

# Dr. Optical's

## TIPS & TRICKS FOR Eye Safety

FOR KIDS AGES 9-11



Healthy Eyes are No Illusion!

**SIGHTS  
FOR HOPE™**



Seize Independence Now™  
Formerly known as Center for Vision Loss

Dr. Optical, Miss Illusion, and C. Well Bunny want you to have fun playing video games or texting your friends on your phone. They also want you to know you can strain your eyes if you use electronic devices for too long.

Take their computer Eye-Q test and remember to **WALK AWAY \_ GO PLAY!**  
Don't peak at the answers at the bottom of the page!!

## Computer Eye-Q Test

1. Which of the following symptoms are caused by sitting at a computer or using electronic devices for too long: tired eyes, headaches, dry or itchy eyes, blurry vision, pain or stiffness in the neck, back, or shoulders?  
☐ True ☐ False
2. Eye strain can cause permanent damage to your eyes. ☐ True ☐ False
3. The wrong kind of light or a screen that is too bright can cause eye strain.  
☐ True ☐ False
4. Adjusting the size or the type of font will make the words easier to read.  
☐ True ☐ False
5. Taking breaks every 15 or 20 minutes to rest your eyes will help you avoid eye strain. ☐ True ☐ False
6. Avoiding glare on the computer screen will make the images easier to see.  
☐ True ☐ False

ComputerEyeTest\_QTestAnswers

All of these symptoms can be caused by sitting at a computer or staring at electronics too long.

I can be unpleasant.

I word and the background.

I drawing, or taking a walk.

I on the screen.

Dr. Optical, Miss Illusion, and C. Well Bunny are fascinated by animal eyes. Read each clue and guess the name of the animal. Then match that animal's eye to the column on the left. The answers are below but don't peek!



A



B



C



D



E



F



G

1. The eye of the \_\_\_\_\_ is made of hundreds of separate little eyes. (EYE\_\_\_\_\_)

2. The \_\_\_\_\_ has eyes that glow in the dark because of the silvery "mirrors" that reflect light and make it easier for them to see in the dark. (EYE\_\_\_\_\_)

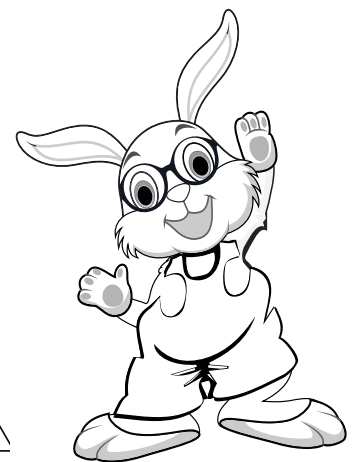
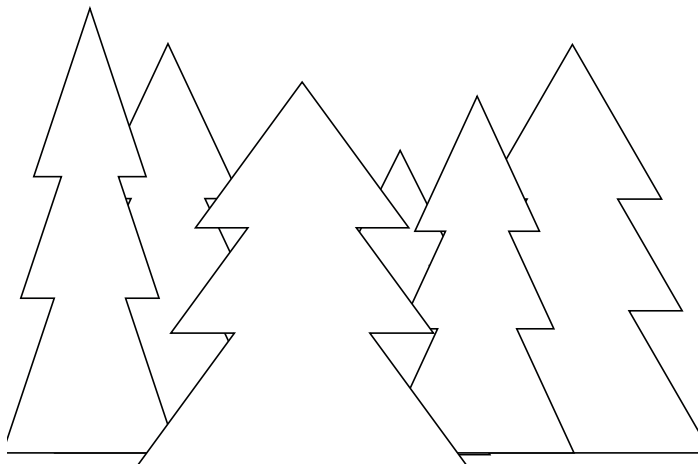
3. The \_\_\_\_\_ has eyelashes that can be as long as 4 inches to protect them from the sand. (EYE\_\_\_\_\_)

4. The \_\_\_\_\_ has eyes that can see a mouse moving over 150 feet away with light no brighter than a candle. (EYE\_\_\_\_\_)

5. The \_\_\_\_\_ has eyes that can see a fish in a lake from a mile in the sky. (EYE\_\_\_\_\_)

6. The \_\_\_\_\_ is a predator, an animal with eyes on the front of their head so they can track prey. (EYE\_\_\_\_\_)

7. The \_\_\_\_\_ is an animal of prey with eyes on the side of their head so they can see a predator from sneaking up behind. (EYE\_\_\_\_\_)



1. Fly, G; 2. Cat, E; 3. Camel, F; 4. Eagle, C; 5. Owl, A; 6. Lion, B; 7. Mouse, D

**Hey Kids!**

**A good rule  
to remember  
20-20-20**

**Every 20 minutes  
look 20 feet away  
for 20 seconds**

**Don't watch TV  
or use the computer  
in the dark**

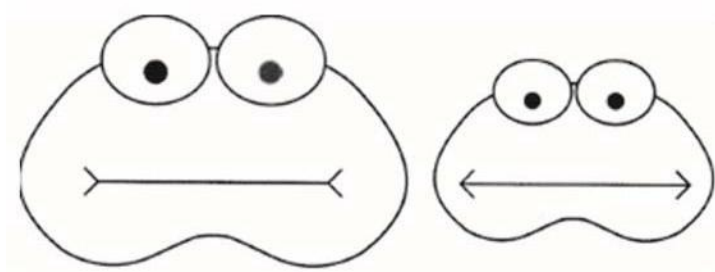
**If words are blurry or you see double,  
or if you get a headache while reading,  
tell your parents or a teacher.**



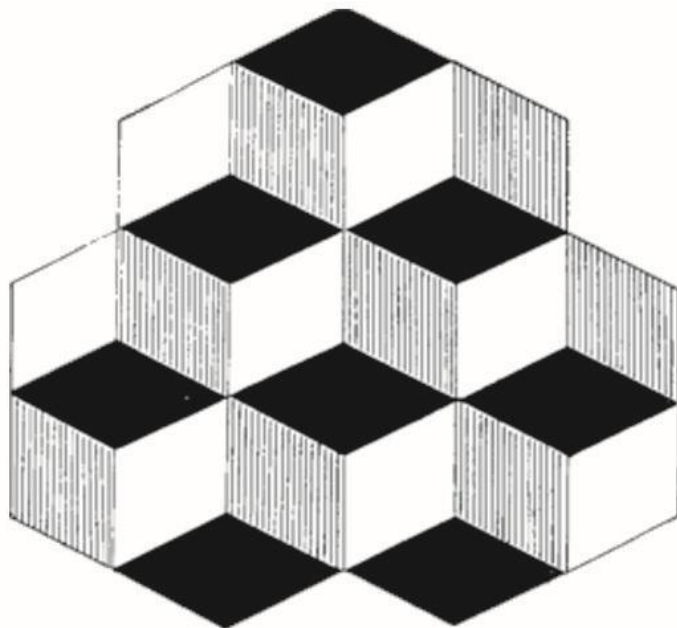
**Study in a well lighted area**

**Your eyes need plenty of rest.  
Make sure you get enough sleep.**

Our friends like optical illusions because they are like tricks. Optical illusions try to trick your stereo vision (looking with both eyes open). Look at the illustrations below and see if you can answer the questions.

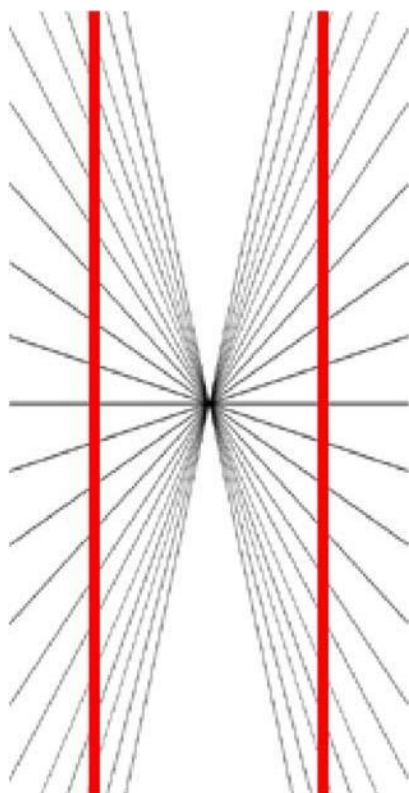


Which Frog has a bigger mouth? Measure to be

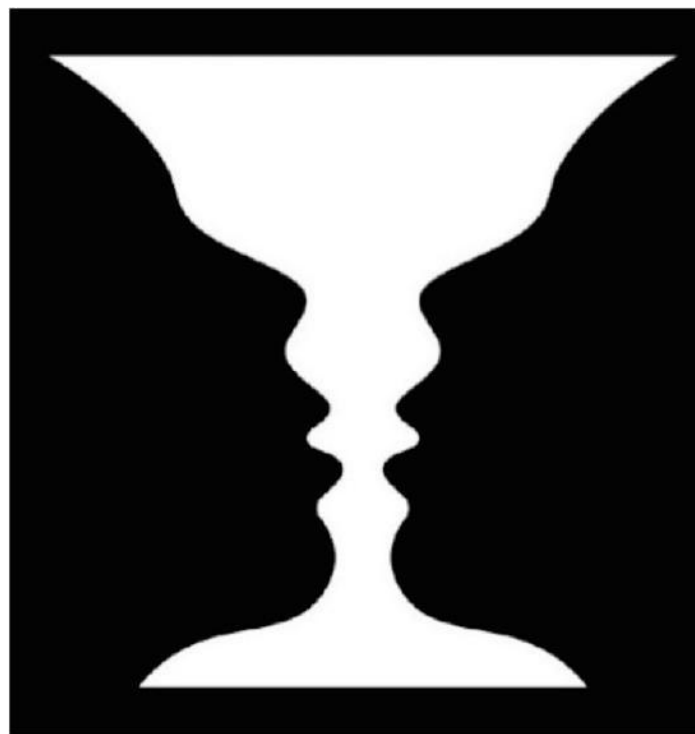


sure.

How many cubes can you find?



Are the up-and-down lines straight or bent?  
Use a ruler to check.



Do you see a vase or do you two faces looking at each other? Can you see both?

# What is Braille?

**Dr. Optical, Miss Illusion, and C. Well Bunny love getting written letters from their friends. Did you know that a person who is blind can still read and write? Louis Braille invented a special language that helps a blind person read by using their fingers instead of their eyes.**

**The Braille system uses small raised dots on paper. Each letter of the alphabet is formed by a different combination of up to six dots that are arranged differently. This is how the alphabet looks in Braille.**

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

**Study how the dots are arranged for each letter. Find the matching cell pattern and write the letter underneath. When you are finished, you will be able to see message.**



**When you are finished, you can read Braille. Now you can even create “eye-opening” messages for your friends and family! Remember, however, that real Braille is made of raised dots and is made using a slate and a stylus, a special Braillewriter, or a special computer printer.**