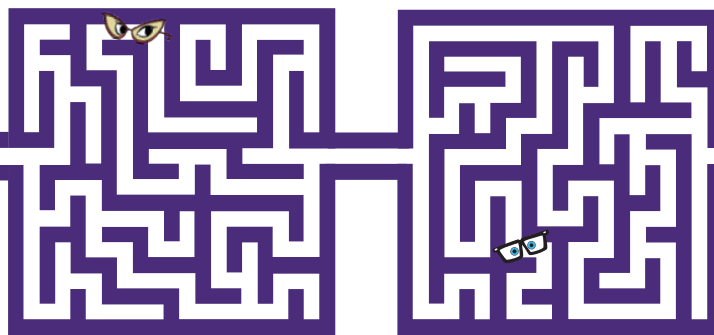


## CHUCKIE HAS LOST HIS GLASSES!

Can you help him find them? Watch out for the obstacles!



START  
HERE!





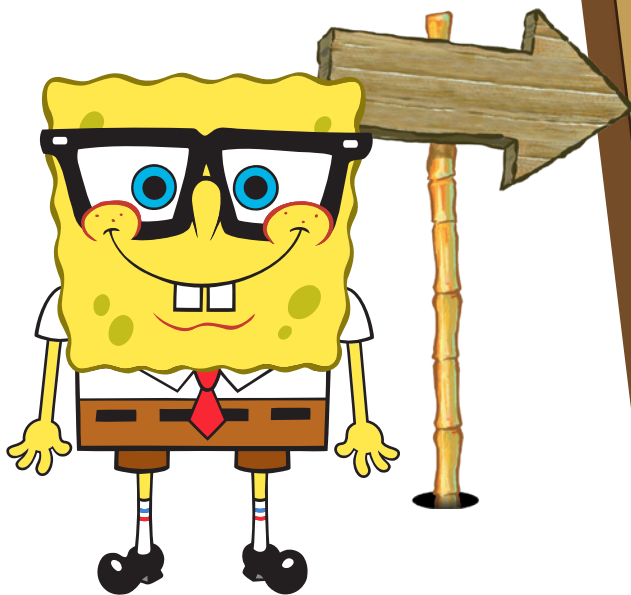
# BE A JUNIOR GLASSES CHAMPION!



## PLEDGE TO BECOME A JUNIOR GLASSES CHAMPION

Are you ready to become a Junior Glasses Champion?

Make a pledge and check off the actions you would like to take to keep your and others' eyes safe, healthy, and seeing clearly.



### I will:

- ☐ Speak with a trusted adult, like a parent, caregiver, or teacher, if I can't see clearly.
- ☐ Take regular breaks from screen time every 20 minutes to give my eyes a rest.
- ☐ Eat healthy foods that are rich in vitamin A, like cereal, carrots, cheese, or oily fish.
- ☐ Remember to wear my glasses, if I use them.
- ☐ Take care of my eyes by wearing sunglasses or a hat when outside.
- ☐ Get my eyes checked regularly as instructed by health professionals.
- ☐ Wear proper eye and head protection when needed while playing sports, crafting or completing chores.
- ☐ Wear a helmet when roller skating, cycling, skateboarding, or scootering.
- ☐ Be careful and walk, not run, with sharp objects, like pencils, rulers or scissors.
- ☐ Never point sharp objects or launch toys at anyone.
- ☐ Speak up and tell a teacher if you see a class mate squinting in class.
- ☐ Compliment others on their glasses.



## CELEBRATE BECOMING A JUNIOR GLASSES CHAMPION

BY COLORING IN SOME OF YOUR FAVORITE CHARACTERS WITH GLASSES!

