

Realeyes

THE ADVENTURES OF



Rhet & Tina

...continue!

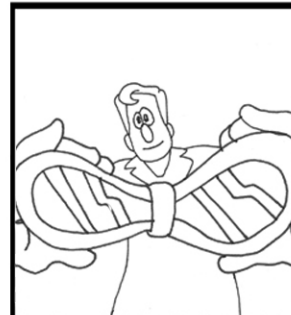
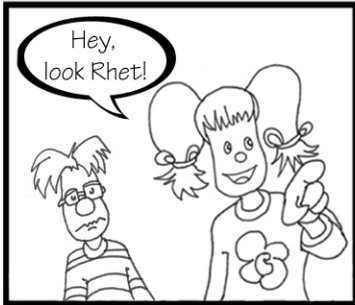
Ohio Optometric Association • 614-781-0708 • www.ooa.org/realeyes

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Bureau of Child and Family Health, Save Our Sight Program.

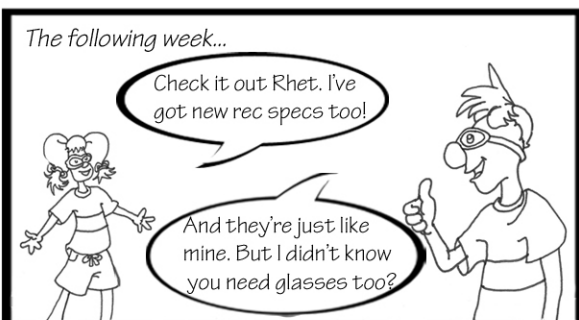
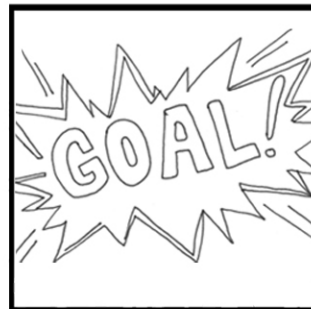


The Adventures of Rhet and Tina

in 'Protecting Your Eyes'



They protect your eyes and won't break if they get hit.



To see if you qualify for free prescription sport goggles, go to:
www.superspecs.org

PUT A LITTLE **COLOR** TO RHET AND TINA'S
VISIT TO DOCTOR OPTIC'S OFFICE



WACKY WORD SEARCH

M	J	M	F	I	Y	F	T	D	Y	P	K	R	I	M	K	R
D	T	V	Z	T	Q	J	F	D	D	G	D	V	J	E	O	X
T	P	T	E	B	I	X	R	C	X	Z	E	R	R	X	T	M
E	V	N	Y	Y	T	N	R	X	T	E	A	R	S	A	V	U
Y	Y	I	E	P	P	G	A	A	Q	G	S	Y	G	M	R	S
V	I	E	O	U	I	A	A	E	T	A	M	I	O	A	Y	C
C	V	E	L	B	R	C	J	P	Y	H	J	T	G	S	G	L
M	P	S	Y	A	I	F	E	Y	S	C	O	X	G	H	I	E
K	W	J	U	E	S	Q	U	U	H	O	M	L	L	U	T	S
H	Z	C	G	D	D	H	N	S	K	L	N	C	E	S	W	G
I	M	Z	O	D	R	O	E	N	H	O	H	S	S	M	L	F
A	D	Q	J	P	I	H	C	S	E	R	W	P	O	I	S	Z
Z	C	M	Y	S	Q	D	E	T	M	P	C	J	P	V	N	J
W	X	C	I	Y	U	Y	W	T	O	V	K	U	F	X	H	U
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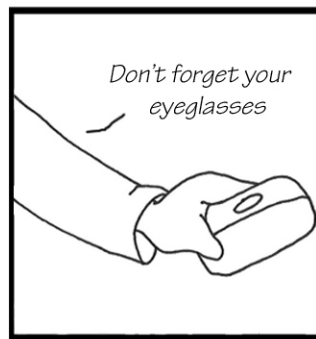
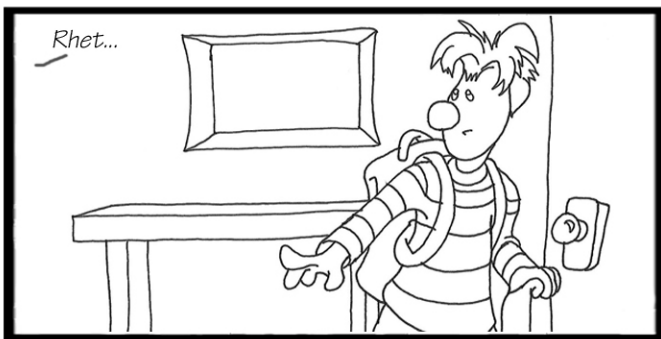
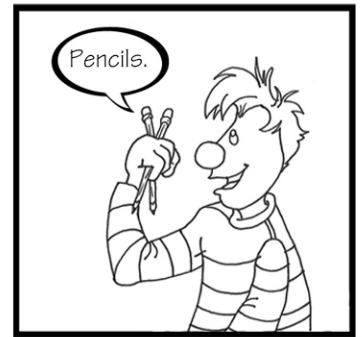
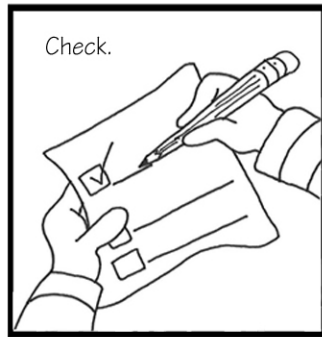
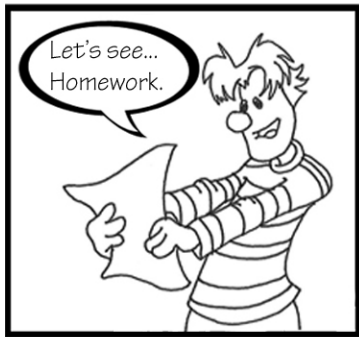
Find the words hidden
in 'Wacky Word Search'

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



The Adventures of Rhet and Tina

in 'School Days'



HIDDEN PICTURES

"Taking 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.



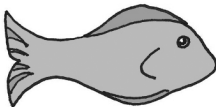
Safety Glasses

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



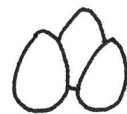
Strawberries

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.



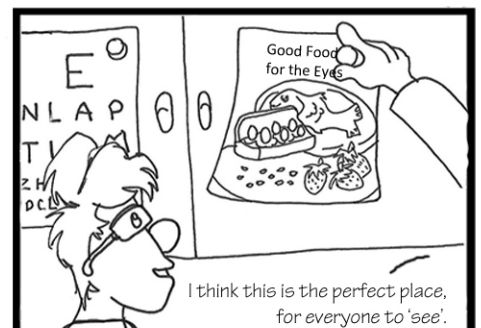
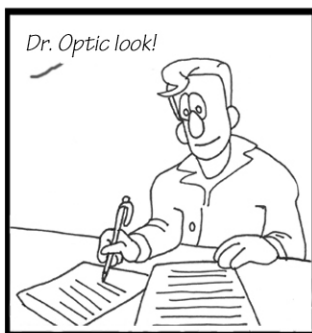
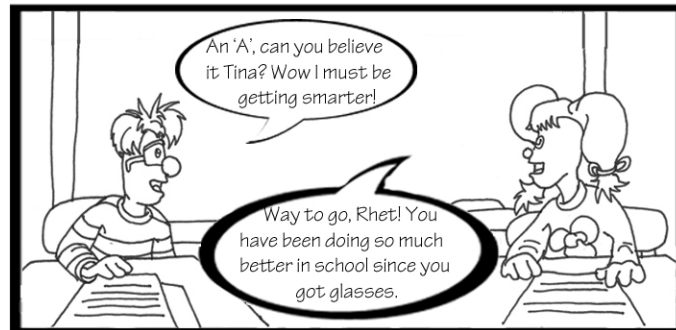
Phoropter

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



The Adventures of Rhet and Tina

in 'Good Grades'



RHET

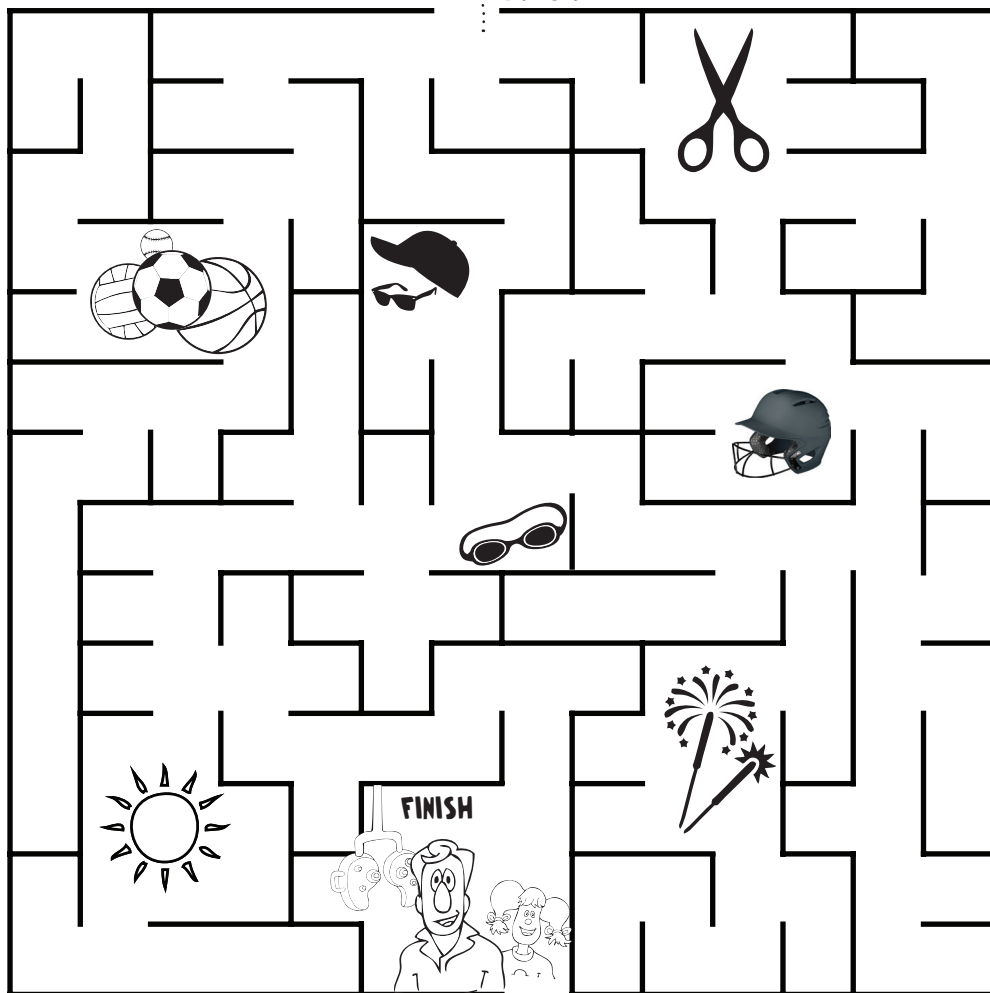


AMAZING MAZE



Don't run into things that can harm his eyes!

START



LET'S REVIEW:

Tongue twisters are fun to say, but having these two common vision problem is not fun at all. Challenge your friends and family and see if they can say it really really fast!

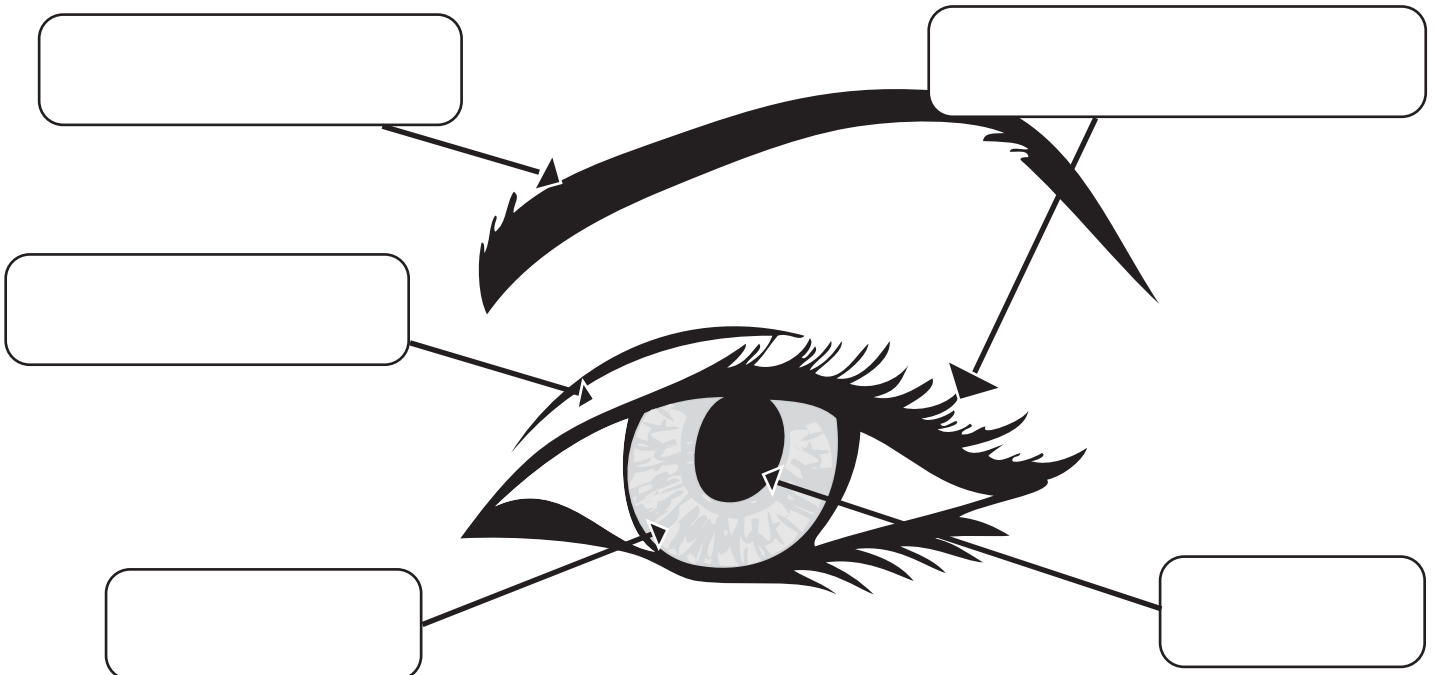


**IF THIS IS HOW YOU SEE, IT'S IMPORTANT TO TELL AN ADULT
SO THAT THEY CAN TAKE YOU TO AN EYE DOCTOR!**

KNOW YOUR EYE!

Label the parts of the eye. Then show your family how the iris and the pupil work together to let light into your eye.

WORD BANK
Eyelid Iris Eyebrow
Pupil Eyelashes



SHARE THIS WITH THE ADULTS AT HOME!



A local optometrist (or optometric staff) came to our class and presented the Realeyes Program today. We had fun and learned about eyes and eye safety!

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.



Department of Health
Save Our Sight

"DID YOU REALEYES" ...?

- 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.

To learn more about children's vision & resources in your community visit
oaa.org/Realeyes_community



Education program
teaching students about
eye health and safety.

Realeyes



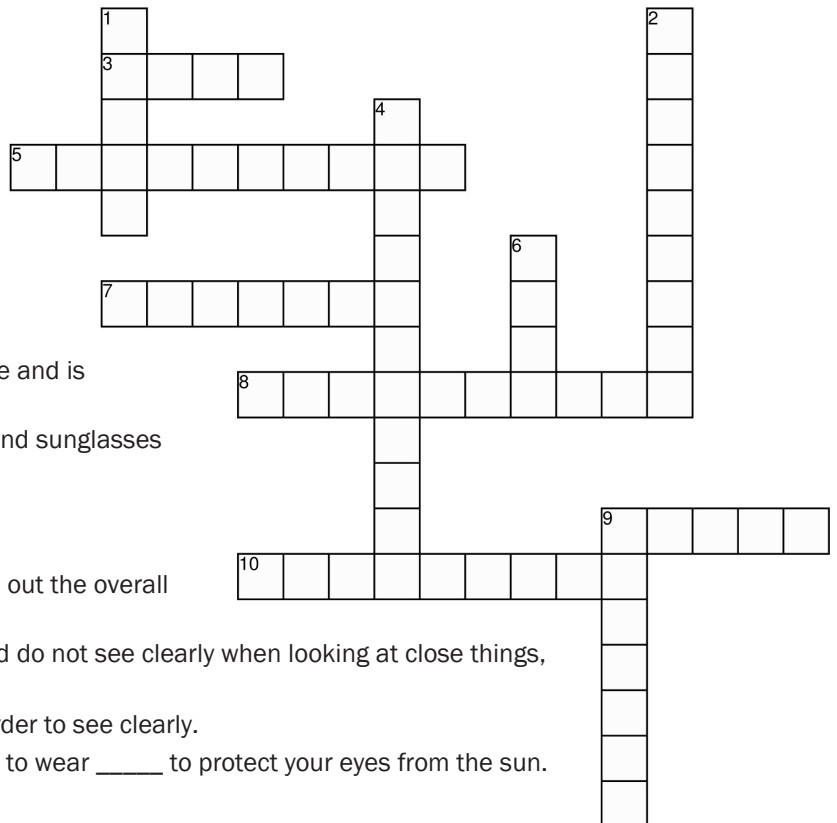
CROSSWORD

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.



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.

