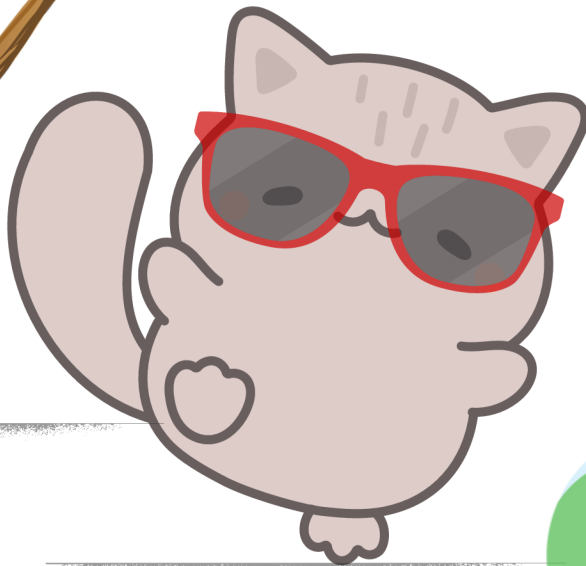


PURR-KINS & MUNCHKIN

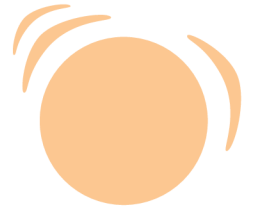
PURR-FECT EYE HEALTH ACTIVITY PAGES



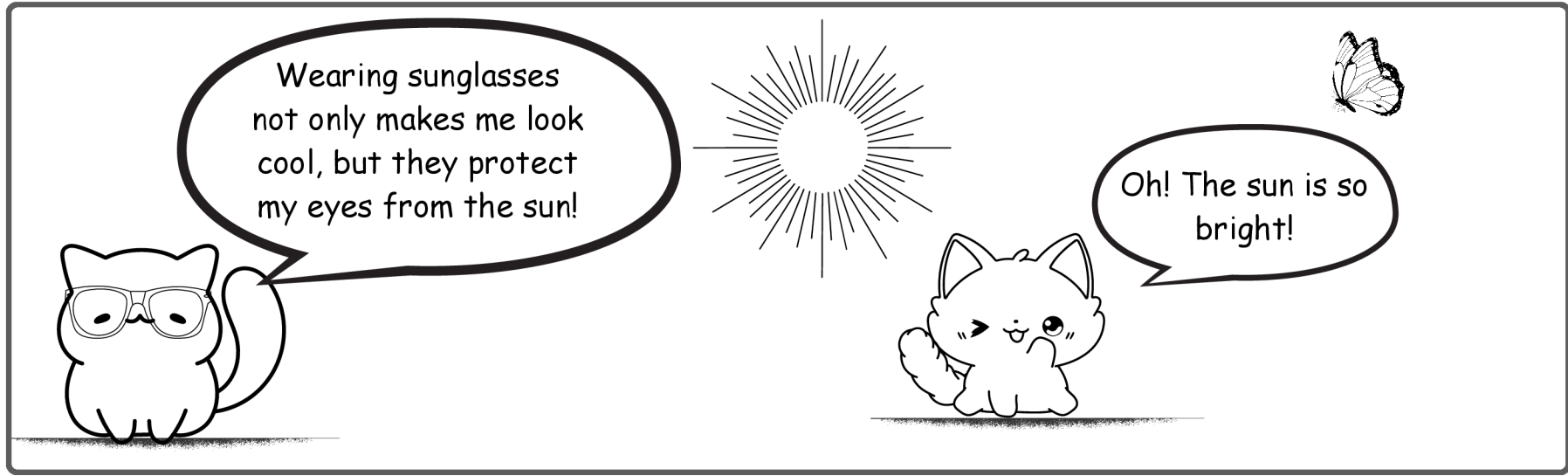
Purr-Kins



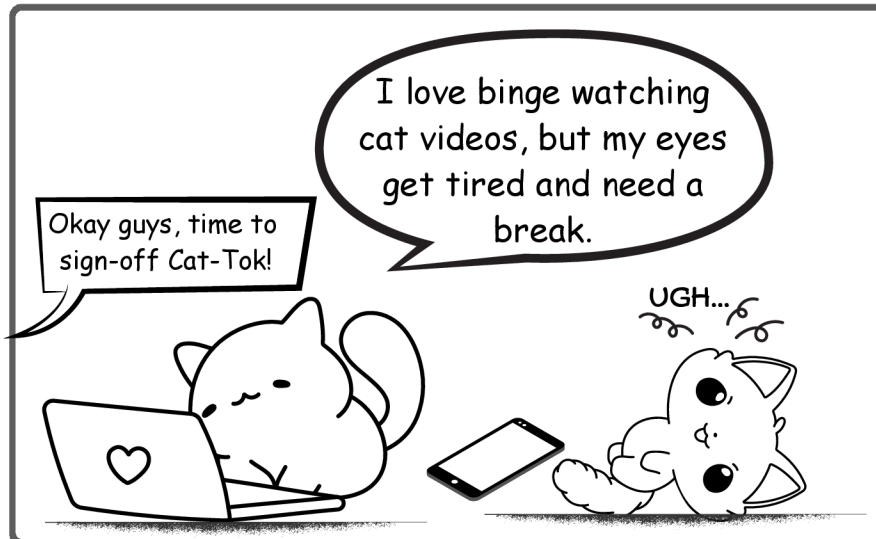
Munchkin



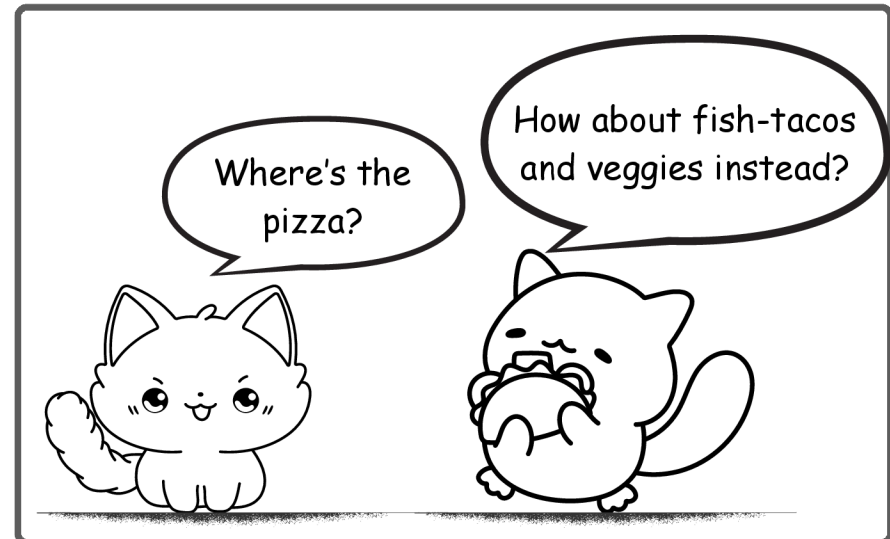
PURR-KINS & MUNCHKIN - 5 TIPS FOR HEALTHY EYES



1. Wear sunglasses when outside to protect your eyes from harmful UV rays!



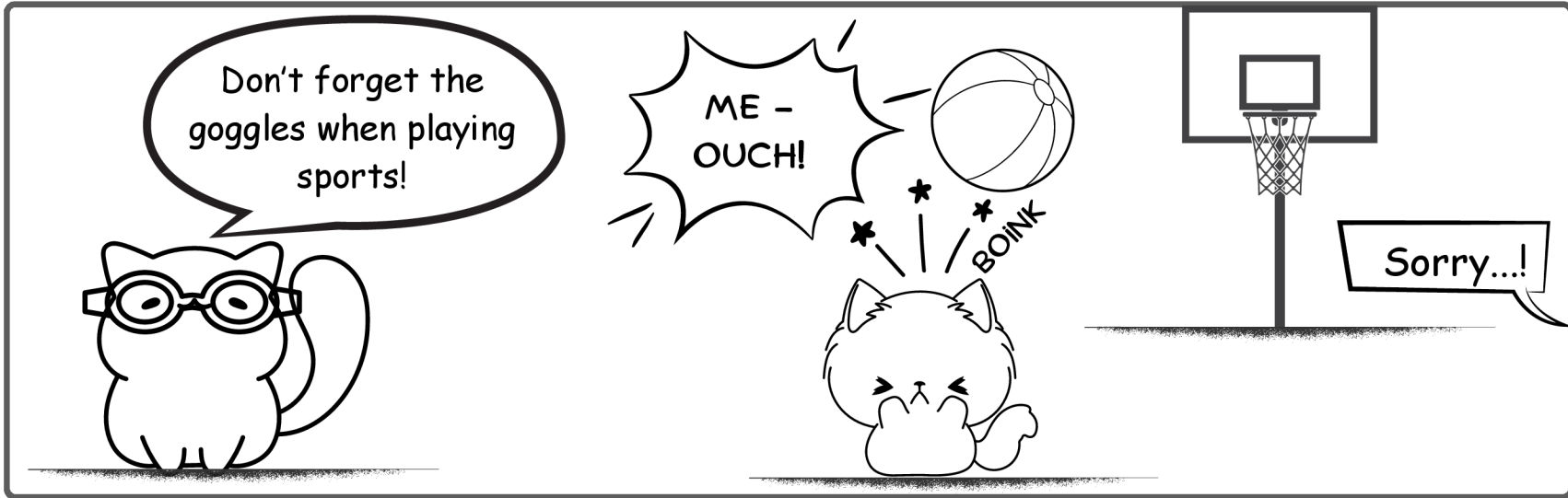
2. When using a computer or digital device, blink and take a 20 second break every 20 minutes to rest your eyes.



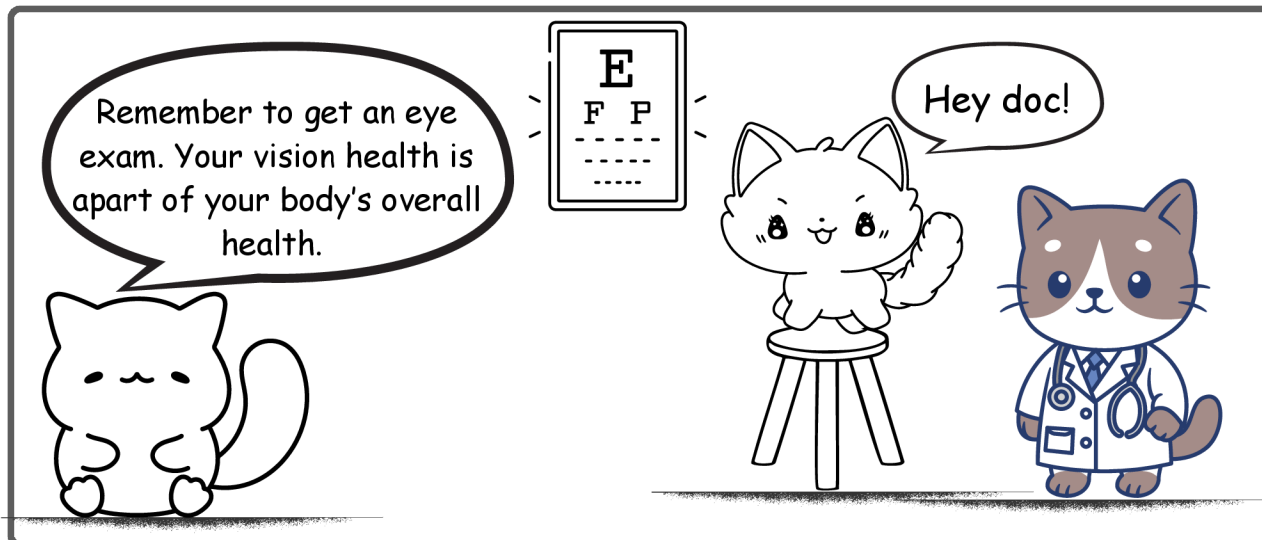
3. Eating food like salmon, spinach, and carrots give your eyes the nutrients they need to keep them healthy.



PURR-KINS & MUNCHKIN - 5 TIPS FOR HEALTHY EYES



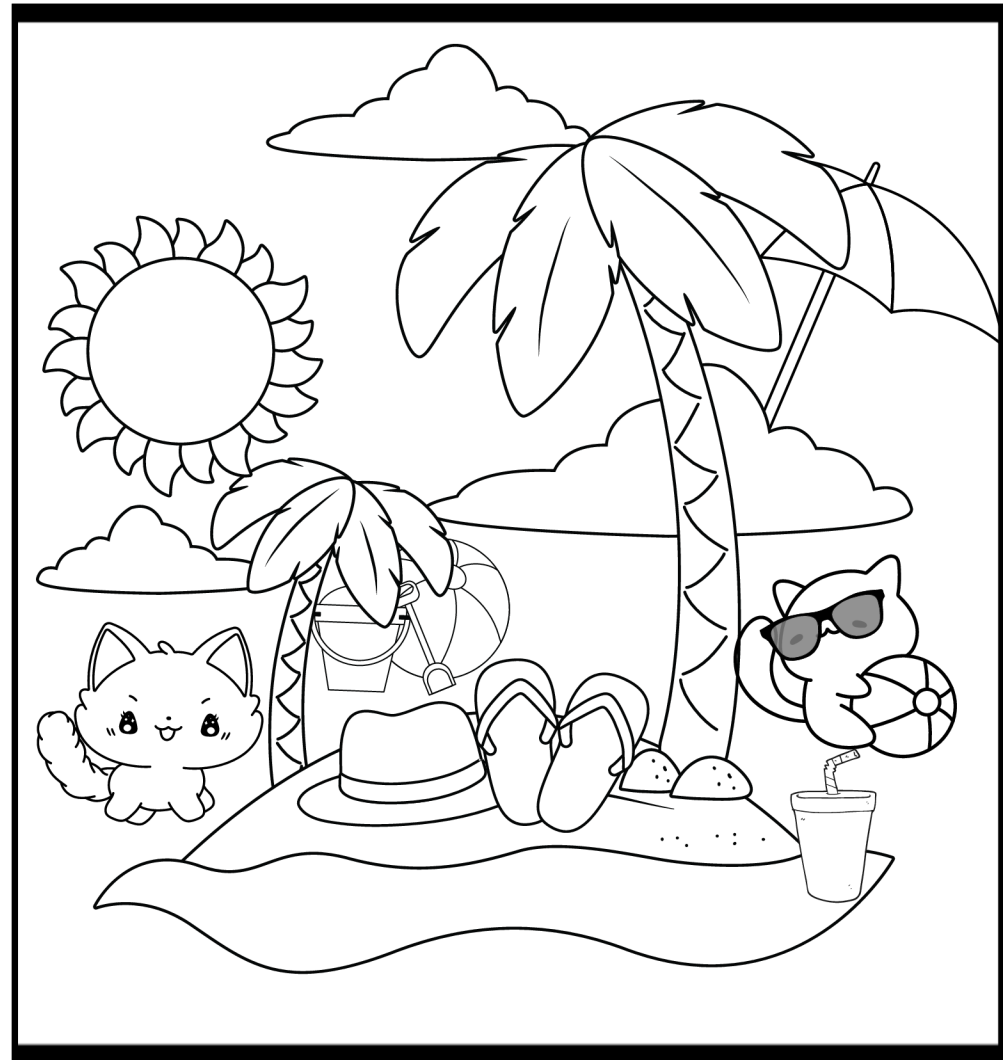
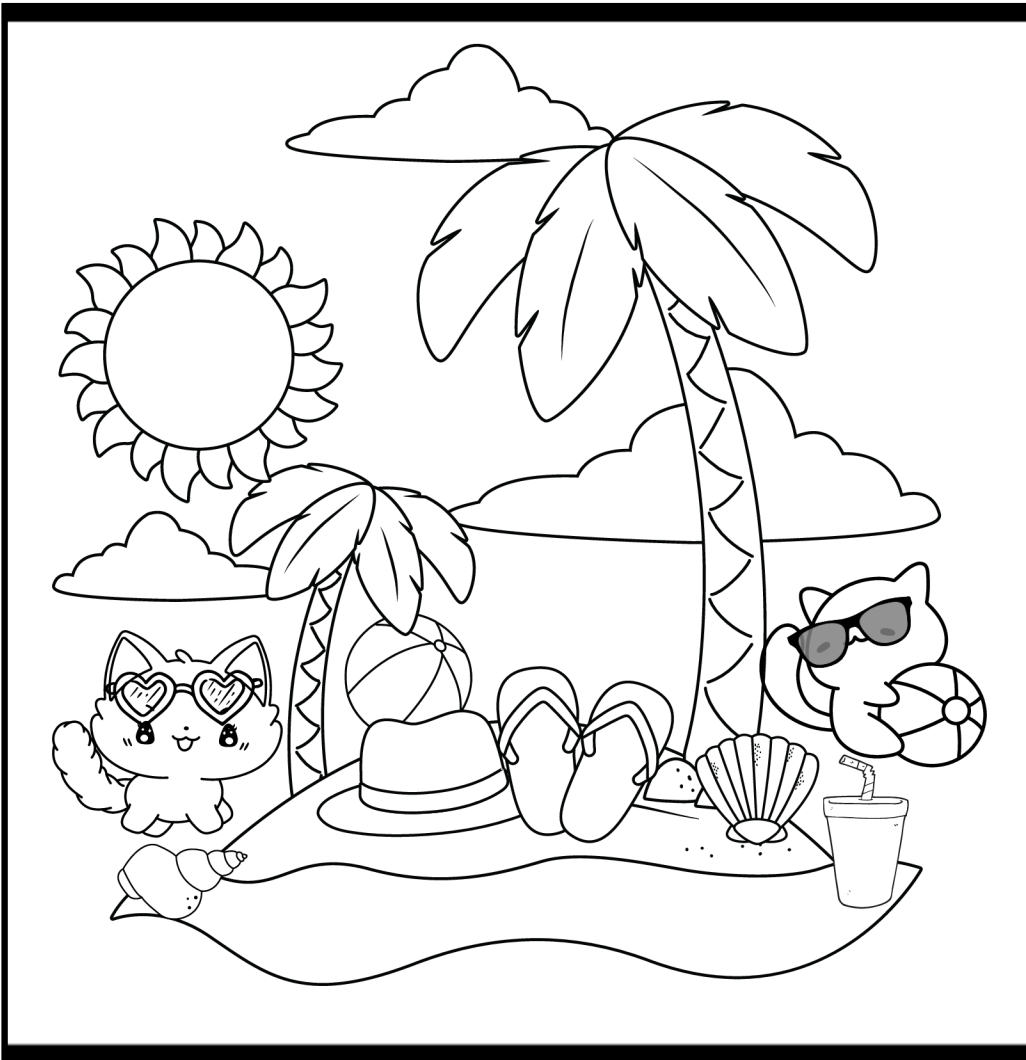
4. Always wear protective eye-wear such as goggles when playing sports and building projects to prevent eye injuries.



5. Strong, healthy eyes are just as important as a healthy body. So it's important to get your eyes checked every 1 to 2 years, even if you think your vision's fine.

Find the Differences!

Look at the pictures below.
Can you find 7 things that are different between the two images?





Find and circle the words listed below.

Eye-Spy Word Search

I	S	R	H	G	S	O	S	F	I	S	H	I	U
B	U	T	L	L	V	L	H	O	S	A	E	P	H
C	C	G	E	L	R	S	S	E	K	S	G	I	D
A	O	L	O	R	A	N	U	S	A	K	H	V	S
R	F	N	E	I	Y	L	L	N	E	L	S	C	E
R	B	L	X	O	S	Y	D	P	R	H	T	L	D
O	S	N	A	E	F	H	S	B	B	I	I	H	A
T	P	H	M	L	R	E	L	T	H	G	I	L	H
S	I	O	F	M	Y	I	F	R	V	S	E	H	S
U	N	C	L	E	N	R	S	E	L	G	G	O	G
G	A	K	D	K	U	I	V	E	G	G	I	E	S
S	C	X	L	I	U	V	I	S	I	O	N	D	S
E	H	T	T	H	Y	H	S	C	R	E	E	N	E
G	L	A	S	S	E	S	I	D	O	C	T	O	R

Eyes	Sun	Rays	Doctor
Vision	Blink	Veggies	Spinach
Fruit	Breaks	Health	Light
Exam	Carrots	Focus	Fish
Goggles	Glasses	Shades	Screen

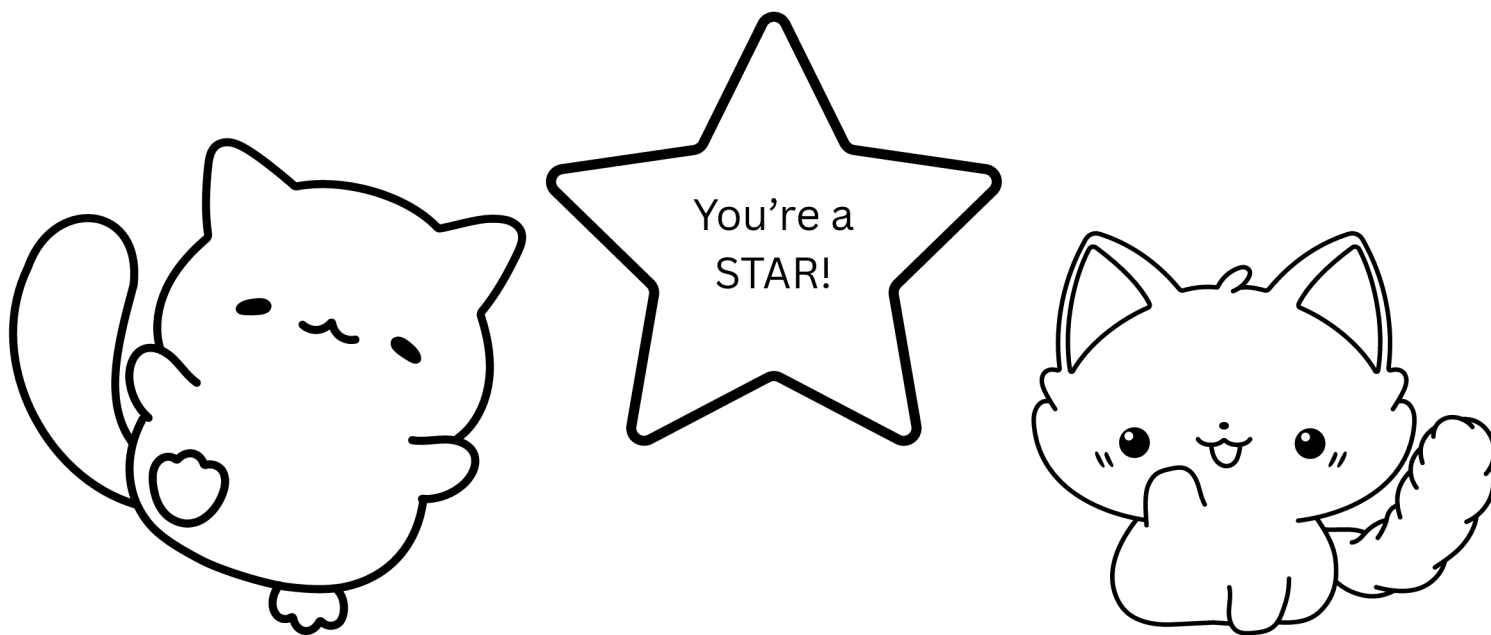


Purr-kins and Munchkin's Eye-Health Reminders:

- Wear sunglasses to protect against harmful UV rays.
- Follow to the 20-20-20 Rule: Blink. And every 20 minutes, look at something 20 feet away for 20 seconds.
- Rest your eyes after reading, gaming, or using a computer.
- Eat eye health food, such as fish and veggies, especially green and orange ones.



Great Job! You're a Healthy Vision Expert!

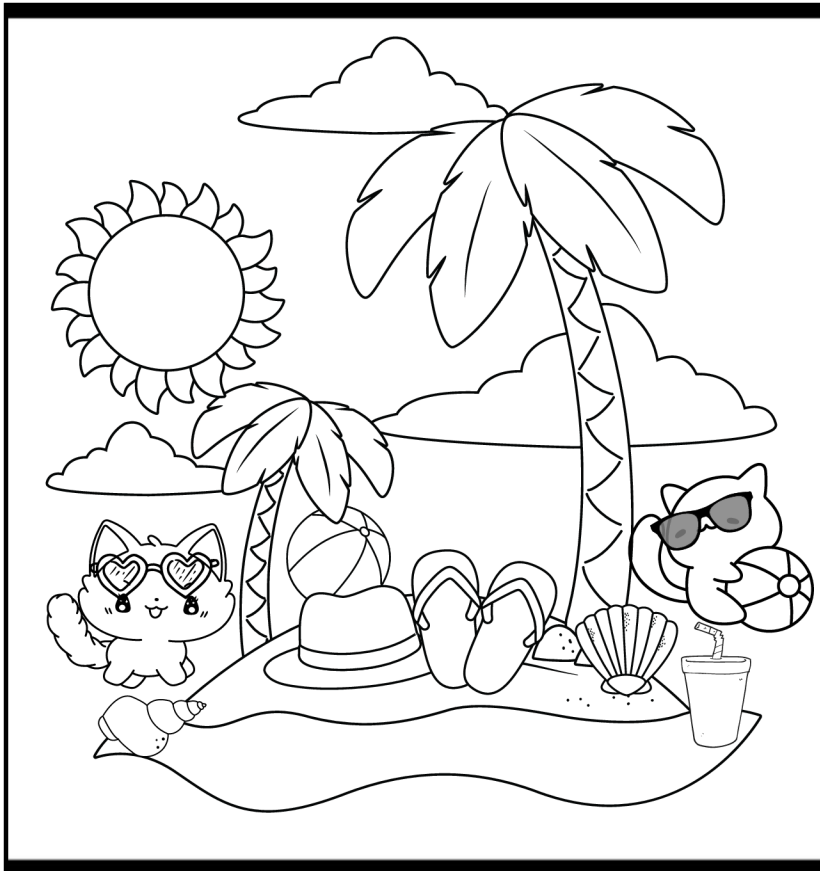


On this page, draw and color a sunny day for Purr-kins and Munchkin.
Don't forget the sunglasses!



Find the Differences! (Answers)

1. Munchkin's sunglasses.
2. The seashell by Munchkin's feet.
3. The ball behind the small palm tree.
4. Pail and shovel behind the small palm tree.
5. The seashell in front of the big palm tree.
6. The cup with a straw on the blanket.
7. The umbrella behind the big palm tree.





Bringing Vision Health Into Focus

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