



Did you know you have two amazing little helpers that let you see the world around you?

They're your eyes!

Your eyes help you see colors, shapes, people, animals, and all the wonderful things around you. They help you read a book, watch a butterfly, find your favorite toy, and see the faces of people you love.

Your eyes work with your brain to help you understand what you see.

And your eyes are very busy!

When you're reading, your eyes are working.

When you're playing, your eyes are working.

And when you're looking at something far away or something very close, your eyes are working, too!

Try this! Look around the room and find something blue.

Now find something round.

Your amazing eyes helped you find them!

Your eyelids and eyelashes help protect your eyes, too. Blinking helps keep your eyes moist and comfortable—and you do it all day without even thinking about it!

You can help take care of your eyes. Eat healthy foods, wear sunglasses when you're outside in bright sunlight, take breaks from screens, and always tell a grown-up if your eyes hurt or you are having trouble seeing.

Your eyes help you discover something new every day.

So look.

Read.

Explore.

Learn.

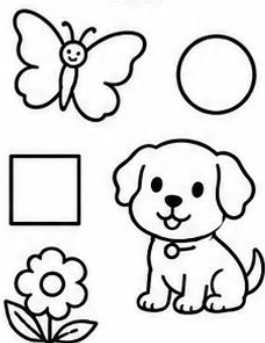
And take good care of your amazing eyes!



♥ MY AMAZING EYES! ♥

My eyes help me see the beautiful world around me!
They work with my brain every day!

1. My eyes help me see colors, shapes, people, animals, and all the wonderful things around me!



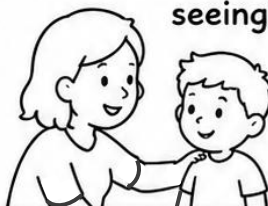
2. My eyes work with my brain to help me understand what I see!



4. I can take care of my eyes!



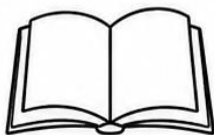
5. I should always tell a grown-up if my eyes hurt or I have trouble seeing.



3. My eyelids and eyelashes protect my eyes. Blinking keeps them moist and comfortable!



My amazing eyes help me every day!



Look



Read



Explore



Learn





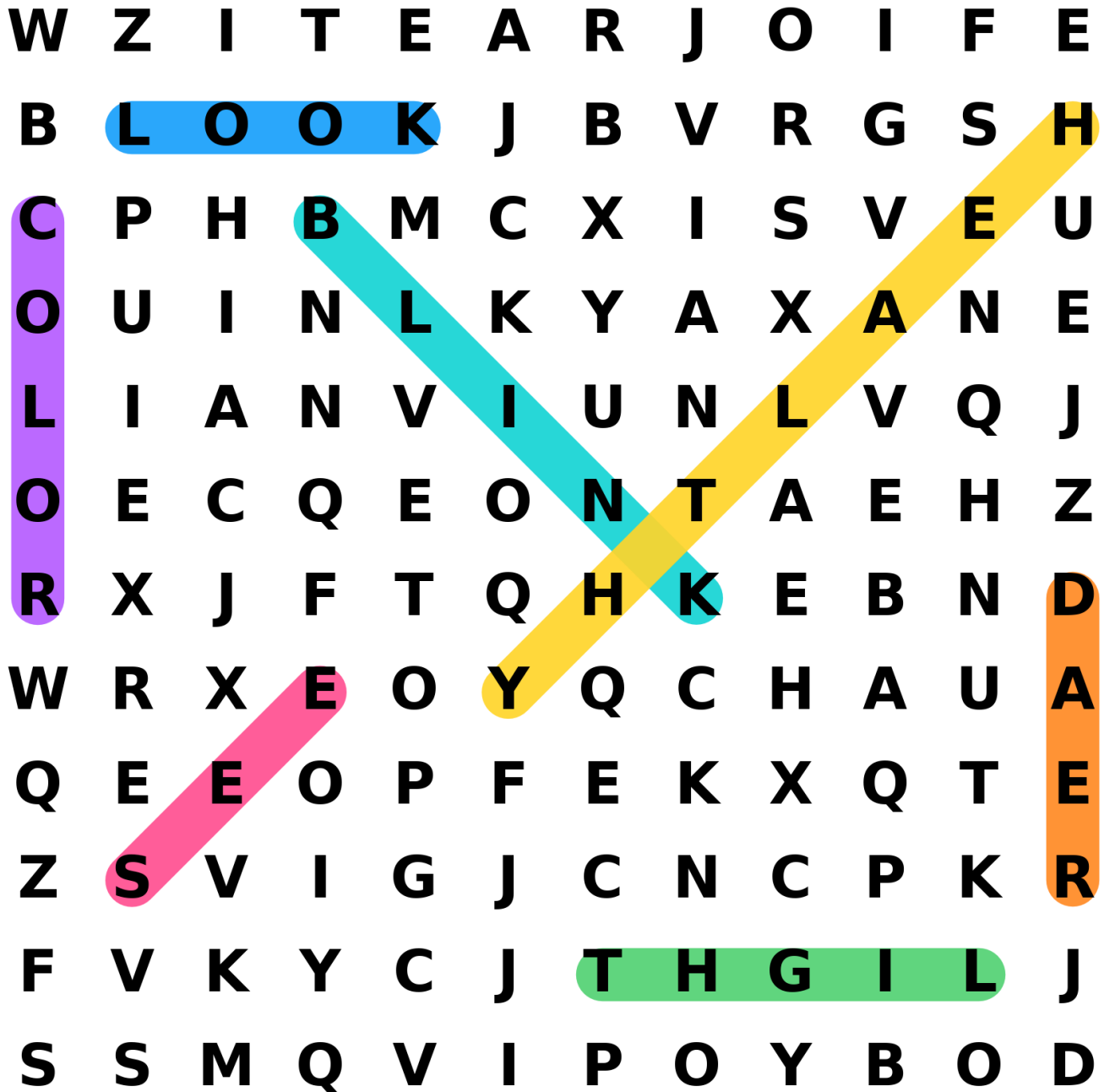
My Amazing Eyes!

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

EYES • LOOK • LIGHT • COLOR • READ •
BLINK • SEE • HEALTHY



My Amazing Eyes!



EYES • LOOK • LIGHT • COLOR • READ •
BLINK • SEE • HEALTHY



My Amazing Eyes!

What Did You Learn About Your Amazing Eyes?

1. What helps you see the world around you?

- A. Your eyes
- B. Your elbows
- C. Your shoes

2. Your eyes work with your _____ to understand what you see.

- A. Sandwich
- B. Toes
- C. Brain

3. What helps protect your eyes?

- A. Socks and shoes
- B. Eyelids and eyelashes
- C. A dinner plate

4. What should you wear outside in bright sunlight?

- A. Sunglasses
- B. Pajamas on your head
- C. Flippers

5. What should you do if your eyes hurt or you have trouble seeing?

- A. Keep it a secret
- B. Tell a grown-up
- C. Ask your teddy bear to fix it



Check Your Work!

★ Answer Key

My Amazing Eyes

A — Your eyes

C — Brain

B — Eyelids and eyelashes

A — sunglasses

B — Tell a grown-up

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing eyes.

Maybe it will be a picture of your favorite thing to see.

Maybe it will be a picture of how you keep your eyes healthy. 🧐

You can draw and color anything you want!