

# Artie's 5 signs of vision problems



Sore eyes  
(from digital screens)



Squinting



Seeing double



Headaches



Watery eyes

**Be Eye Smart** and make sure you have your eyes tested regularly.

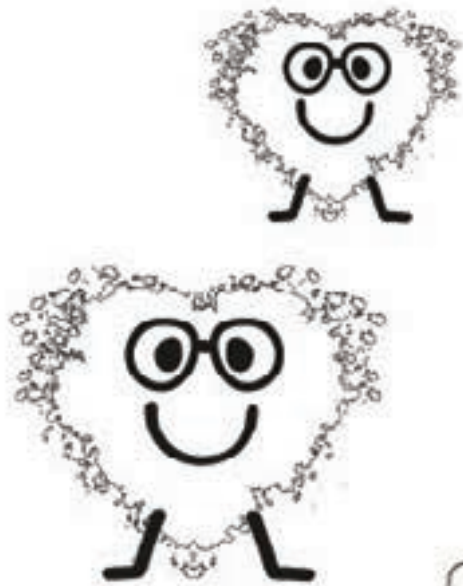


# ARTIE SAYS



# BE EYE SMART

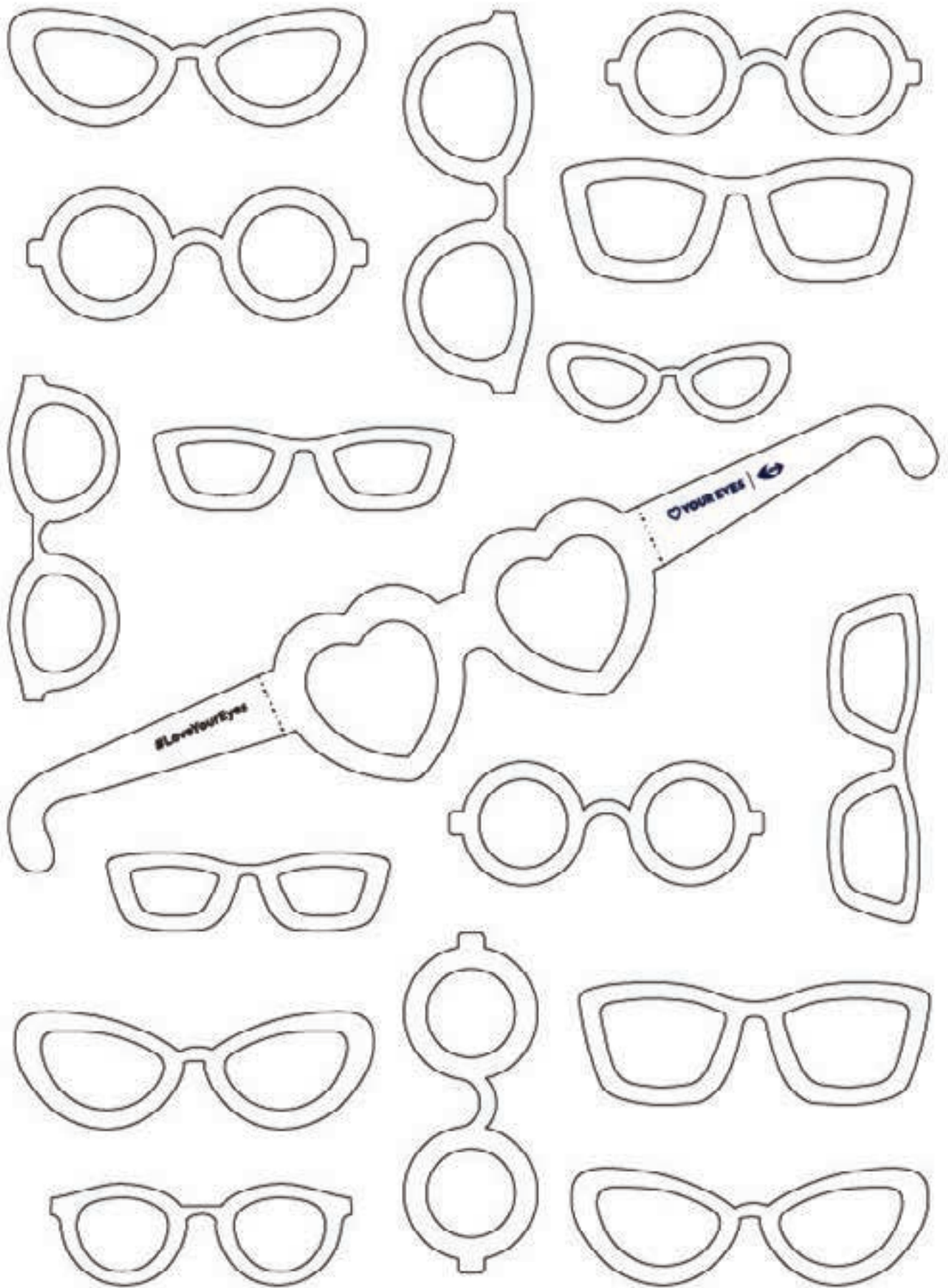




ARTIE SAYS

Be  Eye  
Smart







# Love Your Eyes Crossword

Complete the crossword puzzle below.



## Across

3. the light-sensitive layer of tissue at the back of the eyeball
5. a pair of glasses.
7. a vision condition in which people can see close objects clearly, but objects farther away appear blurred
8. organ of sight
9. shut and open the eyes quickly
10. clear liquid found in the eye

## Down

1. the black opening in the middle of the colored part of your eye
2. the clear, dome-shaped covering at the front of each of your eyes
4. a person who practises optometry.
6. an intense feeling of deep affection

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# OUR EYES ARE COOL – FUN FACTS



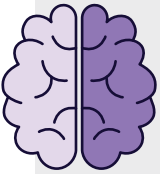
An average person blinks around **15 to 20 times** each minute, 1,200 times an hour.

**15x**

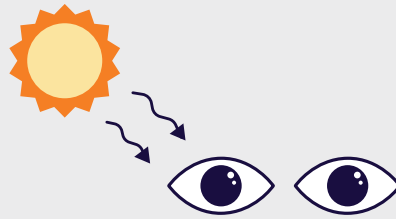
A person blinks 15 times per minute. That means our eyes are closed for **10% of the day!**



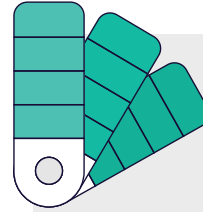
The average blink takes **1/3 of a second.**



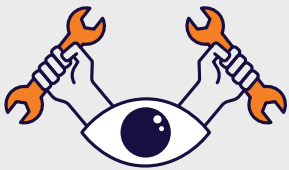
Seeing is so important that it uses up **50% of the brain!**



Your eyes can get **sunburnt.**



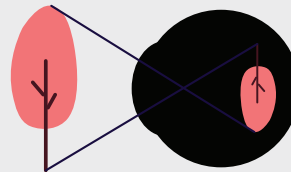
We can see more **shades of green** than any other color.



The eye has over **two million** working parts.



No one knows **why we cry** when we are sad.



Our eyes create an image that is **upside down** and reversed. Our brains then turns the image and flips it the right way.



One person can have **different colored eyes.**



It is **impossible** to sneeze without blinking.

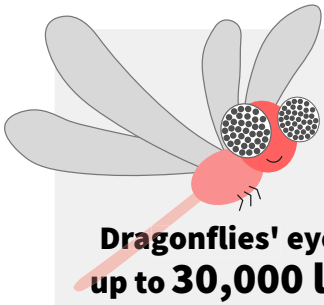


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# ANIMALS' EYES ARE COOL TOO!

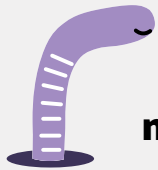
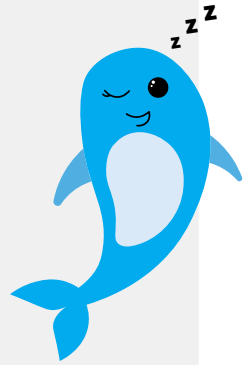


Dragonflies' eyes have up to **30,000 lenses** helping them to see all the way around them.

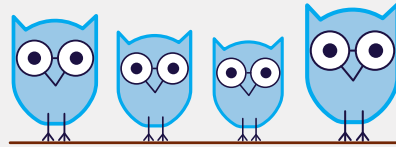


Chameleons can move their eyes in **two different directions** at the same time.

Dolphins sleep with **one eye open.**



A worm has **no eyes at all!**



Owls are the only birds that can see the **color blue**, and they can see a moving mouse more than **150 feet** away (or 45 meters).



Scorpions can have as many as **12 eyes**, but the box jellyfish has **24.**

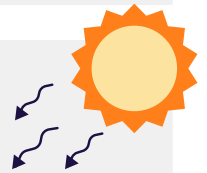
**350x**

Geckos can see colors around **350 times** better than a human eye.

An ostrich's eye is **bigger than its brain.**



Polar bears have a **third eyelid** that helps filter **UV light.**



The night vision of a tiger is **six times** better than a human.



Dogs can't tell the difference between **green and red.**



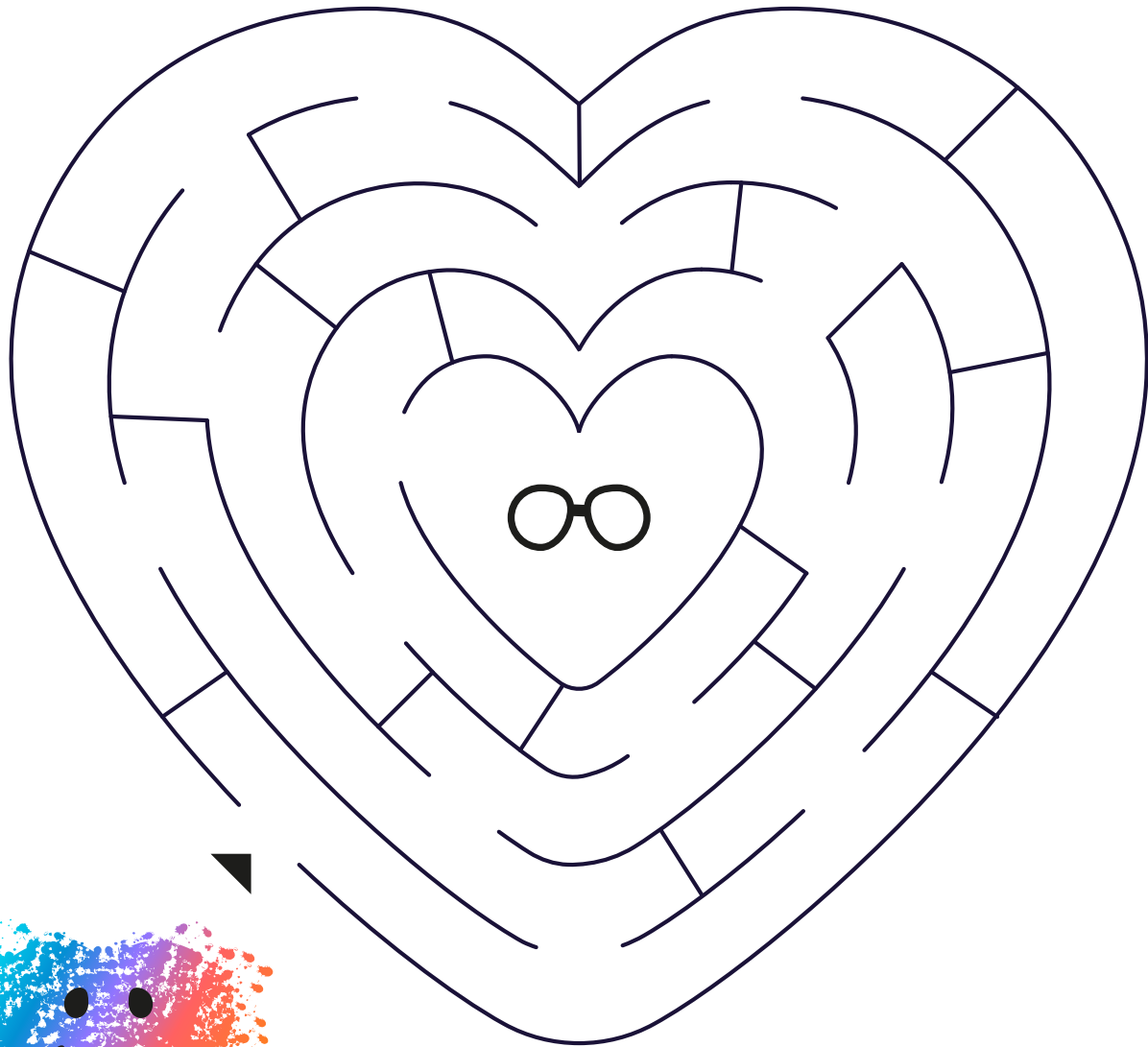
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# Can you get Artie their glasses back?

Guide Artie through the maze to find their glasses.



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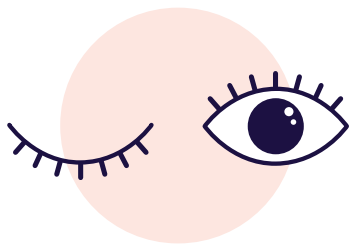
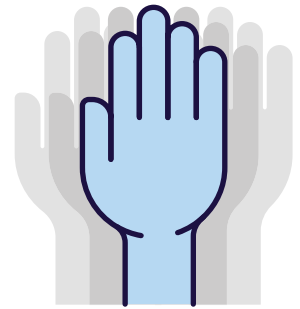


# Test what your eyes can do!

## 1

**Our eyes are good at following an object. Even better at adjusting to head movements.**

**TEST IT.** Keeping your head still, hold up your hand about 30cm (about a foot) away, and quickly move it back and forth. As fast as your eyes are, your fingers become blurry. Now keep your hand still and move your head back and forth. Amazingly, your fingers stay in focus!



## 2

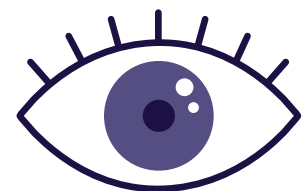
**How many times can you blink in a second?**

**TEST IT.** The highest recorded is 5!

## 3

**Your pupils change their sizes to allow just the right amount of light to enter your eye.**

**TEST IT.** Go to a room and pull down your blinds with just enough light to look at your pupil in a mirror. Turn the lights on and there, you will see them shrinking to almost a dot.



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# Help Artie unscramble the words.

Hint, the words have to do with your eyes!

S Y E E  
E R N A T I  
O N R E C A  
P L U P I  
E S A S G L S  
S N E L

Answers: EYES - EYES - RETINA - CORNEA - PUPIL - GLASSES - LENS



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