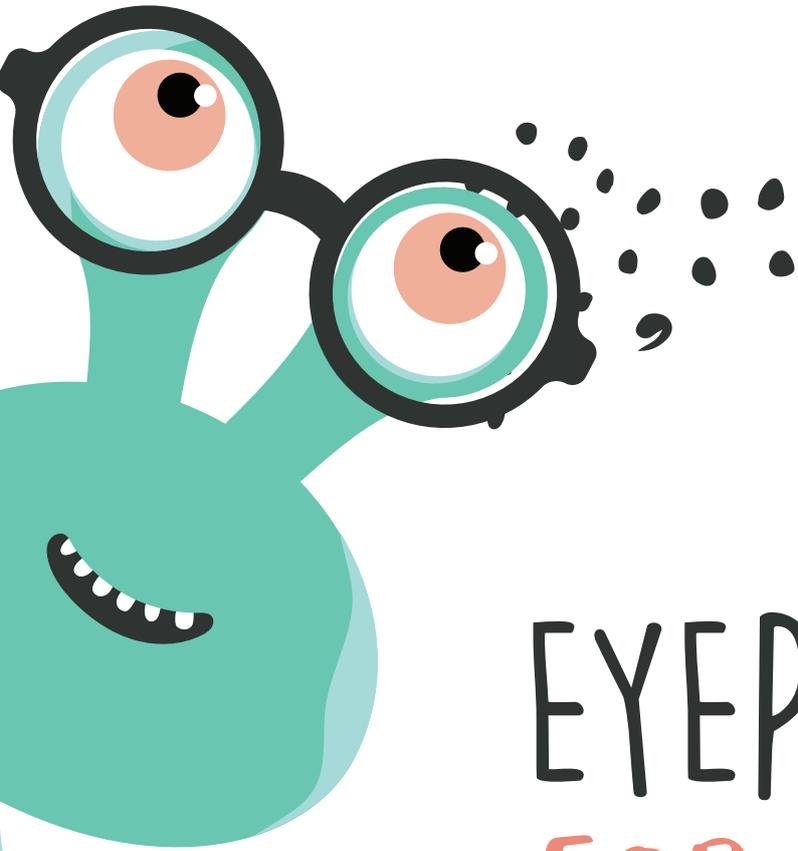


optika
OPTICIANS



EYEPACK
FOR KIDS



HI GUYS!

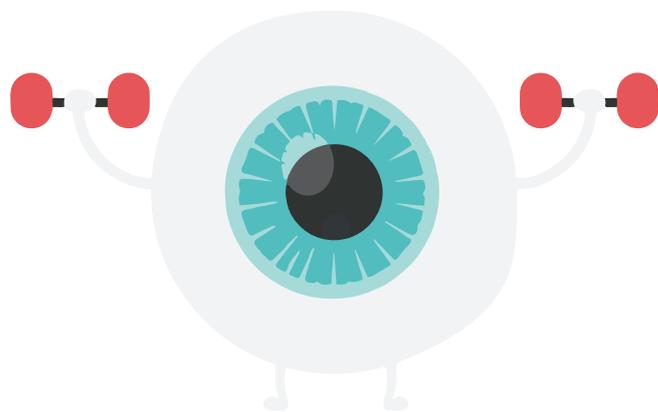
WE HEAR YOU'RE STAYING AT HOME AND YOU'RE TOO COOL FOR SCHOOL!

SO, LET'S HAVE SOME FUN AT HOME, REMEMBER IT'S STILL IMPORTANT TO DO YOUR HOMEWORK WHEN YOU CAN AND TO KEEP YOUR BRAINS TICKING ALONG.

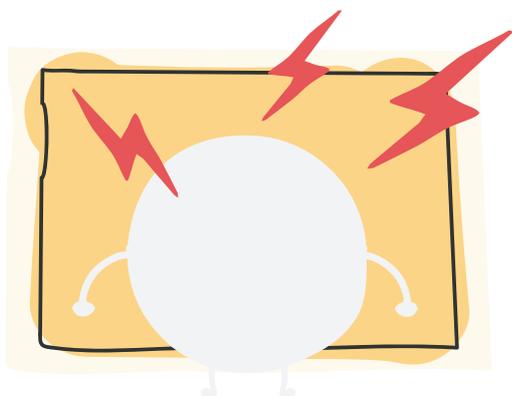
WE'VE CREATED THIS PACK ESPECIALLY FOR YOU, THERE'S LOADS OF FUN THINGS TO DO INSIDE WITH TOP TIPS TO KEEP YOUR EYES HEALTHY, FACTS ABOUT OUR EYES, COLOURING-IN SHEETS AND MUCH MORE.

C'MON, LET'S HAVE SOME FUN!

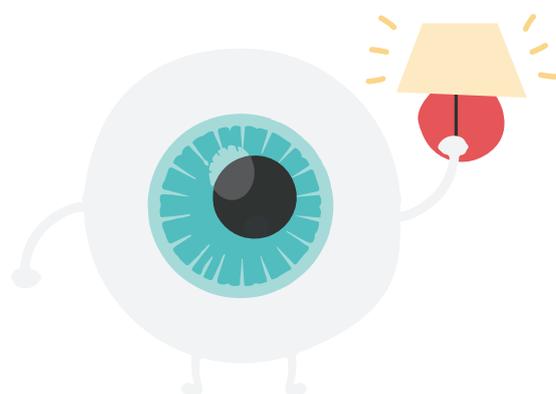
TOP TIPS TO KEEP YOUR EYES HEALTHY!



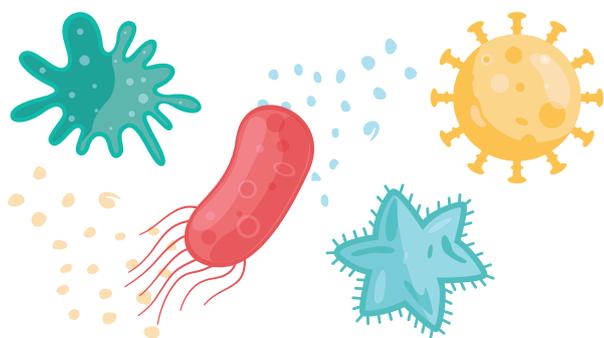
Let's start with some cool and *important* ways to keep your eyes healthy...



Don't spend too much time around screens, especially at night and remember not to sit too close.



When watching television make sure there is a light or a lamp on in the room.



Avoid rubbing your eyes, this way you can't spread any nasty germs.
Yuck!



Drink plenty of water in the day, it's important to keep our eyes hydrated!

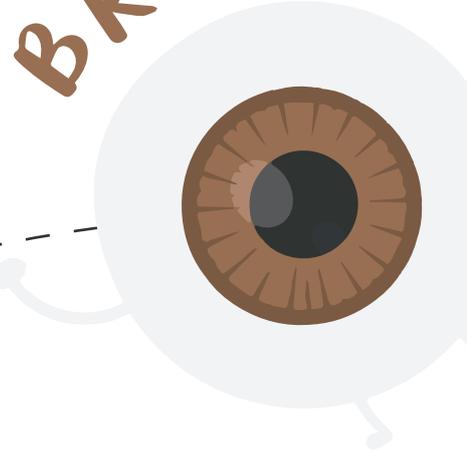
COOL EYE FACTS!

The most common eye colour in the world is....

About 10,000 years ago - ALL humans had brown eyes!

The brown colour in our eyes is caused by a pigment called melanin - the more you have the darker your eyes! Some babies are born with blue eyes which turn brown as they grow more melanin develops.

BROWN!



An Ostrich's eye is **BIGGER** than its brain!

Their eyes are so big there's not much room for their brain in their heads - this is why they're not very good at running away from predators and often just run around in circles!

They're not that clever, but they can see **REALLY** well!

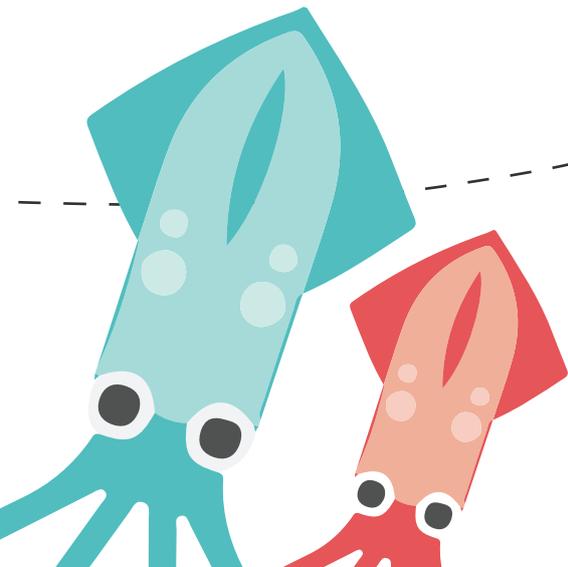
Did you know that although new born babies cry **A LOT**, they don't actually make tears until they're 6 weeks old!

Babies see in shades of grey when they're first born, and their colour vision doesn't fully develop until they're five months old!



The **LARGEST** eye in the animal kingdom belongs to the giant squid!

It measures a whopping 27cm wide! That's about 10x bigger than our eyes!

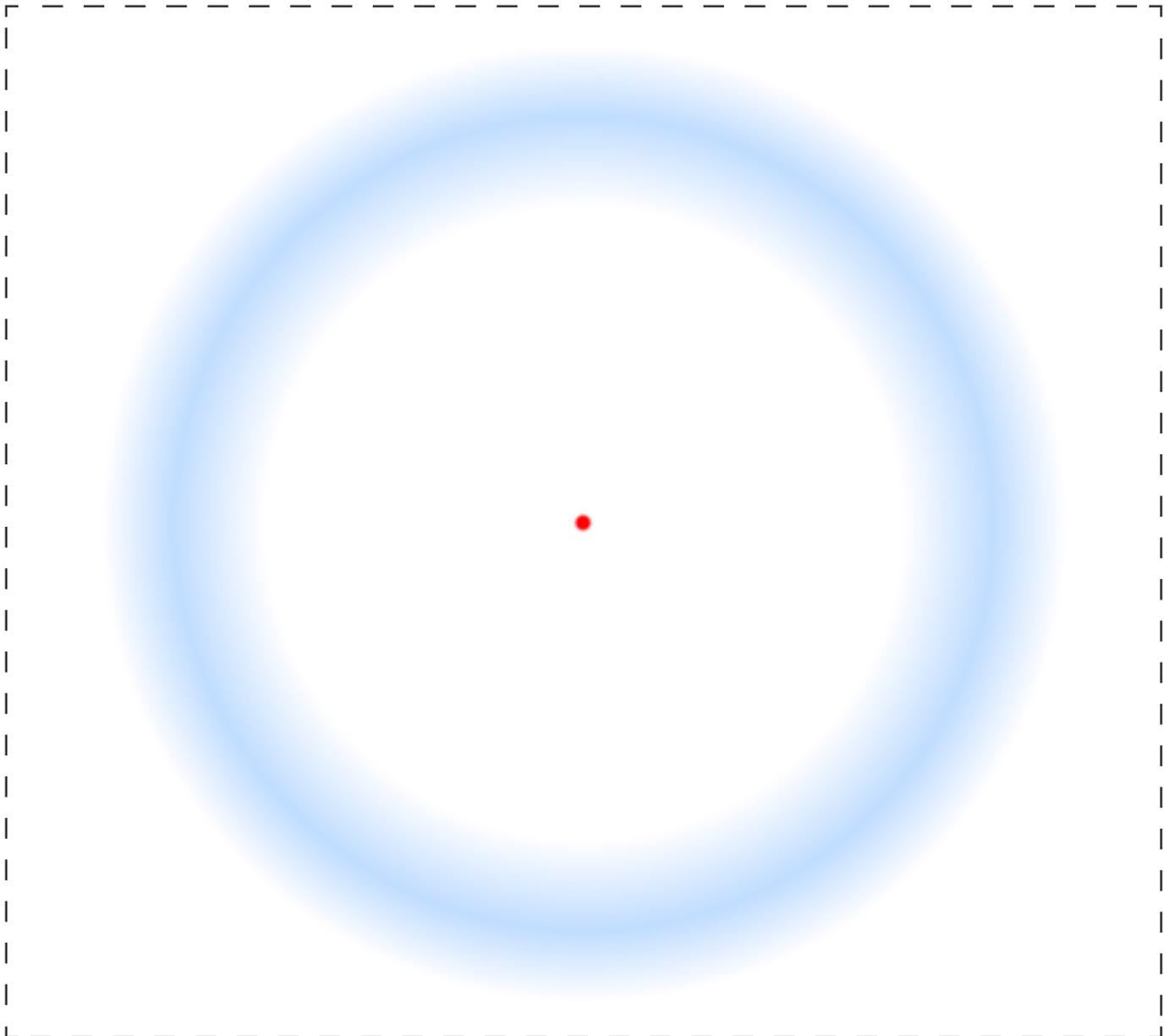


WANT TO SEE SOMETHING MAGIC?



See the *red* dot?

*If you stare really hard at it, the blue circle should disappear... spooky!
This is called an "optical illusion" which happens as your brain gets tricked
into seeing something that isn't really there*

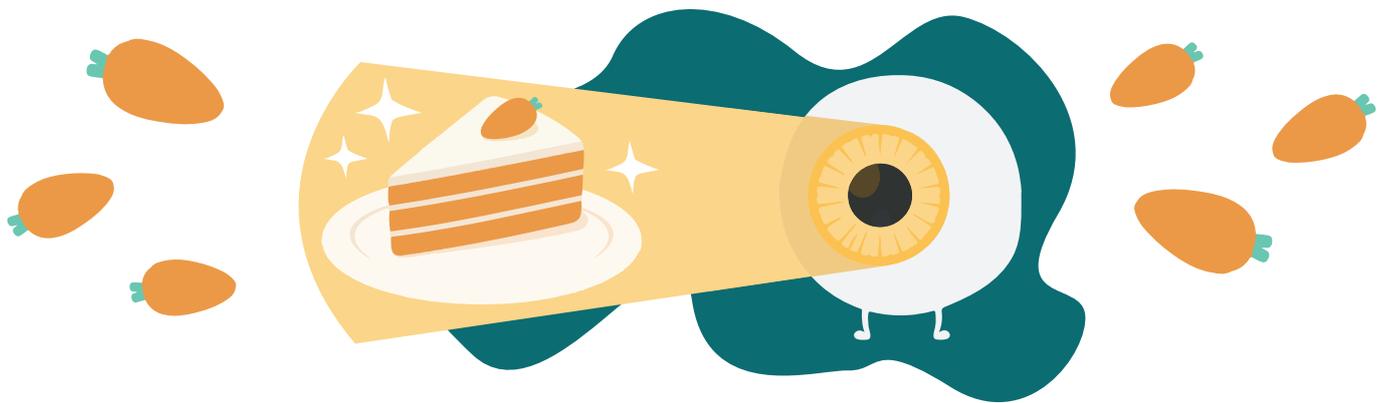


Let's bake!



Who likes carrot cake? Did you know, carrot cake is not only delicious but also good for our eyes? It's jam packed with things called **lutein** and **beta carotene**, these help our eyes against catching nasty and harmful diseases.

Want to know the coolest thing about carrots? They help you see in the dark! Let's eat some carrot cake and get super vision!



Here's what you'll need!

200g carrots, peeled	2 tsp cinnamon	50g softened butter
175g soft brown sugar	zest 1 orange	75g icing sugar
200g self-raising flour	2 eggs	200g soft cheese
1 tsp bicarbonate of soda	150ml sunflower oil	sprinkles (optional)

Here's how to make it:

1. Line an 18cm square tin with baking parchment. Ask your grown-up helper to turn the oven on to 180C/160C fan/gas 4. Grate the carrots on the fine side of the grater, then tip them into a large bowl.
2. Sift the sugar, flour, bicarb and cinnamon on top of the carrot, then add the orange zest and mix everything around a bit.
3. Break the eggs into a bowl (scoop out any bits of shell), then add them to the bowl along with the oil. Mix everything together well.
4. Scoop the cake mix into your tin and level the top. Ask a grown-up to put it in the oven for 30 minutes or until the cake is cooked. Cool.
5. To make the icing, mix the butter and icing sugar together, then stir in the soft cheese until smooth.
6. When the cake is cool, spread the top with the icing and cut into squares. Decorate with sprinkles, if you like.

NOW LET'S COLOUR!

Did you know there are real life superheroes and they don't always wear capes! The new superheroes in this world are called "key workers", these are people who work to keep us safe and healthy.

Colour in the superhero and give them a name, when you're done why not stick them in your window so they can see!



#NOTALLSUPERHEROESWEARCAPES

Let's have some fun... Colour in the superhero and give them a name, when you're done, why not stick them in your window so they can see!

NAME: _____ AGE: _____

MY SUPERHERO NAME IS: _____

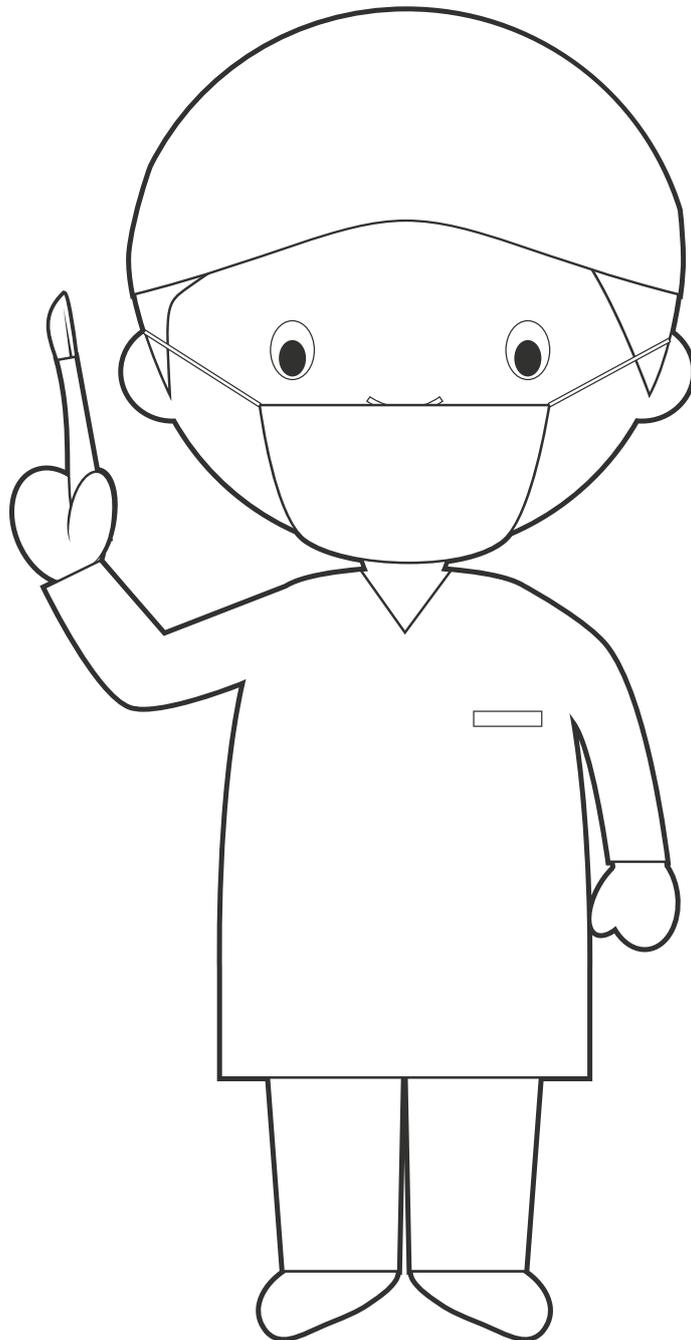


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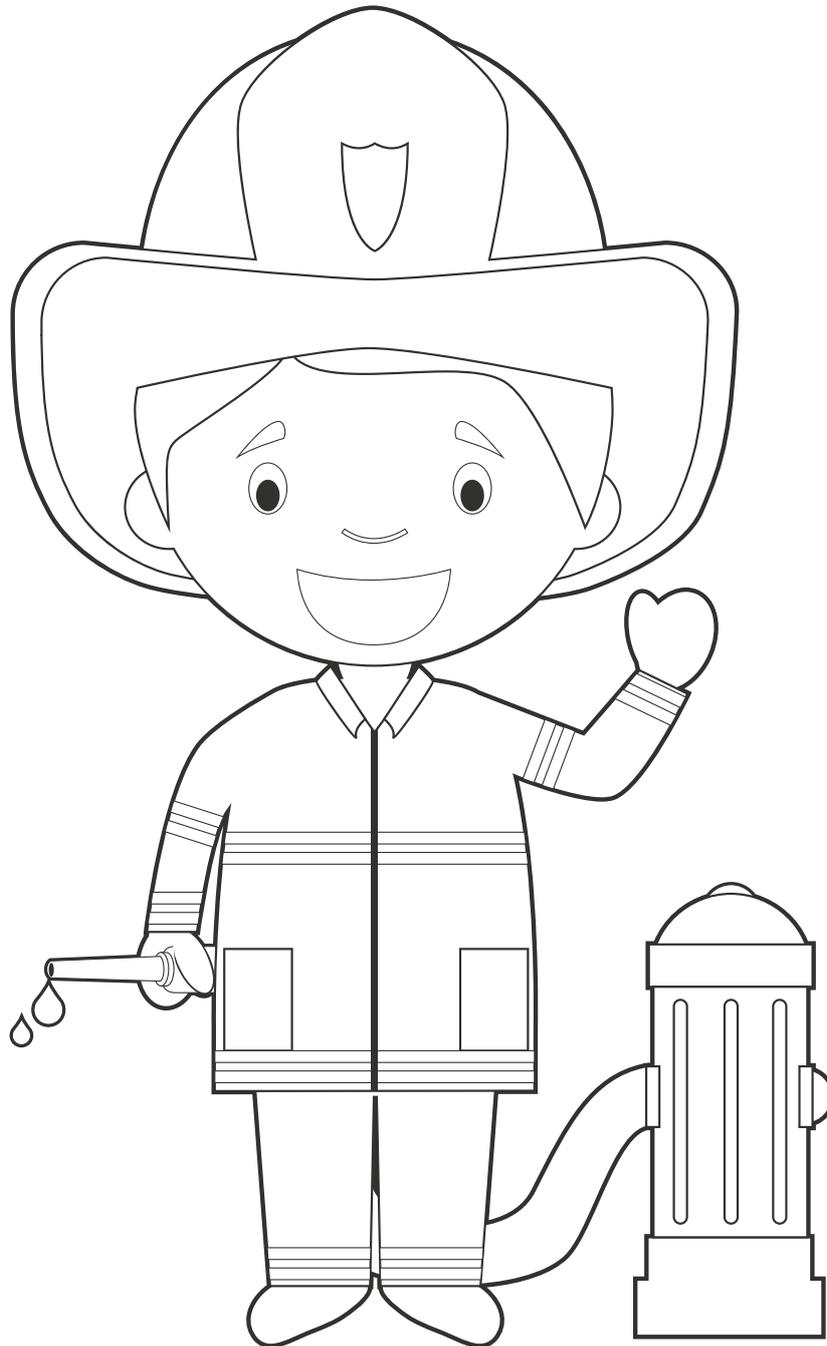


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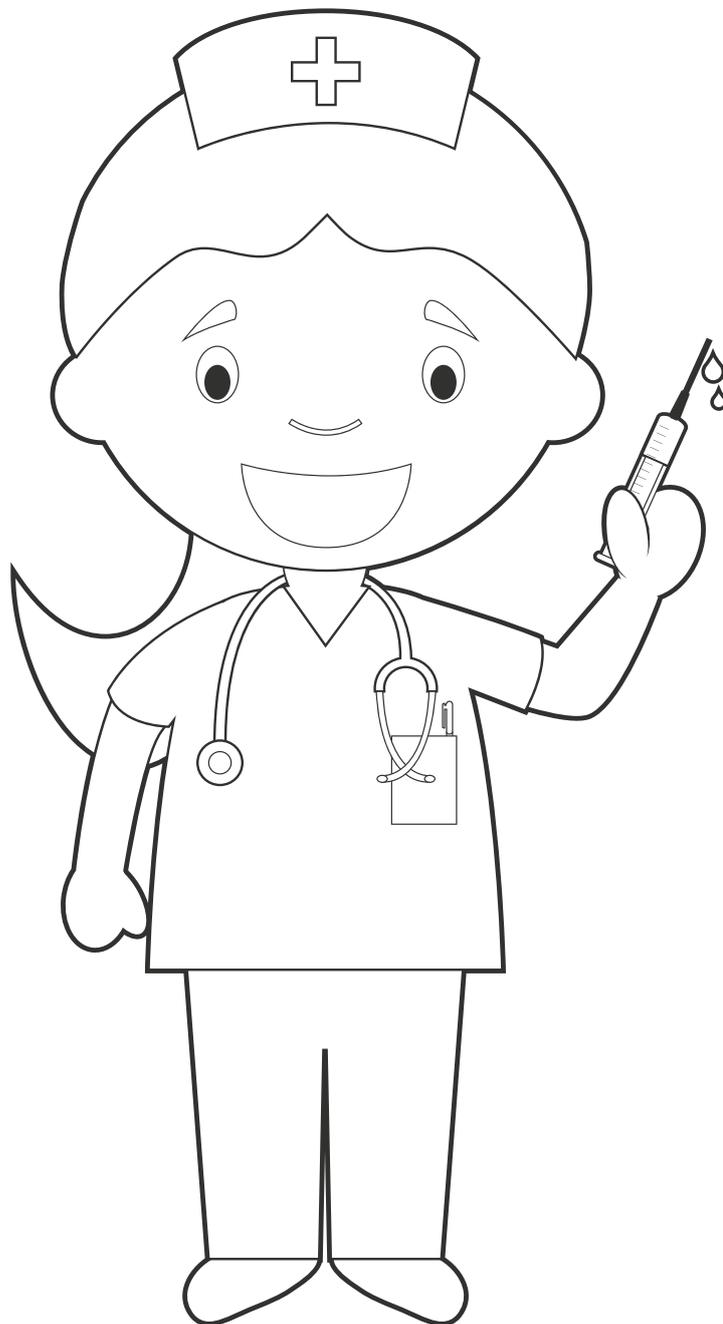


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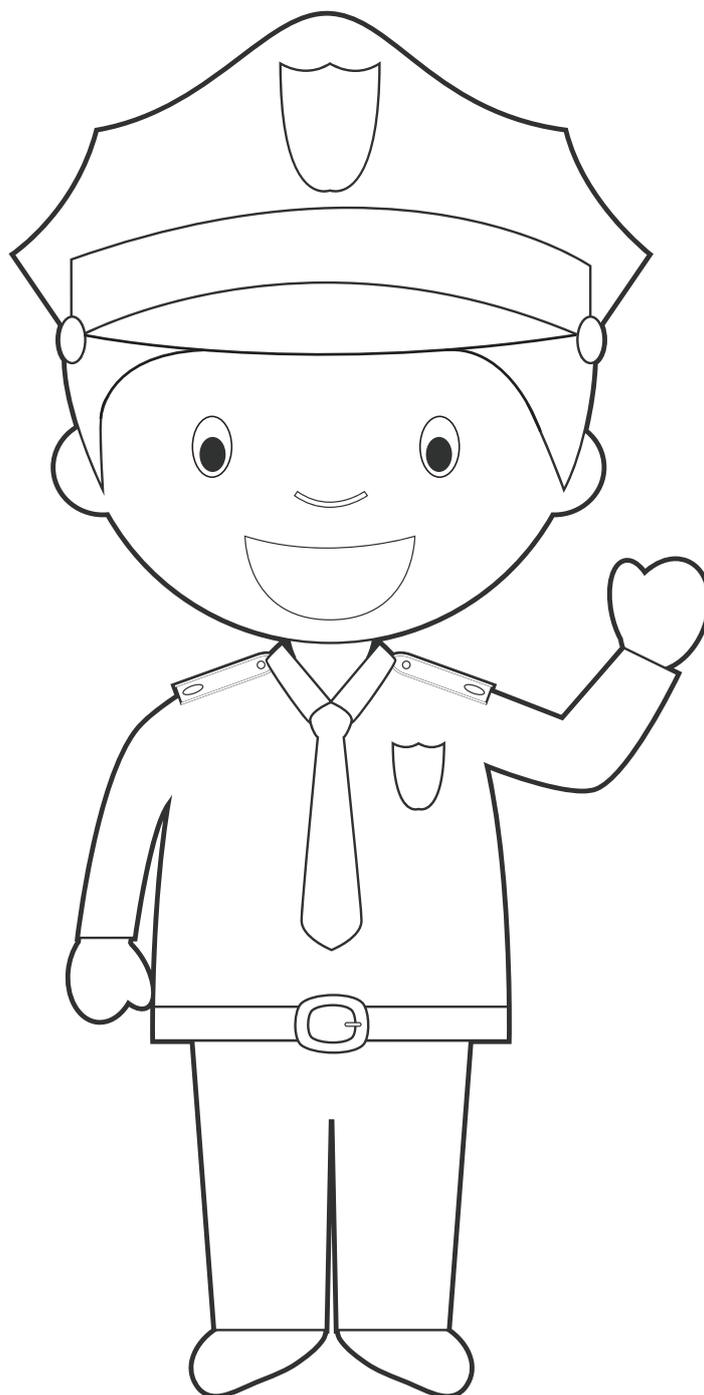


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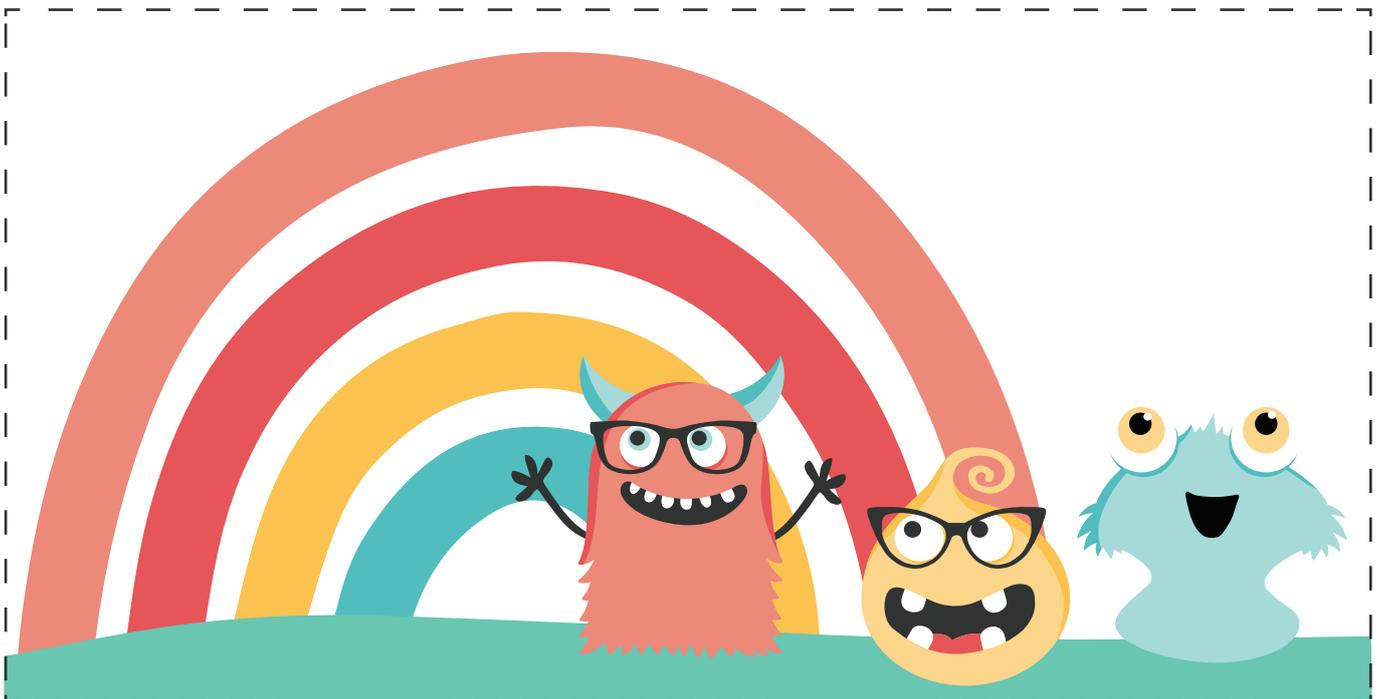
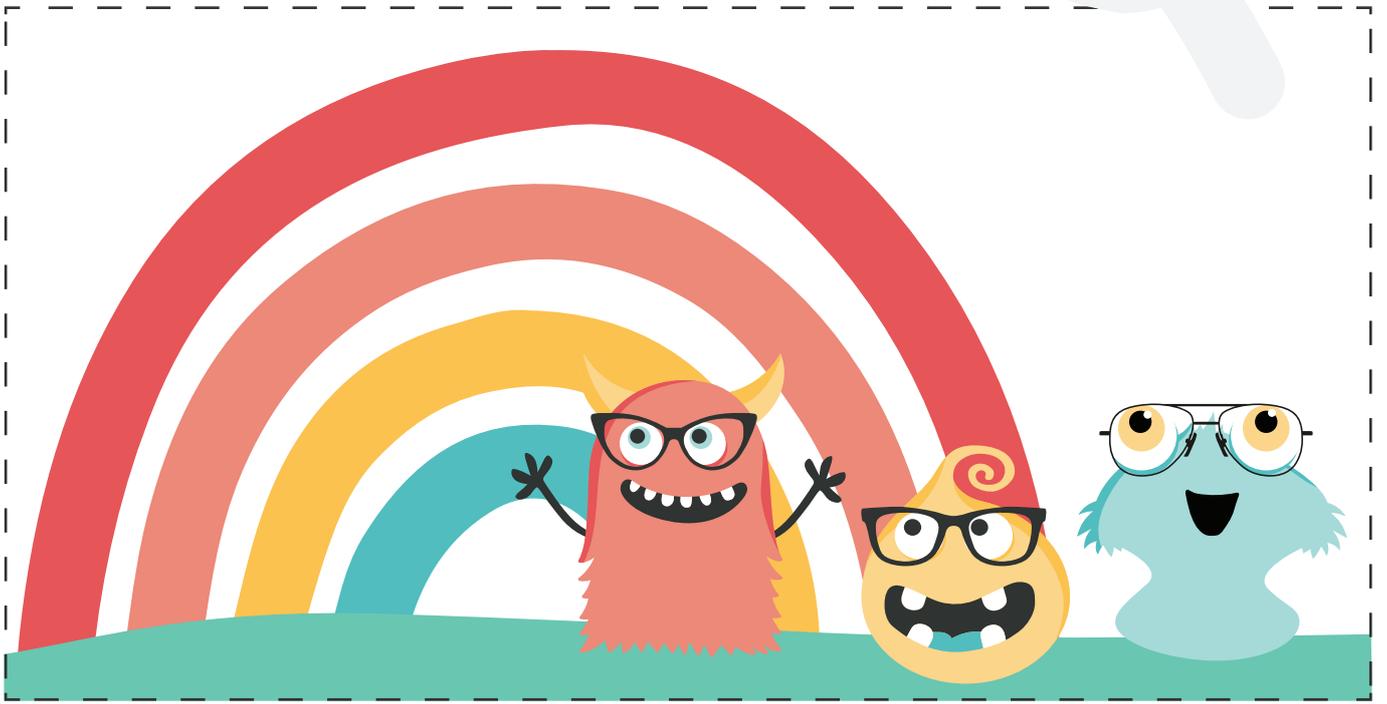
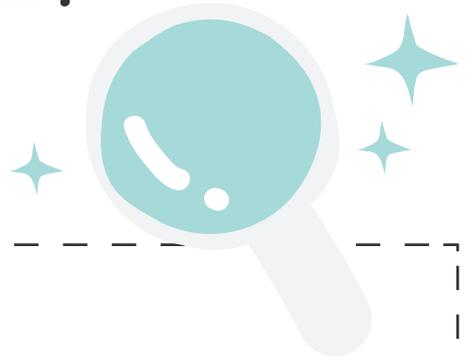
NAME: _____ AGE: _____

MY SUPERHERO NAME IS: _____



CAN YOU SPOT THE DIFFERENCE?

Let's see how good your eyes are, circle **5 things** that are different in the 2 pictures below...



Word search time!

Can you find the 6 eye related words?



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

SPECTACLES

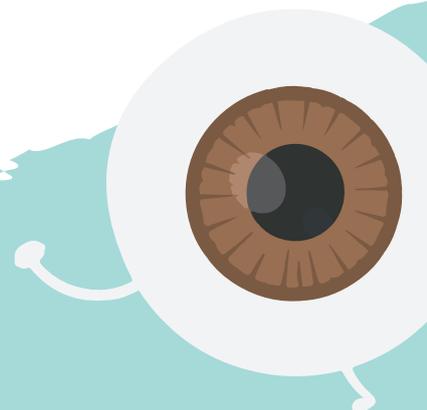
EYES

LENSES

OPTICIAN

VISION

SEE



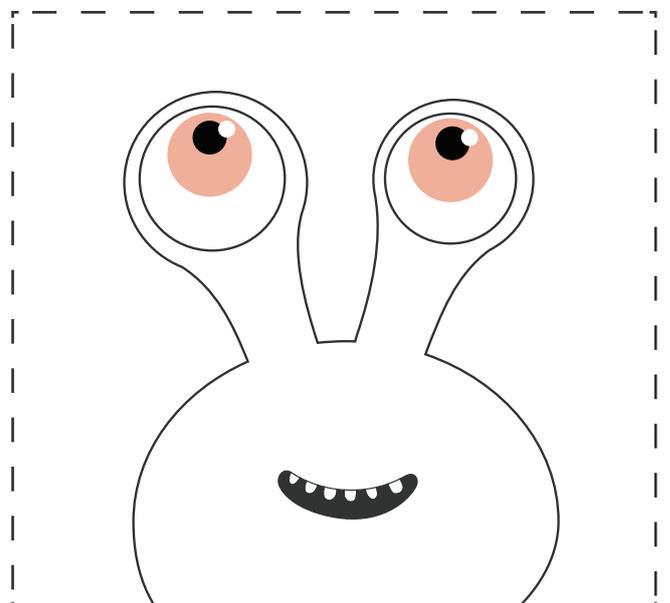
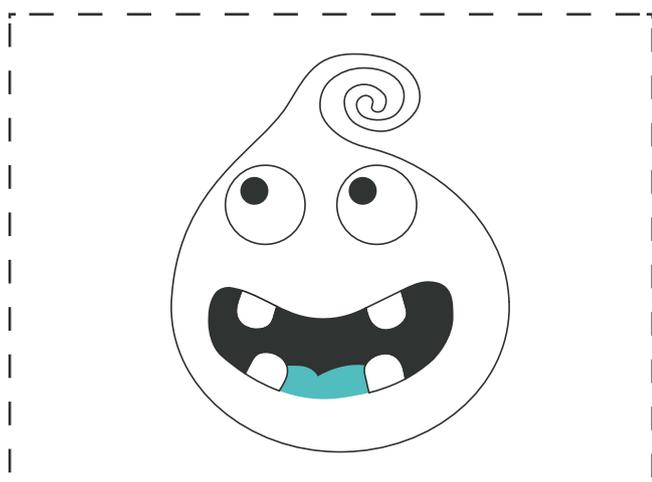
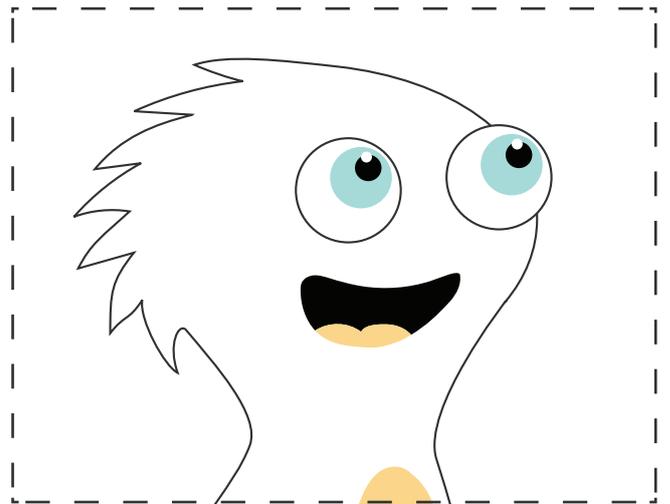
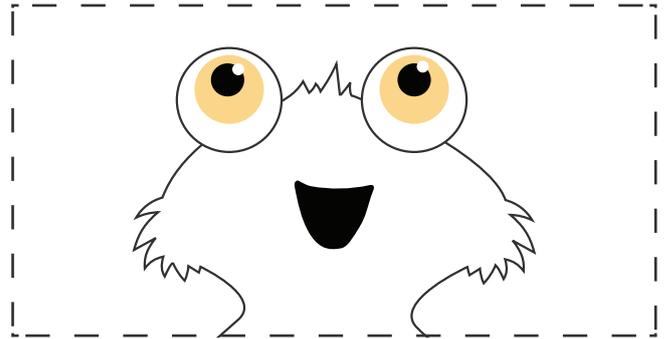
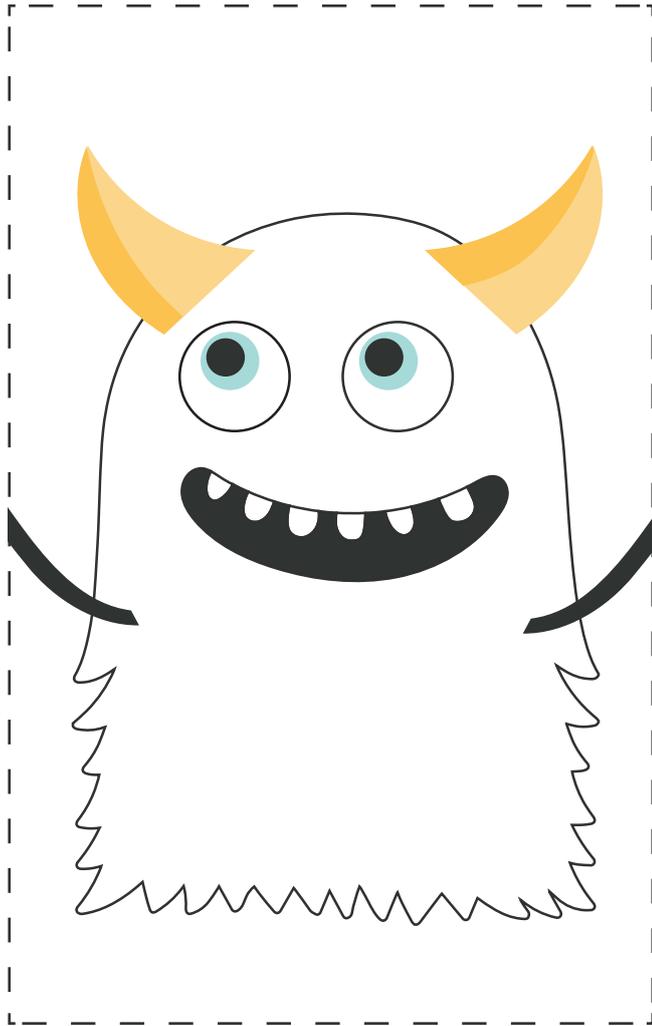
LET'S DESIGN OUR OWN SPECTACLES



Have you met our family of monsters? They need your help, they've lost their glasses and need new ones and only you can create them. We need you to draw any shape, colour and size glasses on our monsters.

When you've done that ask your parents to take a picture and send them to us on facebook, the best-looking spectacles will win a prize! Best of luck!

 Optika Opticians WestonsuperMare



RAINBOW SCAVENGER HUNT

FIND SOMETHING RED

FIND SOMETHING YELLOW

FIND SOMETHING ORANGE

FIND SOMETHING GREEN

FIND SOMETHING BLUE

FIND SOMETHING PURPLE

NAME A FRUIT THAT IS RED

NAME AN ANIMAL THAT IS YELLOW

NAME A VEGETABLE THAT IS ORANGE

NAME A PLANT THAT IS GREEN

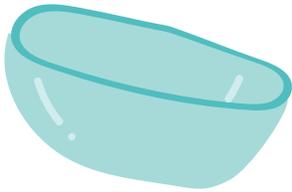
NAME A FLOWER THAT IS PURPLE

NAME SOMETHING OUTSIDE THAT IS BLUE



LET'S MAKE Moon Sand

SUPPLIES:



LARGE MIXING BOWL

+



8 CUPS OF FLOUR

+



1 CUP OF BABY OIL

MIX
EVERYTHING
TOGETHER!





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