

# Know your Eyes!



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

# Your Amazing Eyes

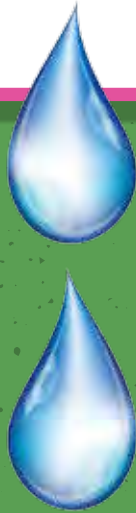
Our eyes are what allow us to see. They are always taking in information – information about the world around us – shapes, colours, movements, and more.

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?**



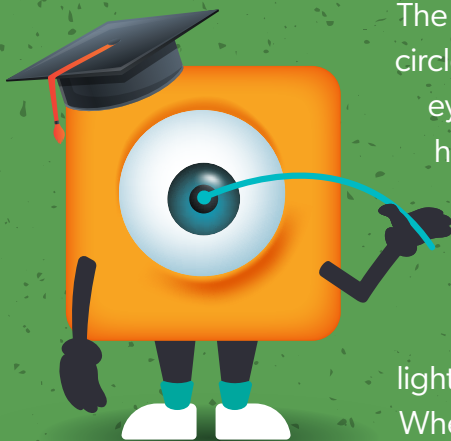
## Did you know?

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?

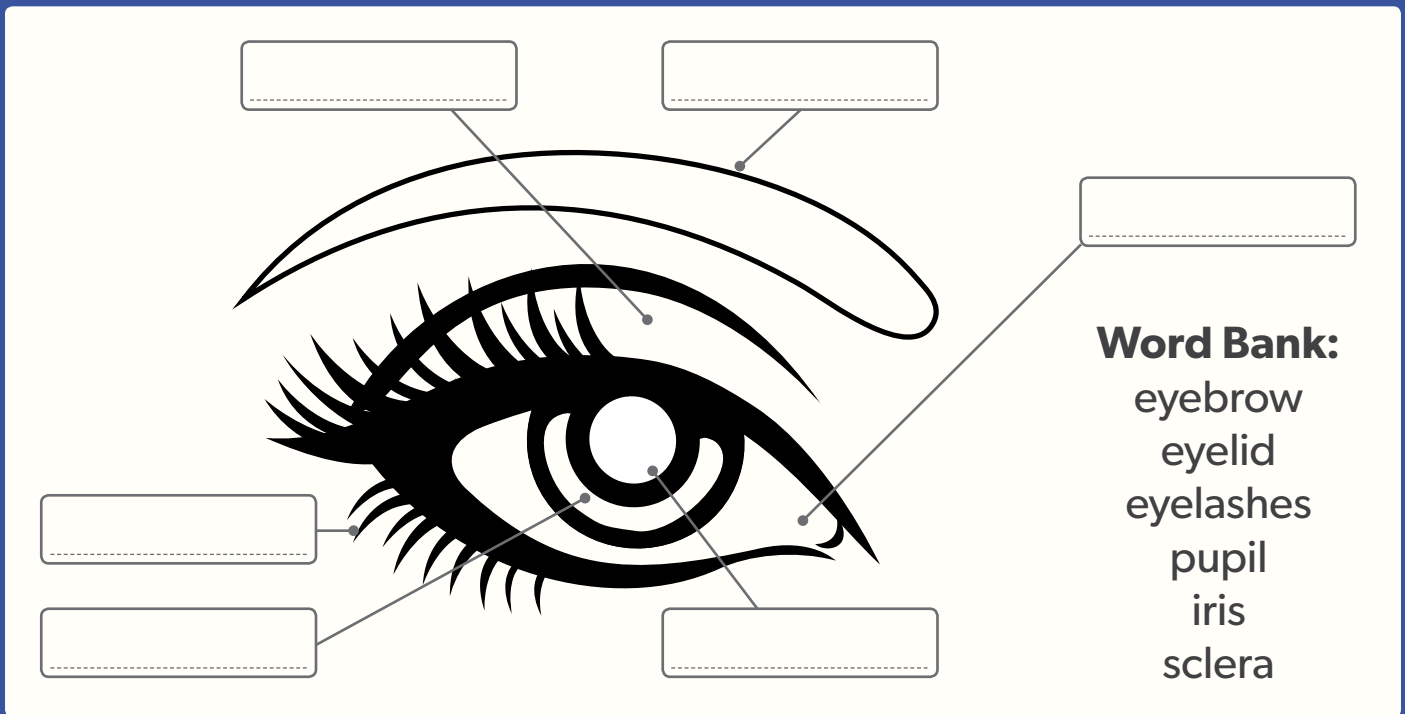
The large white part of the eye is called the **Sclera**. The Sclera covers the eye like a blanket to protect it. **Can you see your Sclera in the mirror?**



Now that we know the different part 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**

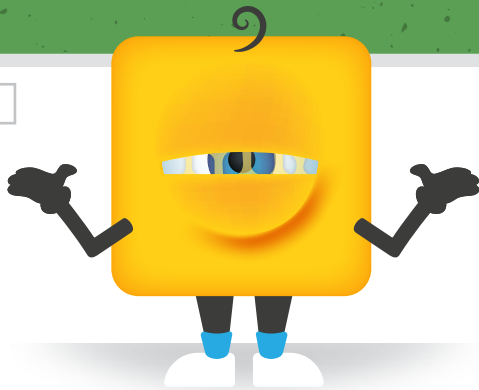
# Why do your eyes feel red, swollen and itchy?

When you have seasonal allergies, your body reacts to things that aren't really harmful, like pollen.

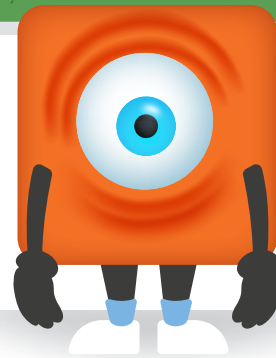
Pollen is produced by certain plants and released into the air.

When the pollen comes into contact with your eyes, it can lead to a number of different sensations.

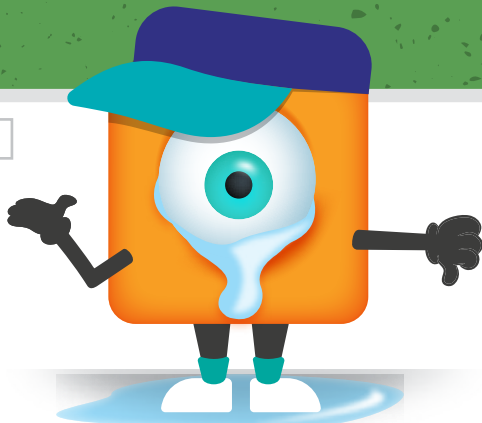
Take a look at the different types of sensations below. Do you experience any of the following?



**My eyes are sticky**



**My eyes are puffy**



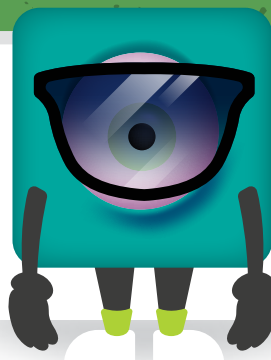
**My eyes run or are watery**



**My eyes are itchy**



**My eyes are red**



**My eyes don't like bright light**

# Seasonal Allergies: Advice for Parents



1.

## REDUCE EXPOSURE:

- Keep windows closed
- Wet hair before bedtime to help remove pollen
- Limit playtime in fields where possible
- Wear sunglasses during high pollen counts



2.

## REDUCE SYMPTOMS:

- Clean away pollen from the eyelids using a gentle tea tree oil based eyelid wipe or gel
- Use eye drops throughout the allergy season if prescribed – don't wait until they have a bad day
- Consider anti-allergy medications e.g. anti-histamines. Ask your doctor for further advice.



3.

## REDUCE RUBBING:

- Use a cold compress to limit itching and irritation
- Use a soft paraffin based ointment to limit eyelid discomfort and irritation at nighttime

## USING EYE DROPS

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



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

# Spot the Difference!

Can you spot 8 differences between the two pictures below?

