Early Learning Teacher / Carers Notes And Class Exercises
Pre-school Teacher / Carers Notes And Class Exercises

EYES, VISION AND EYE CARE

OUR EYES
Who can name all the parts of your eye?
For the Teacher / Carer: See Appendix 1 - diagram of the eye, with the following structures labelled – Eyelids, Eyelashes, Iris, Pupil, Sclera (white of the eye).
Eyes can be all different colours.

Our eyes let us see. We can see up close and far away.

Exercises:
Ask the children to look around.
What can you see that’s really close?
What can you see that really far away?

ANIMAL EYES
There are all different sorts of eyes. Some eyes can see very far away. Some eyes can see in the dark.

Question:
What animals can see in the dark?

CAN YOU SEE
Some people need help to see clearly, and they wear spectacles or contact lenses.
People who are blind cannot see at all. They might have a special dog called a ‘guide dog’ to help them.

Question:
Who do you know that wears glasses or contact lenses?
KEEP YOUR EYES HEALTHY

You only have one set of eyes, so it’s important you look after them. You should:

*Eat your fruit and veggies!* Vitamins in vegetables and fruit can help to keep your eyes healthy.

*Protect your eyes.* The sun can hurt your eyes, so Slip! Slop! Slap! and Slide! on your sunnies.

*Get your eyes checked.* Just like going to the dentist to make sure that our teeth are healthy, we need to check regularly to make sure that our eyes are healthy and working properly.

*Exercise your eyes:* Playing outside is good for your eyes too. Look around! See how far away you can see.

**Question:**

What is your favourite vegetable?
What is your favourite fruit?

Children’s Vision

Teachers and Carers can play a critical role in the detection of vision problems among children.

The Optometrists Association Australia has developed materials for teachers and parents that provide information about the symptoms of vision problems in children.

They are available on the website (http://www.optometrists.asn.au/kidsvis), or from the Association:

Telephone: (03) 9663 6833; Fax: (03) 9663 7478; E-mail: oaanat@optometrists.asn.au
Early Learning
Fun & Games
Join the Lines
Can you complete the shape of Mr. Sunnies by joining the lines? Can you colour him in?
Colouring In

Can you colour in Mr. Sunnies? How many colours can you use?
Can you colour in Mr. Sunnies sunglasses? How many colours can you use?
**Songs**

Can you join your friends and sing along to the ICEE songs? Who can sing the loudest?

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**EYES**

*To the tune of Five Little Ducks*

Under your eyebrows,
Over your nose,
Blink blink blink,
Now what are those?
Brown and green and grey and blue,
Open wide, I’m looking at you.

Care for your eyes,
Here’s what you do,
Eat fruit and veg,
Wear sunnies too,
All these things will help you see,
Open wide, can you see me!

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**EYES**

*To the tune of Once I Caught a Fish Alive*

Brown, blue, grey and green,
Neatest things you’ve ever seen,
Left, right, up, and down,
Eyes are looking all around.

Eat your veggies and your fruit,
Wear your hat and sunnies too,
Doing all of these thing right,
Keeps your eyes all looking bright.