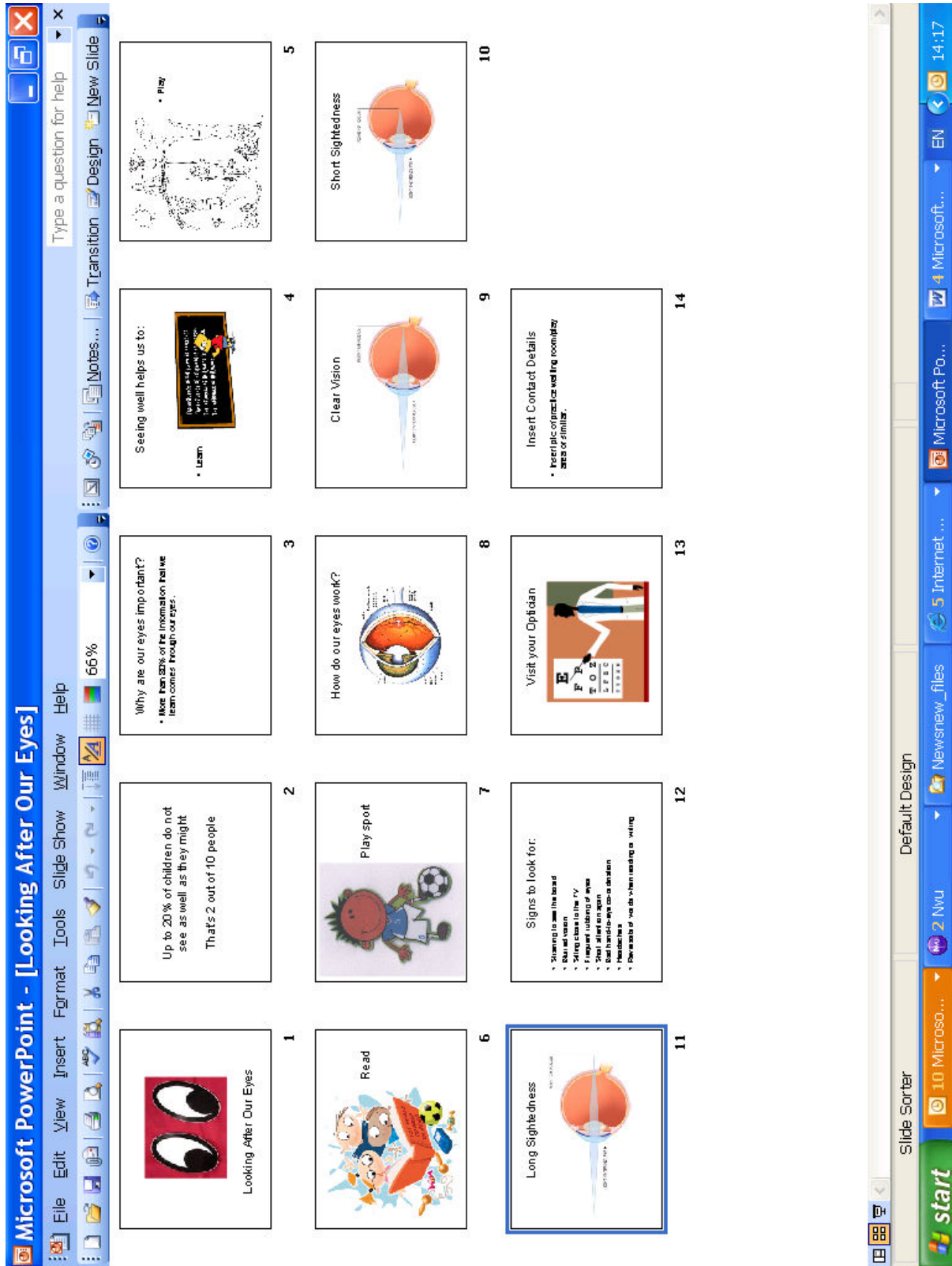


PR Kit for School Talks

Powerpoint presentation

Suggested activities

Worksheets



Microsoft PowerPoint - [Looking After Our Eyes]

Type a question for help

File Edit View Insert Format Tools Slide Show Window Help

66%

Transition Design New Slide

1 Looking After Our Eyes

2 Up to 20% of children do not see as well as they might. That's 2 out of 10 people

3 Why are our eyes important?
 • More than 50% of the information that we learn comes through our eyes.

4 Seeing well helps us to:
 • Learn
 • Play

5

6 Read

7 Play sport

8 How do our eyes work?

9 Clear Vision

10 Short Sightedness

11 Long Sightedness

12 Signs to look for:
 • Blurring to see the board
 • Squinting
 • Pain or tears in the eye
 • Frequent rubbing of eyes
 • Head tilting
 • Bad headache
 • Headaches
 • Poor school work when reading or writing

13 Visit your Optician

14 Insert Contact Details
 • Insert the optician's name and telephone number of a friend.

Slide Sorter Default Design

start

10 Microsoft... 2 Nvu 5 Internet... 4 Microsoft Po... EN 14:17

Props/Support Material

Model Eye

Test chart

Magnifiers

Old Frames

Ping pong ball, tennis ball, football

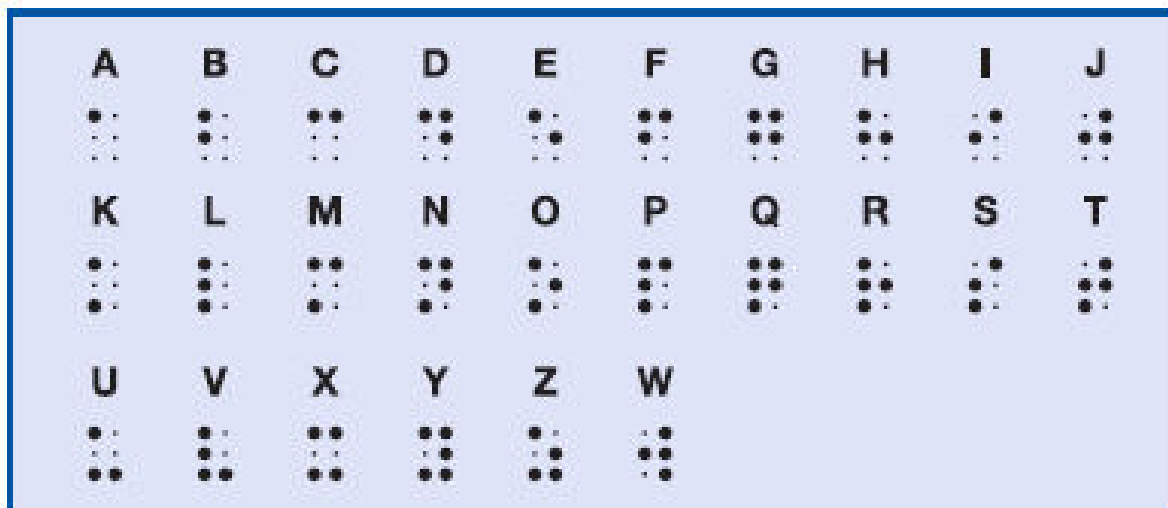
Materials to make a snellen chart

Activity ideas for Schools Talk

- 1) Demonstrate the size of the eye by comparing a ping pong ball, a tennis ball and a football.
- 2) Using a volunteer (or Teddy Bear, doll etc) describe and demonstrate how you test someone's vision. Then involve the children in a role play scenario, using any equipment you have brought with you. Create a pretend practice in the classroom for them to enjoy role play.
- 3) Standing several feet away from a child, toss a bean bag back and forth (or two kids can do it together). After a few tosses, blindfold the child (or children) and yourself. Then try tossing the bean bag back and forth again. Talk about what senses you had to use when your eyes were covered and what was harder to do when you couldn't see. How many more times did you catch the bean bag with your eyes open than when you had the blindfold on?

For younger children: Sit on the floor and roll a large ball instead. Cover only one eye and discover how both eyes work together.

- 4) Introduce the Braille alphabet. Print out a copy of the Braille alphabet:



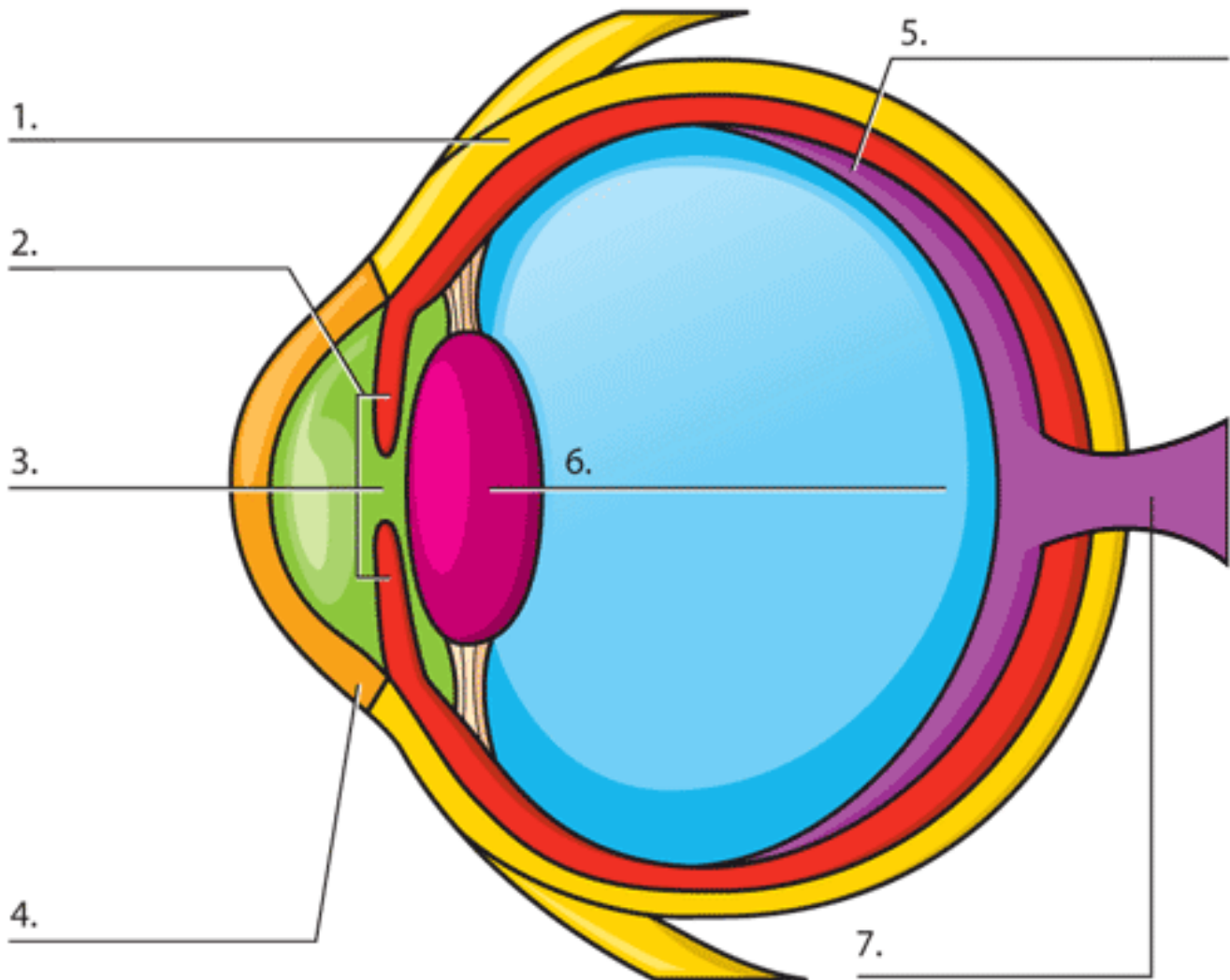
To make the letters raised like Braille, put a drop of white glue over each black dot. When the glue is dry you will be able to feel the raised dots with your fingers.

For older children: Encourage the children to memorize the letters (all or some) of the Braille alphabet. Then write a word with dots of glue, let it dry, and have your child "read" it with his or her eyes closed. Discuss how and why it is much easier it is to read with your eyes than feeling letters with your fingers is.

- 5) Kids love to explore the world around them. Make good use of their curiosity by equipping them with a magnifying glass so they can look at things up close. Even a pesky house fly is fun to look at under a magnifying glass! As you talk to them about sight, give the children some objects to look at for a few minutes and then give them each a magnifying glass to compare how much different things look through a lens than through our eyes alone.
- 6) Demonstrate Optical Illusions using the supporting material.
- 7) Using a diagram of the eye, explain the different parts and what each element does.

How the eye works

Label the eye using the words below.



WORD BANK

sclera
pupil

lens
iris
optic nerve

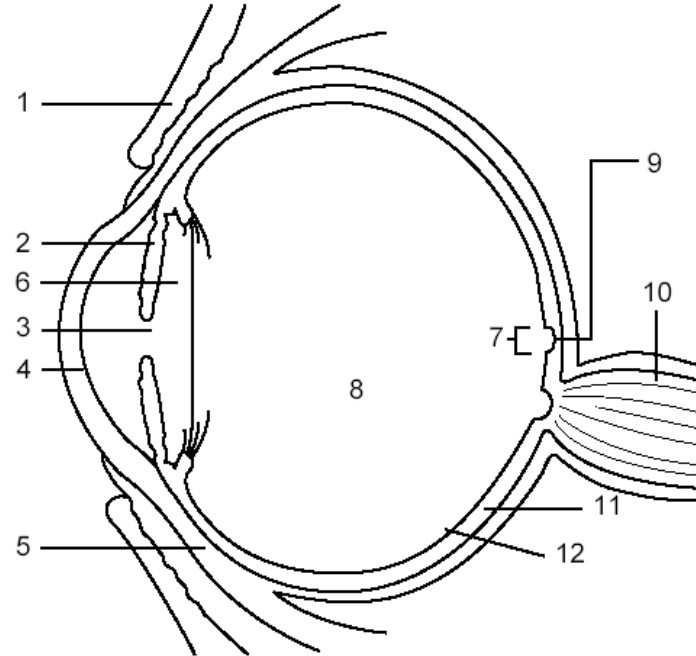
cornea
retina

Activities

Word Scramble

Scramble

Unscramble the parts of the eye listed below. *Hint:* The location of each is shown on the diagram.

1. dyelie _____	
2. siir _____	
3. lpuip _____	
4. onarce _____	
5. rsleca _____	
6. nesl _____	
7. aclamu _____	
8. stivorue mhuro _____	
9. ovafe _____	
10. pocit verne _____	
11. drohcio _____	
12. tranie _____	

Are two eyes better than one? Find out for yourself.....

What you need:

- Two pencils

What to do:

1. Hold a pencil on its side in each hand.
2. Now, with one eye closed, try to touch the ends together. Did you miss?
3. Now, try it with both eyes open. Was it easier?

Quiz

- 1) About how large is the eye
 - a) as big as a basketball
 - b) a little smaller than an apple
 - c) as big as a ping pong ball
 - d) a little bigger than a tennis ball

- 2) what is the biggest part of the eye and gives the eye its shape?
 - a) vitreous body
 - b) rods
 - c) pupil
 - d) lens

- 3) What helps us see colour?
 - a) rods
 - b) cones
 - c) lens
 - d) the colour wheel

- 4) Cones work together with _____ so that you can see the complete picture.
 - a) glasses
 - b) the lens
 - c) your pupil
 - d) rods

- 5) what shuts automatically to protect the eye from possible danger
 - a) iris
 - b) eyelash
 - c) eyelid
 - d) lens

- 6) which part is the colourful part of the eye
- a) pupil
 - b) iris
 - c) eyeball
 - d) cornea
- 7) When the image hits the retina, the image is upside down. What flips the image over so that it is the right way up?
- a) lens
 - b) retina
 - c) optic nerve
 - d) brain
- 8) what part is the messenger at the back of your eye?
- a) retina
 - b) optic nerve
 - c) sclera
 - d) blood vessels
- 9) Tears help your eyes by:
- a) washing away germs
 - b) keeping them from drying out
 - c) keeping dust or other particles out
 - d) all of the above
- 10) To correct fuzzy vision many people wear:
- a) Hats
 - b) Goggles
 - c) Glasses
 - d) Binoculars

How the Eye Works

Word Search

See how many words you can find from the list below.

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

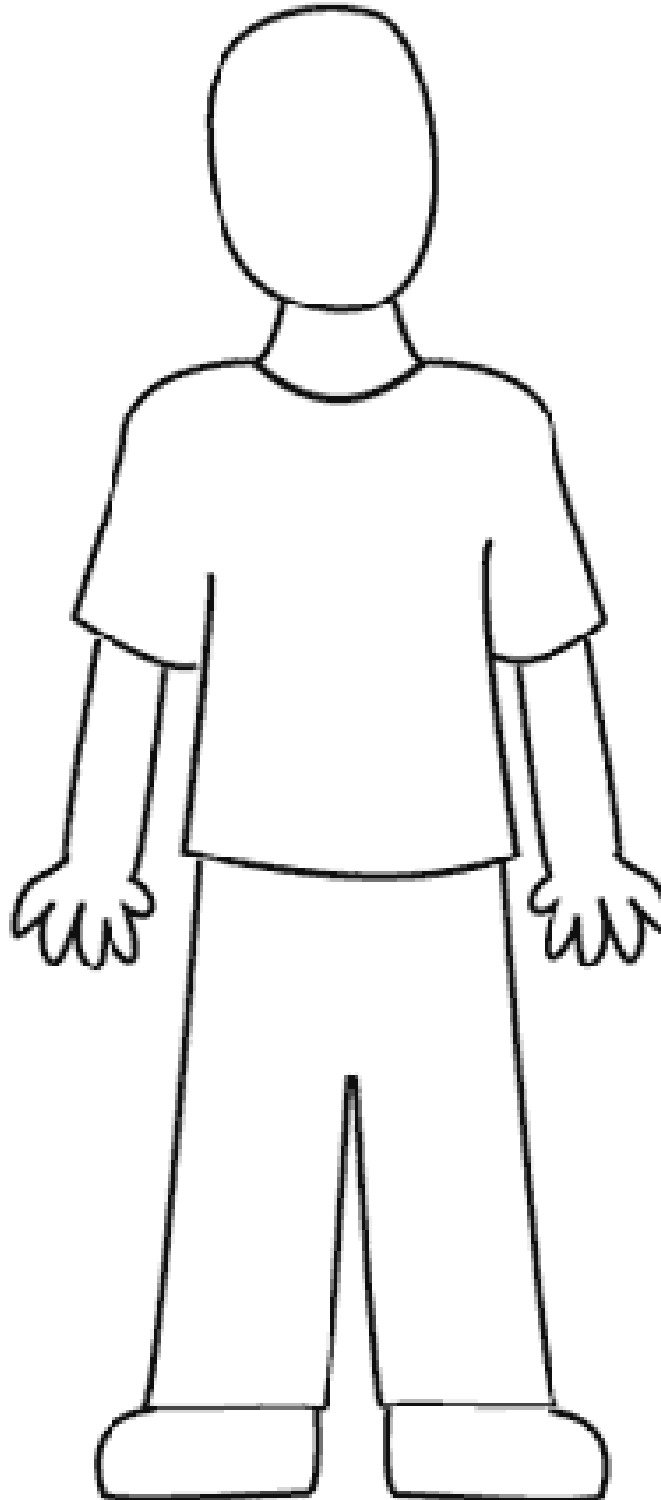
CONES
CORNEA
GLASSES
IRIS

LASHES
LENS
PUPIL
RETINA

RODS
SLCERA
TEARS
VISION

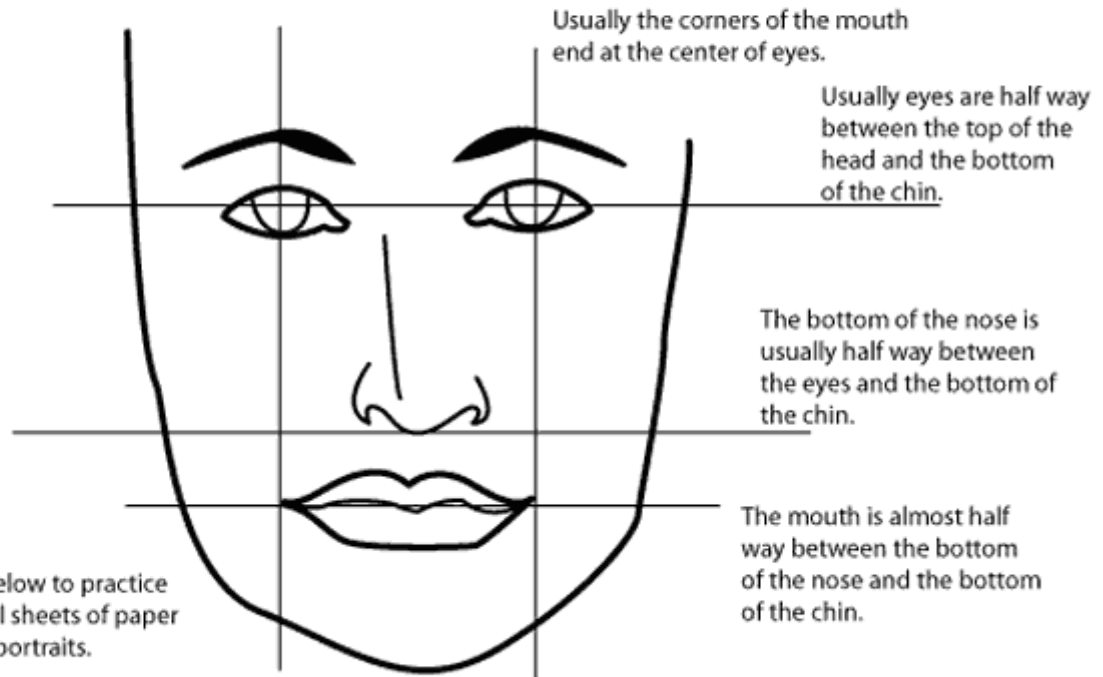
Colouring

1) Draw your own hair colour, eye colour and clothes on the picture below.

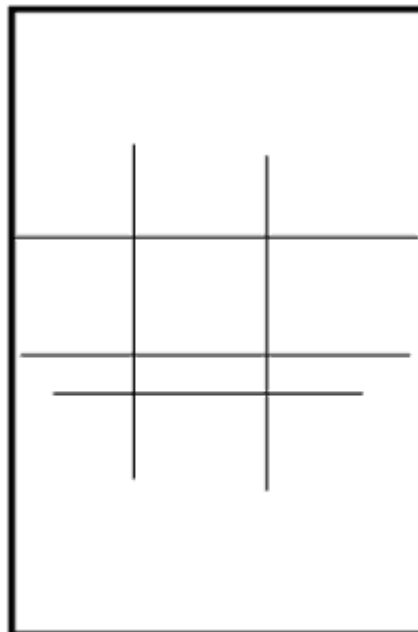
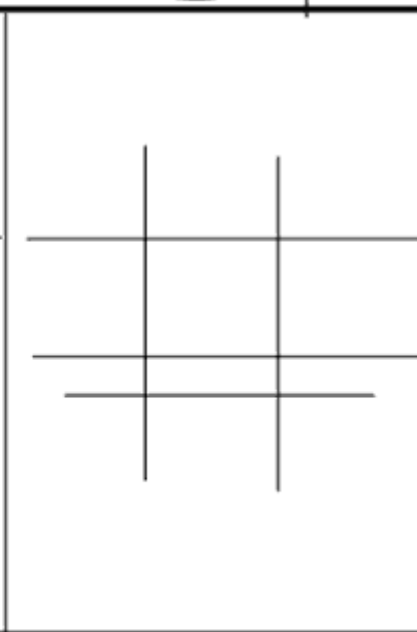
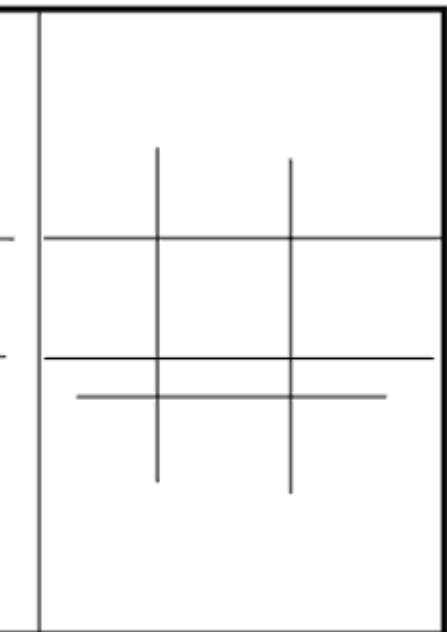


HOW TO DRAW PORTRAITS

The easiest way to draw portraits is to study the person before you start drawing. Look at the distance between the eyes and nose. How long is the nose? What is the distance between the nose and mouth? What shape is the face, oval, round, or square? Is the hair long or short? Ask yourself these questions as you draw. To draw your self-portrait stand in front of a mirror. Keep looking up as you draw. Remember to practice. After the face is sketched, use Colored Pencils to color the skin, eyes, and hair.



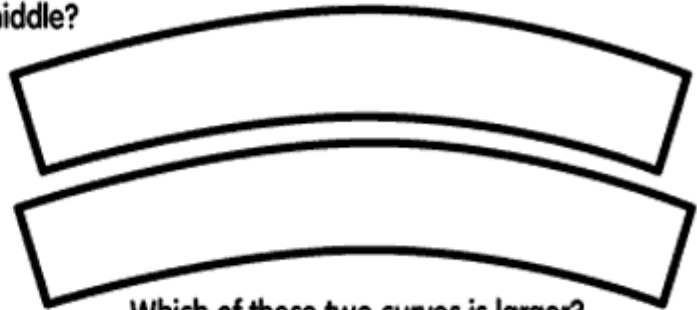
Use the space below to practice portraits. Use full sheets of paper to create larger portraits.

		
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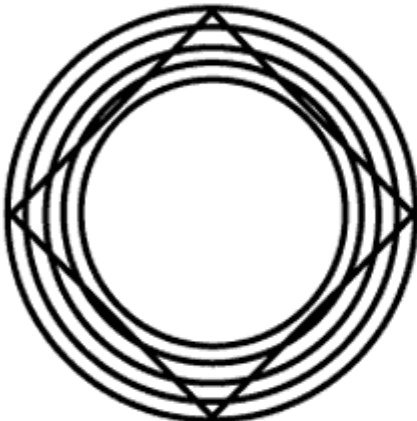
EYE ILLUSIONS



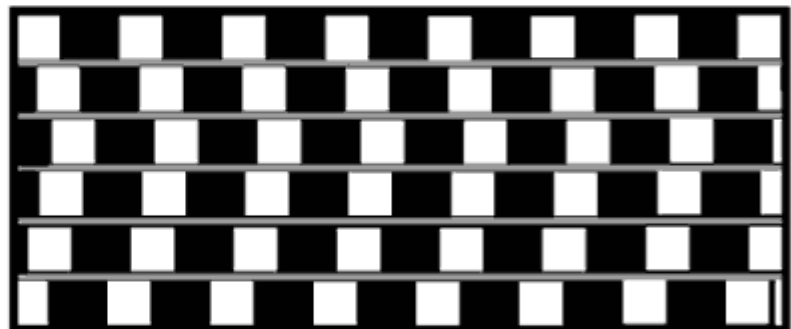
Which side of the box is the star on? Is it in the front or on the back of the box? Is it suspended in the middle?



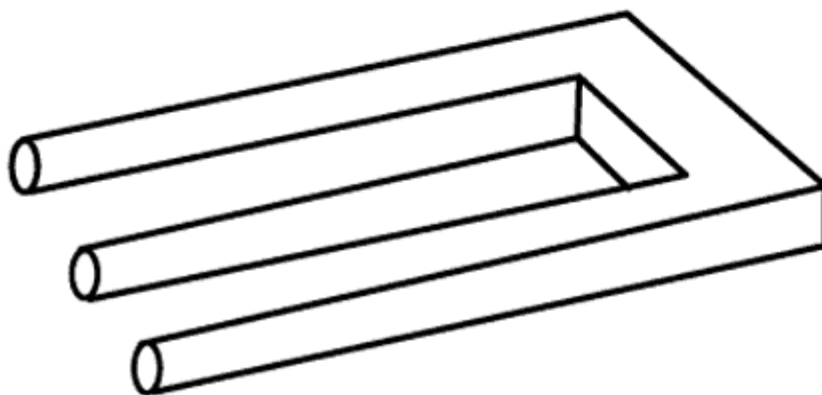
Which of these two curves is larger? The top curve or the bottom curve? Actually, both curves are the same size and length.



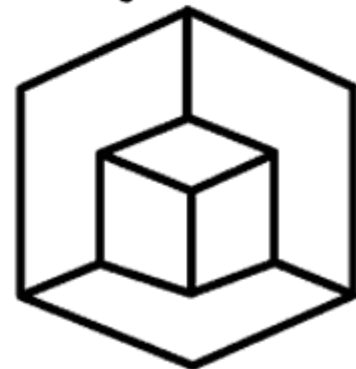
Is the square bent?



Are the grey lines straight?



Look at this again. How many prongs are there?

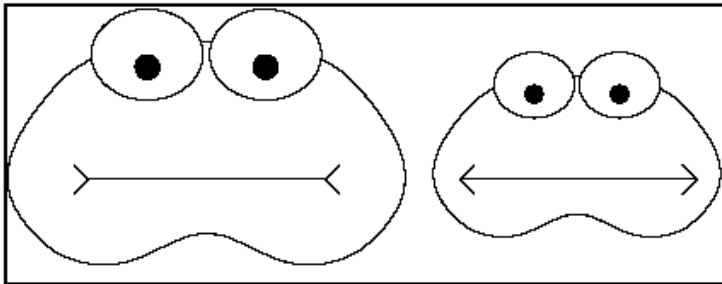
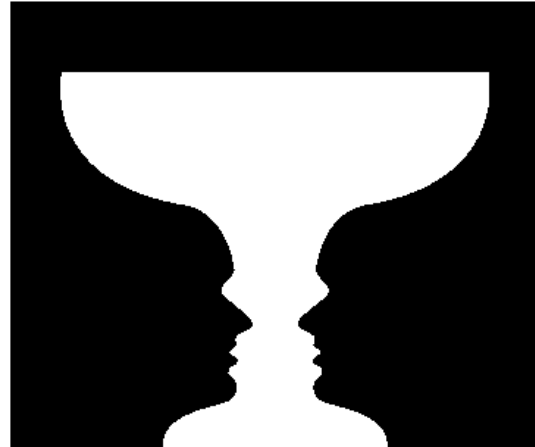


Is there a corner missing or is there a small box in front of a large box?

Optical Illusions

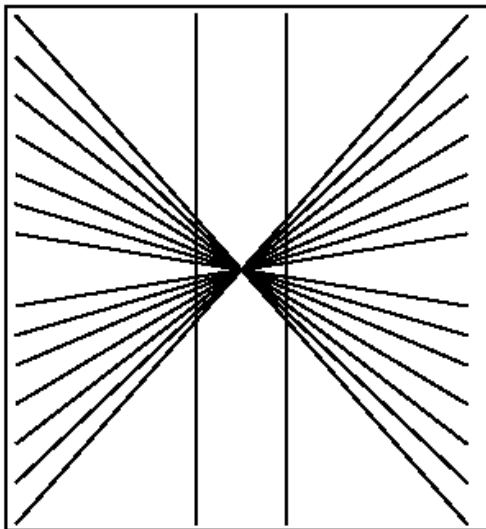
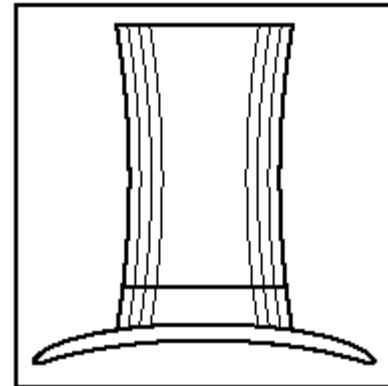
Sometimes your eyes play tricks on you. The pictures below are "Optical Illusions".

- 1) Is this picture a vase? Or is it a picture of two faces looking at each other? Can you see both?



- 2) Which frog has the biggest mouth? Measure with a ruler to find out.

- 3) Is the hat taller than it is wide? Use a ruler to find out.



- 4) Are the vertical lines straight or bent? Use a ruler to check.