



## Healthy Vision Tips

### In School:

- Walk, don't run, with sharp objects such as scissors, pens, pencils, and rulers.
- Use good lighting to avoid tiring your eyes when reading, writing, or surfing the Internet.
- Tell an adult if your eyes are bothering you.
- Wear proper eye protection when doing hobbies, chores, or school assignments that use chemicals.
- Wear sunglasses that block both UVA and UVB radiation from the sun.
- Never look directly at the sun.



### In Sports:

- Wear a helmet when biking, skateboarding, or roller-skating.
- Wear proper eye protection when playing sports.



It is important that you take care of your eyes all the time! Here are some healthy vision tips to help you take care of your eyes in school and while you are playing sports.

Always protect your eyes and keep them healthy. They're the only eyes you'll ever have.



# Search With All Your Eyes Word Search

**Directions:** Find the words from the word bank in the word search below.

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



BLINK  
EYEBROW  
EYELASHES

EYELIDS  
EYEWEAR  
GOGGLES  
HELMET

PROTECTION  
SAFETY  
SUNGLASSES  
TEARS

Some words just jump out  
at you. Others are hiding!

