

## Sammy Safe-Eyes (Pre-K & Kindergarten Curriculum) Summary

### Introduce Yourself

- Share any personal connection you may have with the school.
- Ask if anyone has been to the eye doctor and briefly explain that an eye doctor is a special doctor who looks at your eyes to make sure they are healthy. Have kids say “optometrist” and repeat.
- Explain, “Today we will be talking about the eyes and how we can take care of them.”
- Introduce “Sammy Safe-Eyes” and the book *We Need Our Eyes to See*.

### Story-Time

- Read *We Need Our Eyes to See*, flipbook pages 1-3. Encourage students to interact with each page:
  - Tell the students to look at their neighbor’s eyes and tell them what color iris they have.
  - Have students show happy eyes and sad eyes on page 2. Show blinking and winking on page 3.

### Vision Explanation

- Turn to page 4 in flipbook. Use the large picture of the eyes to help the students identify the eyelid, eyelashes and eyebrow and explain their basic functions.
- Ask the students if they know what the black dot in the middle of the eye is called. Tell them it is called the pupil and ask them to repeat “pupil.” Repeat this process with the iris. (Optional: demonstrate iris/pupil with penlight – older students only)

### Story-Time Continued

- Read *We Need Our Eyes to See*, flipbook pages 5-7. Encourage students to interact with each page:
  - Raise your hand if you see a rocket ship? Or a pink dinosaur? Or a butterfly? Count items on a page e.g. books or bats.

### Game

- After reading page 8, have students stand up to play either “Eye Spy” or “Copy Cat.”
- Discuss needing your eyes working well in order to play these games; when their eyes were closed, they could not play.
- Stress how our eyes are important not only for playing games but for almost everything—at school, playing sports, at home, reading, etc. Have the students sit down.

### Story-Time recap

- After reading page 9, ask a few children, “What do you see with your eyes?” or “How do you use your eyes in this classroom?”
- Discuss we see things using our eyes and without them we **wouldn’t be able to see anything**. Stress the importance of taking care of our eyes.

### Safety Discussion

- Explain that our eyes are very important and need to be taken care of. There are easy ways to protect our eyes when we are doing all sorts of activities.
- Turn to page 10 in the flipbook and continue through page 17 asking the children which item would best protect Sammy’s eyes in each scenario. Mention a few objects and let the students shout “No!” to each incorrect answer, saving the correct answer for last.
  - Sammy playing on the swings – sunglasses would protect his eyes. Turn to the next page with Sammy wearing sunglasses. Explain that the sun can hurt your eyes and that we should never stare at the sun, even when wearing sunglasses.
  - Sammy swimming in a pool – swimming goggles would protect his eyes. Turn to the next page with Sammy swimming wearing goggles. Explain that goggles protect our eyes by keeping chemicals and germs out of our eyes.
  - Sammy playing baseball – a helmet with a face guard would protect his eyes. Turn to the next page with Sammy wearing a safety helmet. Explain that the helmet with a face guard would keep the ball from hitting his eyes.
  - Sammy’s dad mowing the lawn – safety goggles would protect his eyes. Turn to the next page with Sammy’s dad mowing wearing safety goggles. Explain that the safety goggles keep grass and other debris from hitting him in the eyes. Stress that it is not safe to play near someone mowing the lawn.

### A Visit to the Optometrist

- Turn to page 18 and describe what a visit to the eye doctor might be like. Review the many ways to take care of the eyes, like wearing sunglasses, safety goggles, not rubbing your eyes, and visiting the eye doctor

### Sing-a-long

- Turn to page 19 in the flipbook and ask the students to stand up, be sure that the CD player is ready with track one.
  - The song also is available on [vimeo.com/realeyesprogram](https://vimeo.com/realeyesprogram) or [YouTube.com/@realeyesprogram](https://YouTube.com/@realeyesprogram)
  - One version online is just the music. One version is a video and would help you teach the motions if you prefer.
- Teach the first verse and hand motions BEFORE pressing play.
- As the background music plays when verse one is complete, teach verse two and hand motions. Do the same with verse three. After the song finished, ask the students if they want to sing it straight through this time, then use track two.

### Take-home Packet Activities & Closing

- Show the Take-home packets. Ask the children to make sure they show this to their grown-ups. Reveal a few pages and use it to review words such as pupil and iris.
- Conclude by emphasizing the importance of good vision and healthy eyes. The best way to take care of our eyes is to visit the eye doctor. Remind teachers to fill out evaluation online and give them packets and stickers to distribute.