

**Realeyes**

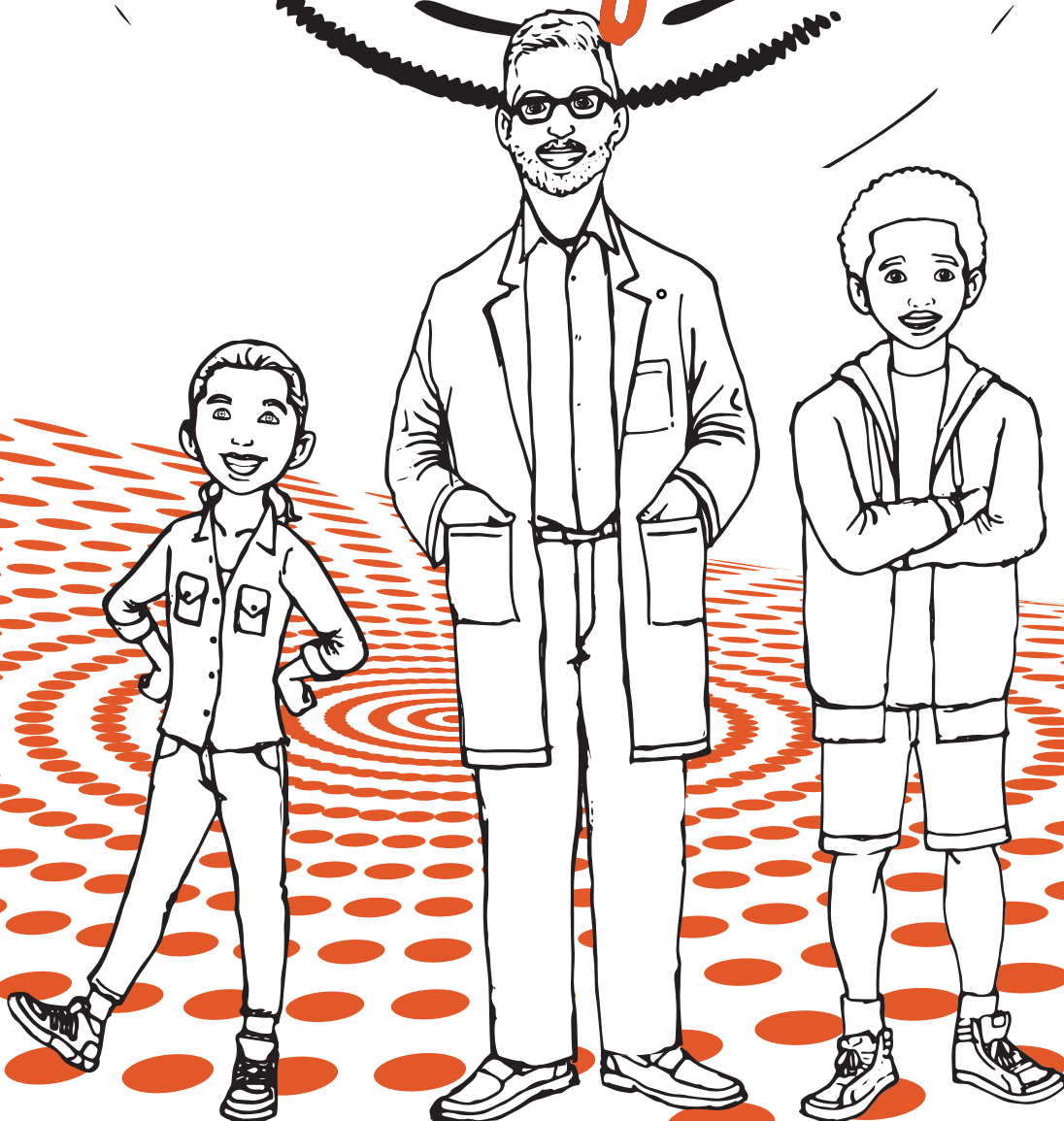
Ohio Optometric Association  
614-781-0708 • [www.ooa.org/realeyes](http://www.ooa.org/realeyes)

This work is funded either in whole or in part by a  
grant awarded by the Ohio Department of Health,  
Bureau of Child and Family Health,  
Save our Sight Program.

# JOURNEY

## THROUGH AN EXAM:

# Don't Stop Seeing



# Things you need to look for:

As you watch the video, see if you can find the answers to these questions.

1. Is there any reason to be scared to see an eye doctor?

Yes\_\_\_\_ No\_\_\_\_

2. Do you still need to see an eye doctor if you are 20/20?

Yes\_\_\_\_ No\_\_\_\_

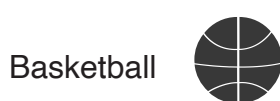
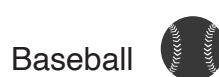
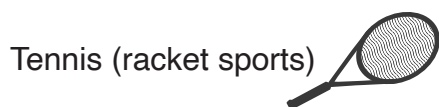
3. Circle the two most common colors that people who are color blind mix up:



4. Should you wait until there is something wrong with your eyes before you go to see the eye doctor?

Yes\_\_\_\_ No\_\_\_\_

5. Circle the Top 4 sports that lead to the most eye injuries:



6. Can you get a new eyeball that can see?

Yes\_\_\_\_ No\_\_\_\_



7. Can you eat enough carrots so that you won't need to wear glasses?

Yes\_\_\_\_ No\_\_\_\_



8. Can sitting too close to the TV hurt your eyes?

Yes\_\_\_\_ No\_\_\_\_



9. If you wear glasses, can you let your friend borrow them so they can see better too?

Yes\_\_\_\_ No\_\_\_\_



Watch **Journey Through an Exam**  
Visit the VIMEO link below or scan the QR code.  
[vimeo.com/realeyesprogram/journey](https://vimeo.com/realeyesprogram/journey)



Answers are on page 7!

# Hidden Pictures

Can you find the 9 items that help you take care of your eyes?



## Sunglasses

Sunglasses protect your eyes from the sun. Don't ever look directly at the sun.



## Sports Goggles

Wearing regular glasses while playing sports can be dangerous. Sports goggles protect your eyes, even if you don't wear glasses.



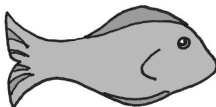
## Safety Glasses

Use these anytime you work with tools, lawn mowers, or chemicals.



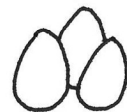
## Strawberries

Strawberries are full of vitamin C which helps prevent an eye disease called cataracts.



## Salmon

Eating fish like salmon can help prevent an eye disease called macular degeneration.



## Eggs

Eggs help keep the back of the eye healthy and prevent macular degeneration.



## Spinach

Eating spinach can help protect your eyes from the sun and prevent eye diseases.



## Hat

Shade your eyes from the sun by wearing a hat. Never look directly at the sun.



## Phoropter

Getting an eye exam every year or two is the only way to know if your eyes are working their best.

## A yellow sticky note with a blue smiley face. The smiley face has two circular eyes and a wide, open-mouthed smile. The sticky note is slightly tilted and has a soft shadow underneath it.

A: Between you and me, there's something that smells

**Q: What do you call a fish with no eye?**

A: "Fsh"



**Q: What do you call a deer without eyes?**

A: No eyedeer

**Q: What do you call a one-eyed dinosaur?**

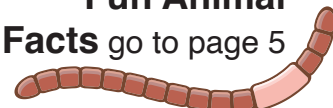
A: Douthinkhesaraus



*Did you know...*  
**Worms do not  
have eyes!**  
*Wait, where did everyone  
go?*

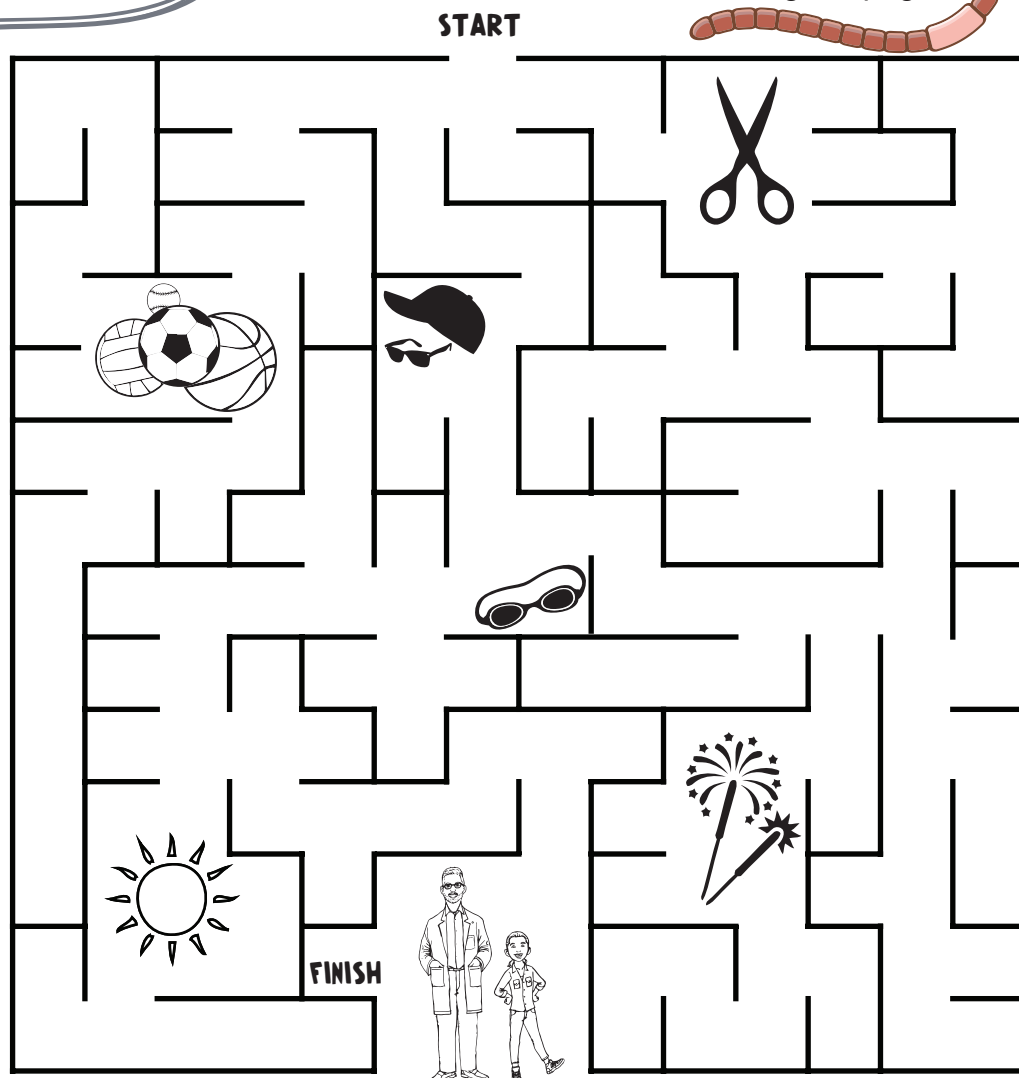
*Did you know...*  
**An ostrich's eye is bigger  
than its brain!**

For more  
**Fun Animal  
Facts** go to page 5



# AMAZING MAZE

Help Jamie find his way through the maze. Don't run into things that can harm his eyes!







Count the number of foods  
you can eat that are  
good for your eyes.



## Nutrients & food that are good for our eyes:

**LUTEIN** is in colorful fruits and vegetables such as spinach, broccoli, corn, and green beans.

**ESSENTIAL FATTY ACIDS** are in tuna, salmon, and eggs.

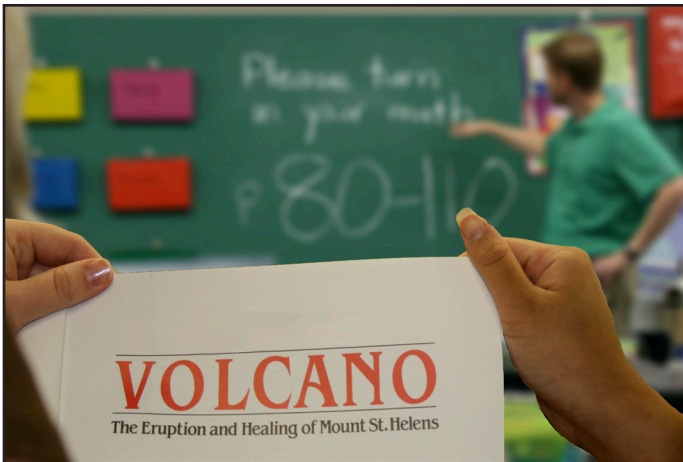
**VITAMIN C** is in fruits and vegetables, including strawberries, oranges, and green peppers.

**VITAMIN E** is in almonds, pecans, and sweet potatoes.

*I counted \_\_\_\_\_ things that are good for my eyes.*

# Do You See Like One Of These Pictures?

If you do, you should tell an adult right away!



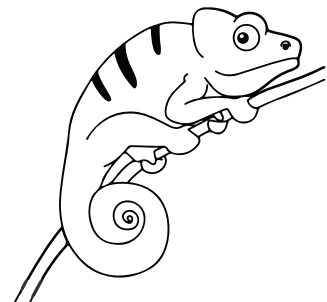
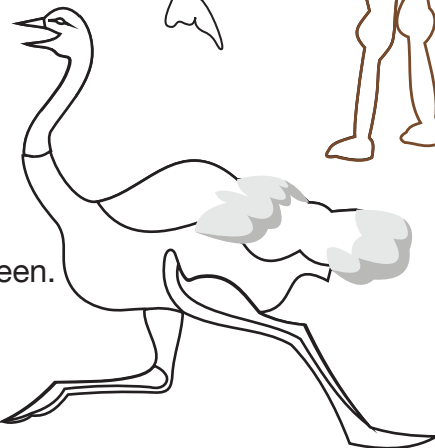
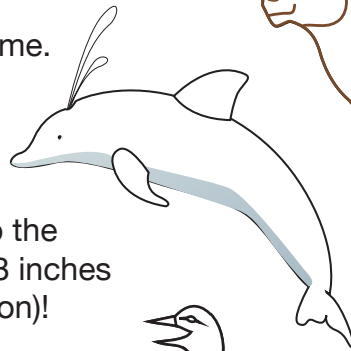
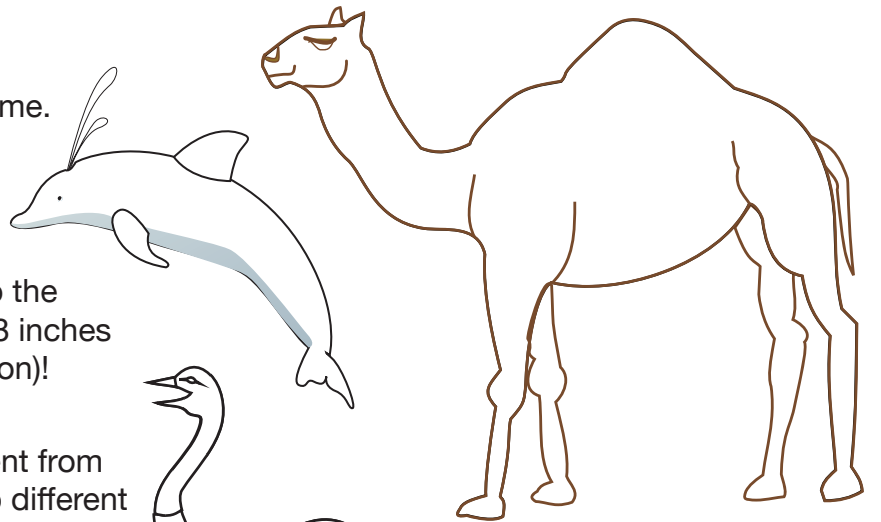
If you squint when trying to see things that are far away you might be **NEARSIGHTED**.



If your eyes get tired or you get headaches when reading, you might be **FARSIGHTED**.

## Animal Eye Facts:

- Scorpions can have as many as 12 eyes, but the box jelly fish has 24!
- Camels have three eyelids! This is to protect their eyes from sand blowing in the desert.
- Most hamsters only blink one eye at a time.
- Dolphins sleep with one eye open.
- The largest eye on the planet belongs to the Colossal Squid and measures around 18 inches wide (about the size of a large watermelon)!
- The eyes of a chameleon are independent from each other which allows it to look in two different directions at once.
- Dogs can't tell the difference between red and green.
- The night vision of tigers is 6 times better than humans.



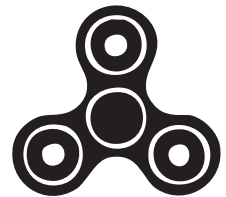
# Wacky Word Search

Find the words hidden in 'Wacky Word Search'.

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

EYE  
EYELASHES  
EXAM  
GOGGLES  
TEARS  
VISION  
HOLE  
SIGHT  
IRIS  
MUSCLE  
EYE DOCTOR  
PUPIL

Did you know that being able to see clearly will help you with reading, sports, and can even make you feel better about yourself?



Take a closer look at this fidget spinner. Look in-between the magnifying glass and the fidget spinner. Slowly bring the paper closer to your nose and relax your eyes. Did you see the fidget spinner go inside the magnifying glass? The two images come together because your eyes cross – it's an optical illusion!

# For the adults at home:



Department of  
Health

Save Our Sight

Realeyes is a vision education program sponsored by the Ohio Optometric Association and made possible through the Ohio Department of Health Save Our Sight Program. When Ohioans renew their license plates they are asked to donate \$1 to the Save Our Sight fund.

## "Did You Realeyes?"...

To learn more about children's vision & resources in your community visit  
[ooa.org/Realeyes\\_community](http://ooa.org/Realeyes_community).

- 1 in 4 children has an eye disorder that can affect their learning.
- Undetected vision disorders are the #1 health problem in children.
- 80% of what students learn under normal circumstances is through their eyes. A vision disorder can affect learning. **Is your child seeing as well as possible?**
- Not all eye problems have obvious symptoms. A regular eye exam by an eye doctor is the only way to find out the overall health of your child's eyes and vision.
- **An eye exam by an eye doctor for every child is recommended at six months, 3 years of age, before first grade, then every year or two throughout the school years.**
- The sun's UV rays can cause long-term damage to the eyes. Children are at greater risk than adults. The effects are cumulative, and 80% of UV exposure happens before age 18.
- Vision screenings are an important step in eye care. Make sure to always follow-up with a comprehensive exam performed by an eye doctor to ensure your eyes are healthy.



HAS YOUR CHILD HAD AN EYE  
EXAM BY AN EYE DOCTOR?

WHEN WAS YOUR CHILD'S  
LAST EYE EXAM?

IS THERE A FAMILY HISTORY OF  
VISION PROBLEMS OR DISEASES?

DOES YOUR CHILD WEAR SUNGLASSES  
OR A HAT WHEN PLAYING OUTSIDE?

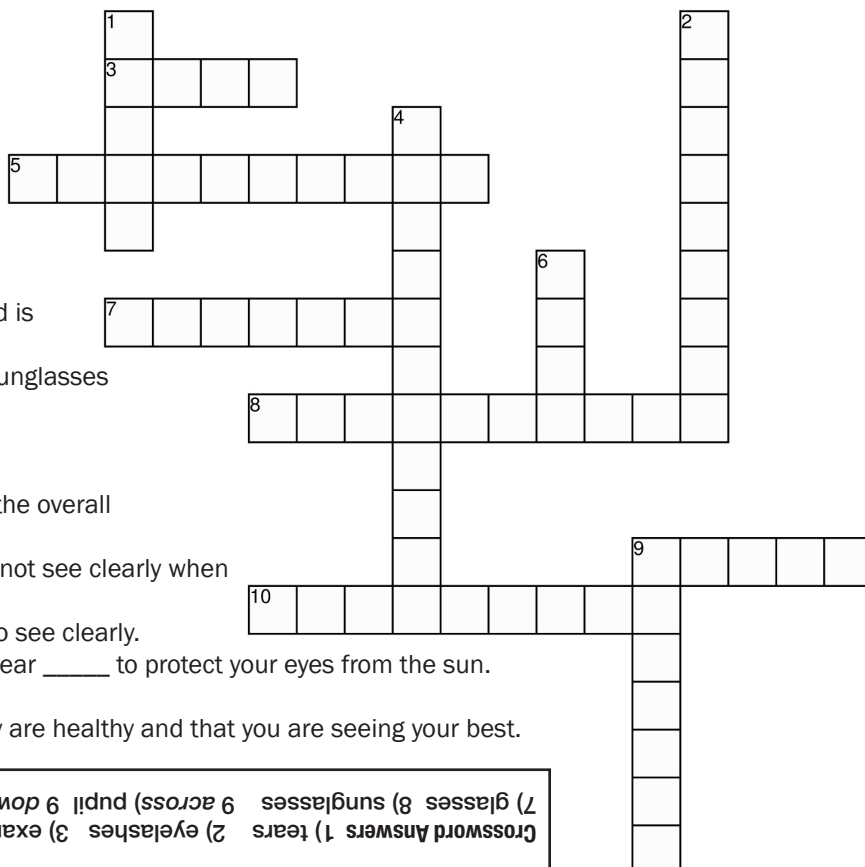


### DOWN

- \_\_\_\_\_ keep your eyes clean, moist, and healthy.
- \_\_\_\_\_ sweep away dust and dirt in the air to protect the eyes.
- \_\_\_\_\_
- If things far away look blurry, you may be \_\_\_\_\_.
- \_\_\_\_\_
- The \_\_\_\_\_ is the colored part of the eye and is a muscle that lets in light.
- \_\_\_\_\_
- Swimming goggles, eyelashes, tears, and sunglasses all \_\_\_\_\_ the eyes.

### ACROSS

- An eye \_\_\_\_\_ by an eye doctor will find out the overall health of the eyes.
- If you get headaches when reading and do not see clearly when looking at close things, you may be \_\_\_\_\_.
- Some people need to wear \_\_\_\_\_ in order to see clearly.
- When playing outside, it is a good idea to wear \_\_\_\_\_ to protect your eyes from the sun.
- The \_\_\_\_\_ is a hole in the eye.
- An \_\_\_\_\_ examines your eyes to see if they are healthy and that you are seeing your best.



Crossword Answers 1) tears 2) eyelashes 3) exam 4) nearsighted 5) farsighted 6) iris 7) glasses 8) sunglasses 9 across) pupil 9 down) protect 10) eyedropper

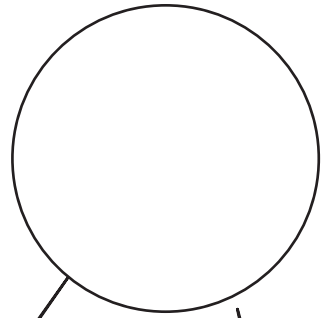
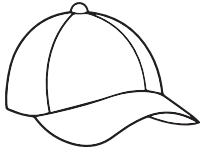
Answer Key to page 1 : "Things you need to look for".

1) No 2) Yes 3) Red & Green 4) No 5) Tennis, Baseball, Water Sports & Basketball 6) No 7) No 8) No 9) No



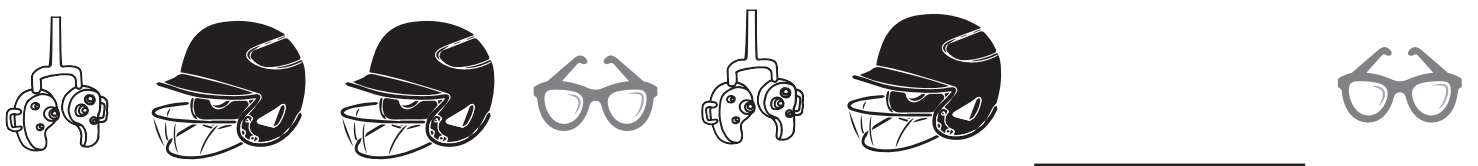
# Coloring:

Iris, Jamie, and Matt are taking a walk outside. Draw and color sunglasses or hats on our friends, to help protect their eyes from the sun.



# Keeping our eyes safe!

All of the things pictured below protect our eyes.  
Look at each pattern below and draw the missing pictures.



# Create your own puzzle!

Draw your eye in the boxes below. Don't forget to draw the **eyebrow**, **eyelashes**, **eyelids**, **iris**, **pupil**, and any other details you would like to add. Then cut it out and challenge your family/friends to put the puzzle back together again.

