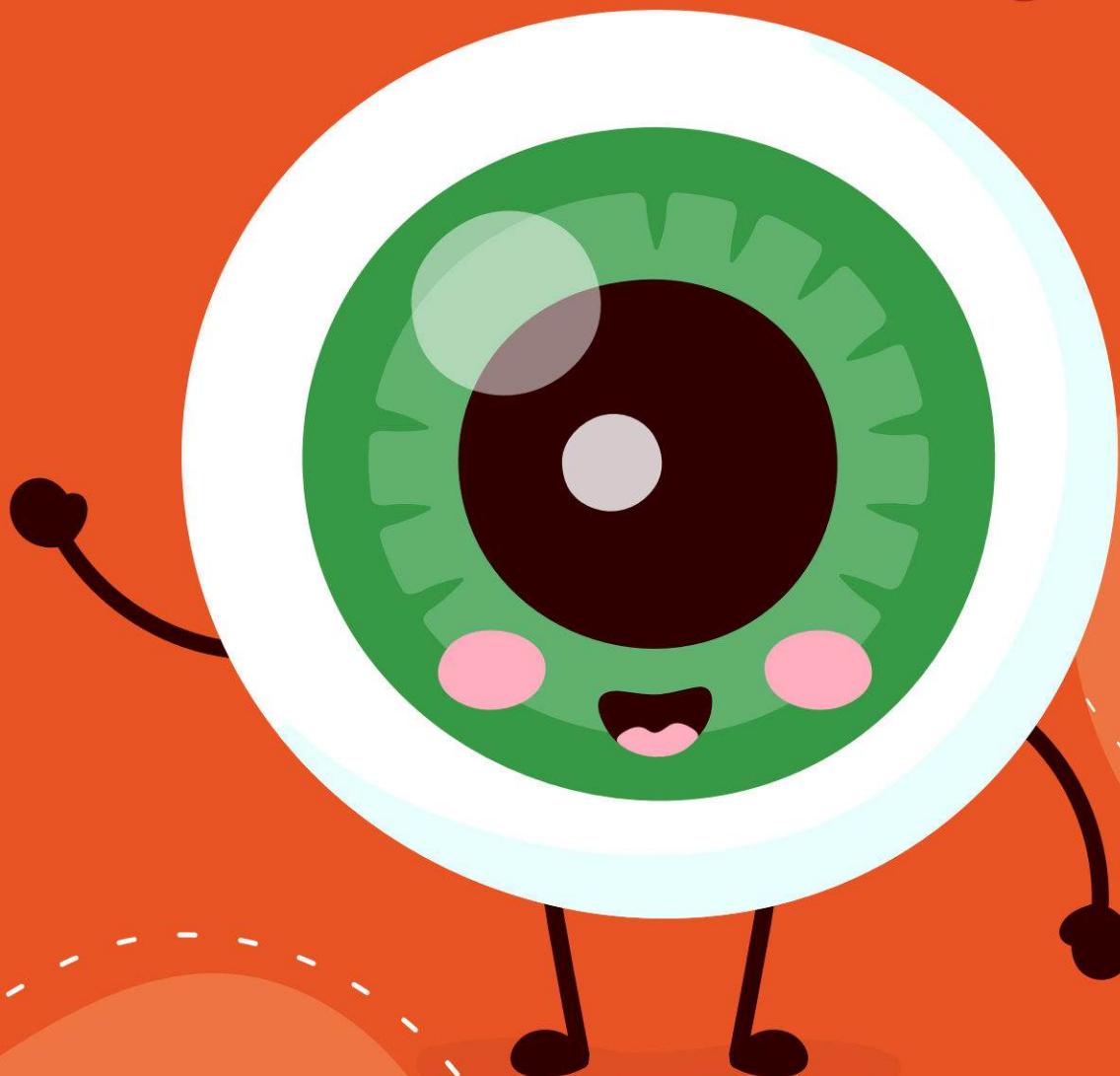




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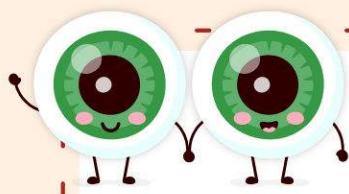
# Eye Spy the human eye



Open for  
activities!

# Take a peek inside the human eye.

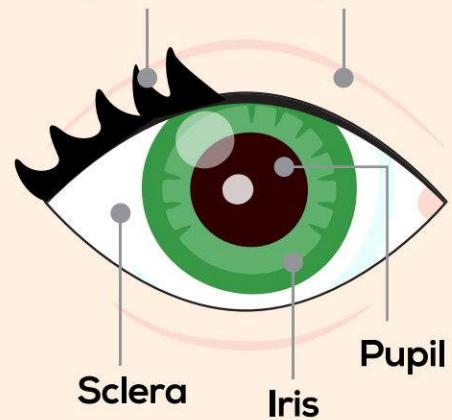
The human eye is like a camera. Each part of the eye has a different function and all work together to help capture the world we see.



## Do you know why do we have two eyeballs?

They provide a binocular vision needed for accurate depth perception so we can determine how far away an object is.

Eyelashes      Eyelid



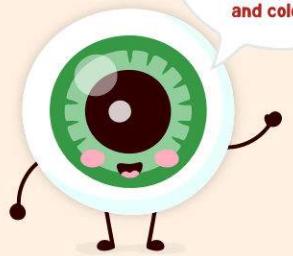
## How many words do you see?

Circle the words you find from the lists below. Don't forget to look in all directions!

Protection  
Eyelids  
Goggles  
Blink  
Helmet  
Iris  
Eyewear  
Tears

Eyebrow  
Cornea  
Eyelashes  
Pupil

**Eye ❤️ activities!**  
Word search  
and coloring!



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

## Cornea

**"The Windshield"**

Protects the inside of your eye.

## Iris

**"The Eye Color"**

Focuses light that enters your eye and directs it to the back of your eye.

## Pupil

**"The Window Curtain"**

The black opening in the middle of the iris. The pupil gets bigger or smaller in response to changes in light.

## Lens

**"The Camera"**

Focuses light that enters your eye and directs it to the back of your eye.

## Vitreous

**"Eye Jelly"**

Clear, gel-like fluid that helps the eye hold its shape.

## Retina

**"The Radio Tower"**

Thin layer of light-sensitive cells at the back of your eyes that converts into electrical signals and sends to the brain.

## Macula

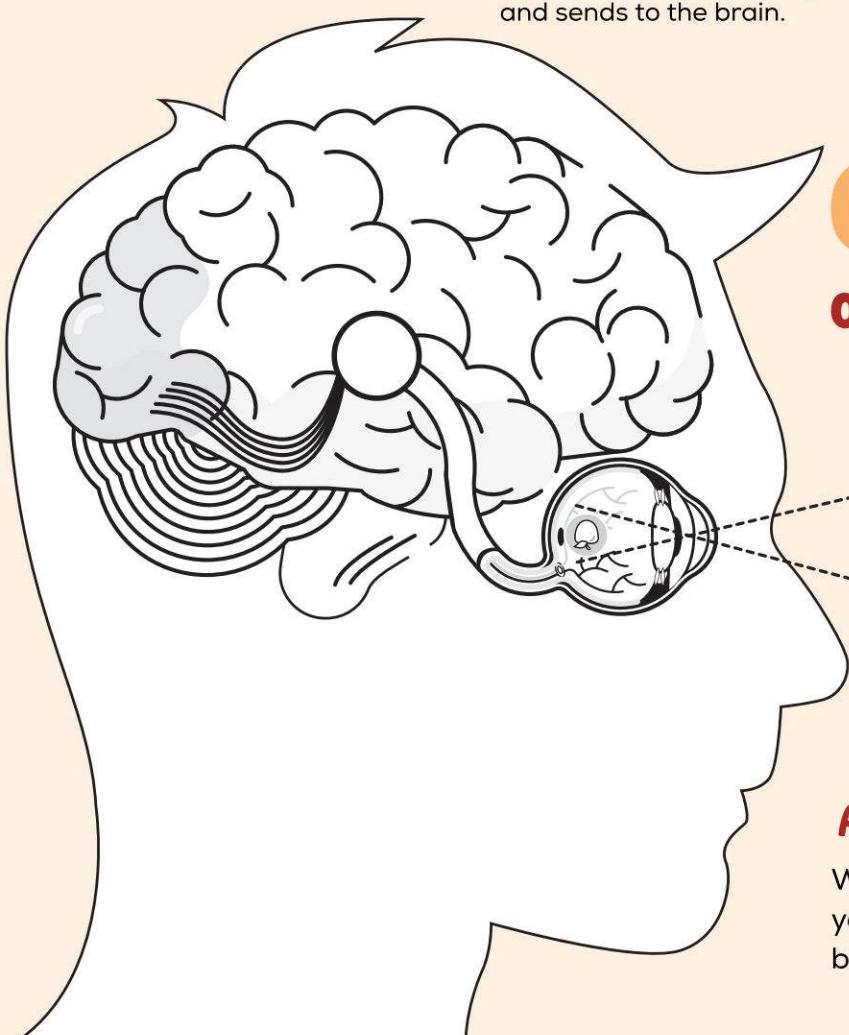
**"The Center of the Retina"**

Helps you see color and details, and is responsible for the center of your visual field.

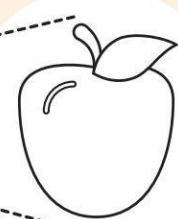
## Optic Nerve

**"The Data Cable"**

Connects and carries signals to your retina to your brain.



# Our eyes see objects upside down!



**And our brain flips it right side up.**

When the lenses in your eyes focus an image on your retina, it's upside down and backward. Your brain reorients and right-sizes the image for you.

# 5 fun facts about eyes

1

You blink about **15-20 times** in a minute.

That's 28,800 times a day!

2

It's **impossible to sneeze** with your eyes open!

This is an active reflex to protect our eyes from germs.

3

Your eyes contain the **fastest muscle** in your body.

6 muscles control all of the eye's movement.

4

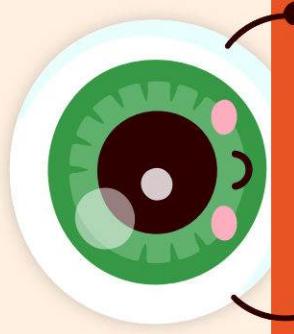
Green eyes are the rarest, with **only 2%** of the population having them.

Brown eyes are the most common eye color.

5

The human eye can change its focus up to **50 times** per second.

Eyes adapt to changing conditions in real-time.



## Ways to keep your eyes healthy!



Get an annual eye exam



Don't forget to wear sunglasses



Get active and limit screen time



Make nutrition a priority



Wear sports safety eye wear

Scan me!

For eye-mazing info



Sources:

"Vision." Cleveland Clinic, <https://my.clevelandclinic.org/health/articles/21204-vision>, December 2023

"Eyes." Cleveland Clinic, <https://my.clevelandclinic.org/health/body/21823-eyes>, November 2023

"15 Fascinating Facts About Your Eyes." Cleveland Clinic, <https://health.clevelandclinic.org/15-fascinating-facts-about-your-eyes-infographic-2>, December 2020



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# Eye Spy the human eye

—The Cornea—



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# Eye Spy the human eye

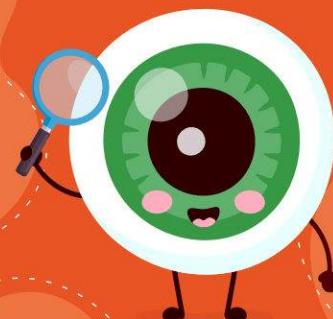
—The Pupil—



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# Eye Spy the human eye

—The Iris—



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# Eye Spy the human eye

—The Optic Nerve—



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# Eye Spy the human eye

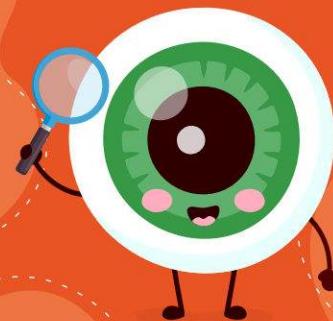
—The Retina—



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# Eye Spy the human eye

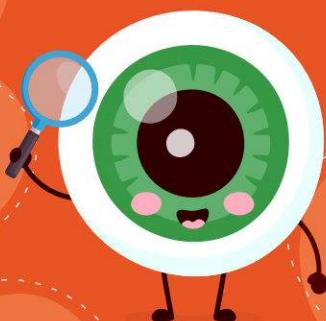
—The Sclera—



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# Eye Spy the human eye

—The Lens—



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# Eye Spy the human eye

—The Macula—



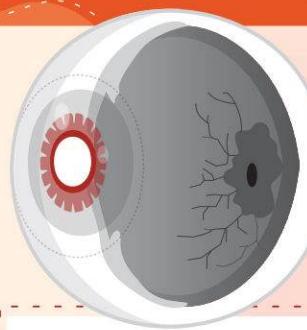
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# Eye Spy the human eye

—The Vitreous—

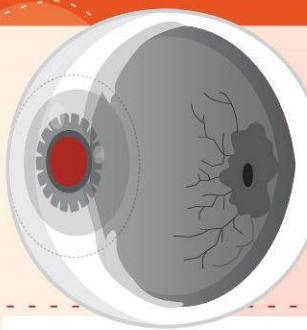


## Eye Spy the Iris



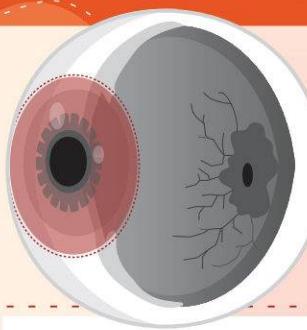
The iris is responsible for eye color. It can be brown, blue, green, or hazel (a blend of brown, yellow and green).

## Eye Spy the Pupil



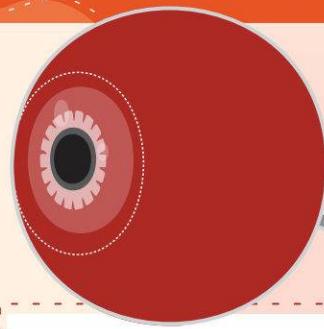
This pupil is the black opening in the middle of the iris. It widens and narrows to control how much light enters your eye.

## Eye Spy the Cornea



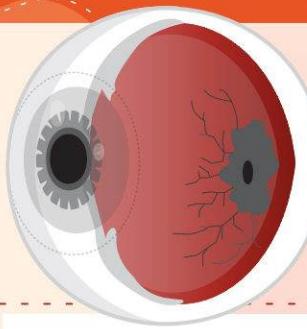
The cornea protects the inside of your eye like a windshield. The corneas also do part of the work bending light as it enters your eyes.

## Eye Spy the Sclera



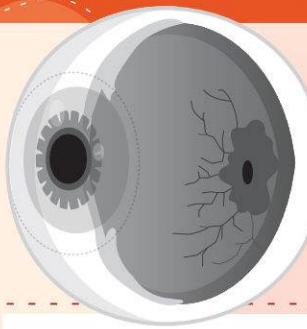
This is the white part of your eye that forms the general shape and structure of your eyeball.

## Eye Spy the Retina



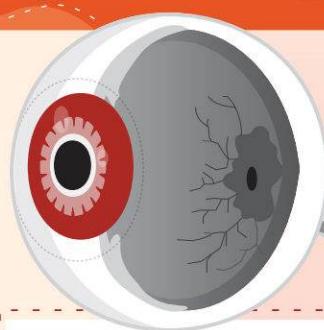
This thin layer of light-sensitive cells at the back of your eyes converts light into electrical signals. It contains rods (which help you see in low light) and cones (which help you see colors).

## Eye Spy the Optic Nerve



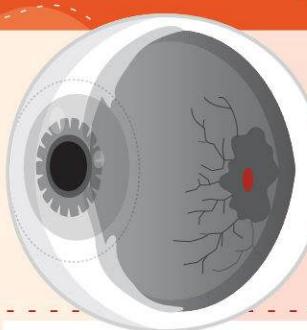
This connects your retinas to your brain. It's like the data cable that carries signals from your eyes, with connection points linking to multiple brain areas.

## Eye Spy the Lens



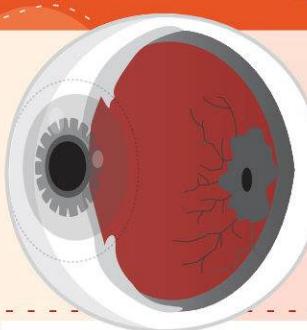
This focuses light that enters your eye and directs it to the back of your eye.

## Eye Spy the Macula



Helps you see color and details, and is responsible for the center of your visual field.

## Eye Spy the Vitreous



Clear, gel-like fluid that helps the eye hold its shape.