

# Know your Eyes!



Your crash course to becoming  
a **Junior Eye Expert!**

# Your Amazing Eyes

Our eyes are what allow us to see. They are always taking in information – information about the world around us – shapes, colours, movements, and more.

The eye itself is about the size of a ping pong ball. The outside of the eye is protected by the eyelid. The eyelid acts to keep the eye clean. To do this, your eyelid opens and closes really quickly, which is called **blinking**. Show me how you can blink?

## Did you know?

It is possible to blink up to five times in a single second!!!

**Tears** are what keep your eyes from drying out. Every time you blink, a tiny bit of tear comes out of your eyelid and helps to wash away germs, dust, or other particles that don't belong in the eye. When we cry, we produce lots and lots of tears.



## Did you know?

You make approximately 50-100 litres of tears every year

The coloured part of the eye is called the **Iris**. When we say a person has blue eyes, we really mean the person has blue irises. **What colour are your eyes?**

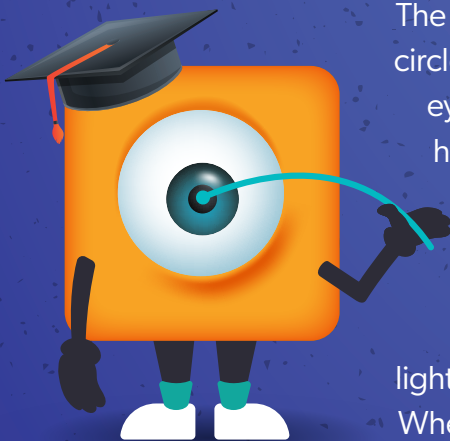


## Did you know?

The world's most common eye colour is brown.

The **Pupil** is a small black circle in the middle of the eye. The pupil controls how much light enters the eye. When it is bright, the pupil is small to help prevent too much light getting into the eye.

When it is dark, the pupil widens, to help let as much light into the eye as possible, so that you can see. **Take a look at your eyes in the mirror; can you see your pupil get bigger or smaller?**



## Did you know?

The eye can identify approximately 10 million different colours. That's a lot, right?

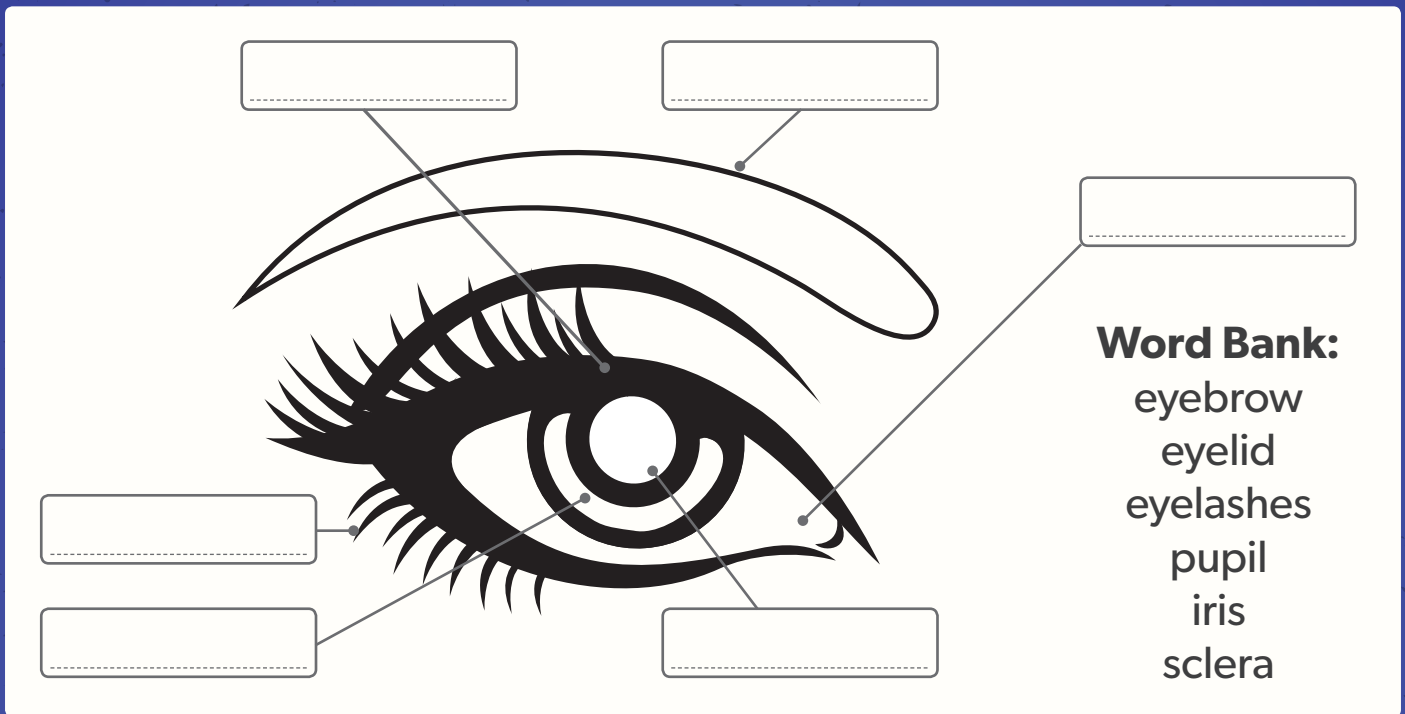
The large white part of the eye is called the **Sclera**. The Sclera covers the eye like a blanket to protect it. **Can you see your Sclera in the mirror?**



Now that we know the different parts of the eye, turn the page over and see if you can identify them on the picture. Why not colour it in as well?

# Can you identify the different parts of the eye?

Go ahead, colour me in!



## Junior Eye Expert Certificate

This is to certify that



.....  
is a Scope Junior Eye Expert  
who has a fantastic knowledge of the human eye.

**Congratulations!**

**SCOPE**

# Why do your eyes feel tired and sore?

If your eyes are unable to produce enough tears, they can start to dry out.  
Your eyes can feel a number of different sensations.

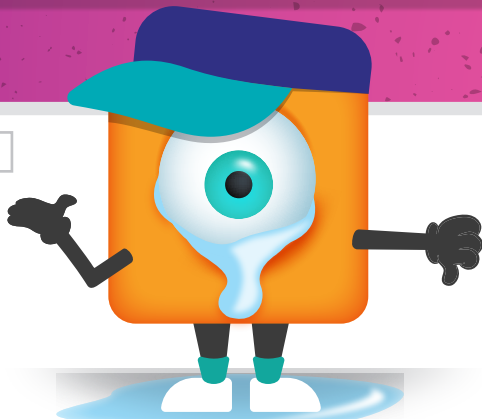
Take a look at the different types of sensations below. Do you notice any of the following?



**My eyes have a sandy  
gritty feeling**



**My eyes are blurry & foggy**



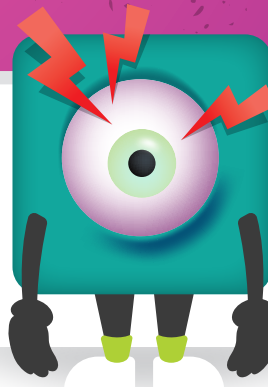
**My eyes run or are watery**



**My eyes are Itchy**



**My eyes burn or go red**



**My eyes are painful or sore**

# Advice for parents

## LIMIT SCREEN TIME

When we look at digital devices (e.g. phones, tablets), we blink less. It is important to minimise any use of screen time in the hour before bed.

### The 20-20-20 Rule

If your child is a regular user of digital devices, try and get them to take a 20 second break every 20 minutes and get them to look at something in the distance – at least 20 feet away. Encourage them to blink several times also.

## DRINK MORE WATER

Staying hydrated is a great way of helping to manage dry eyes.



## MINIMISE AIR-CONDITIONING WHERE POSSIBLE

Try to limit the time you use air-conditioning in the car as this can lead to further drying of the eyes and worsen symptoms.

## USING EYE DROPS

Very often, children suffering from Dry Eye are recommended eye drops to lubricate the eye and help relieve their unwanted symptoms. If you have been recommended eye drops, persist with these for at least 3 months before trying an alternative.



## DIET HIGH IN OMEGA-3

Foods rich in Omega 3 such as fish, nuts and dark leafy vegetables are advised to improve tear quality. If insufficient amounts of Omega-3 can be taken in from the diet, consider an Omega-3 supplement.



For more information, contact us at [info@scopeeyecare.com](mailto:info@scopeeyecare.com) or freephone 0800 270 0253