



EYEPACK
FOR KIDS

HI GUYS!

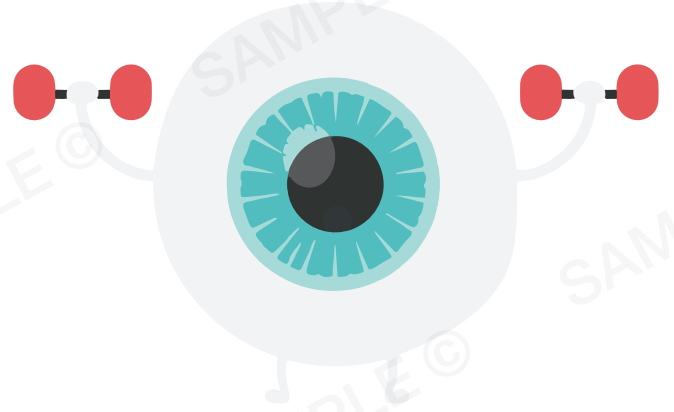
WE HEAR YOU'RE STAYING AT HOME AND YOU'RE TOO COOL FOR SCHOOL!

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.

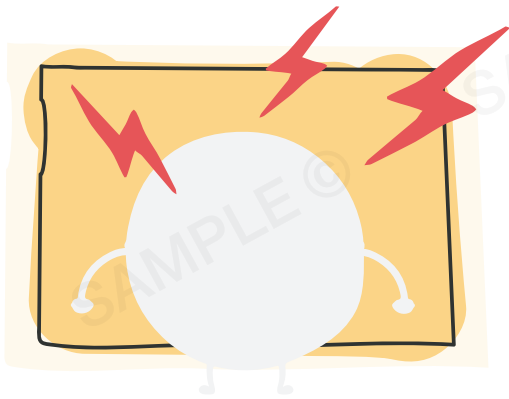
WE'VE CREATED THIS PACK ESPECIALLY FOR YOU, THERE'S LOADS OF FUN THINGS TO DO INSIDE WITH TOP TIPS TO KEEP YOUR EYES HEALTHY, FACTS ABOUT OUR EYES, COLOURING-IN SHEETS AND MUCH MORE.

C'MON, LET'S HAVE SOME FUN!

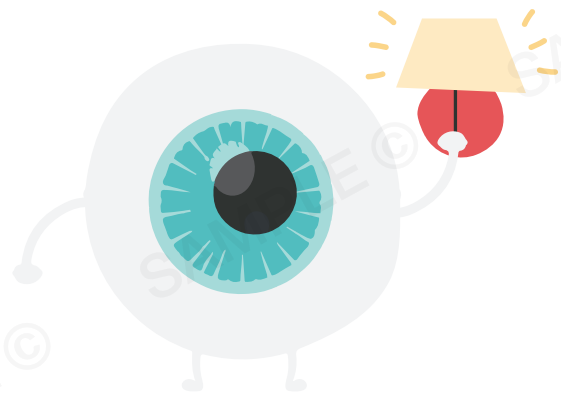
TOP TIPS TO KEEP YOUR EYES HEALTHY!



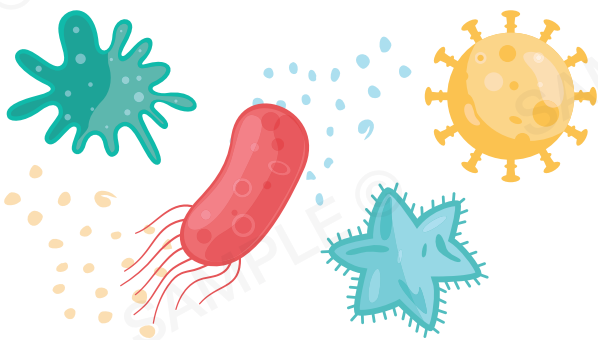
Let's start with some cool and **important** ways to keep your eyes healthy...



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!

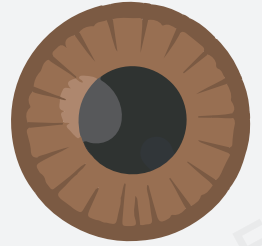
COOL EYE FACTS!

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!



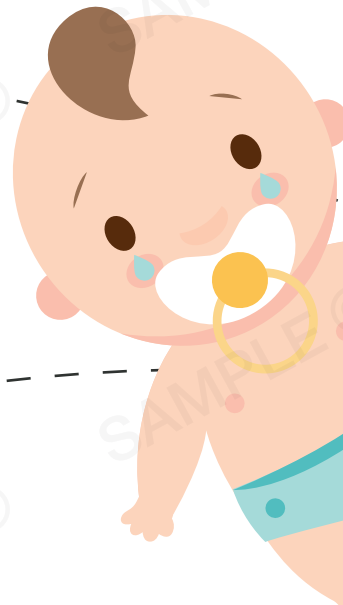
An Ostrich's eye is **BIGGER** than its brain!

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!

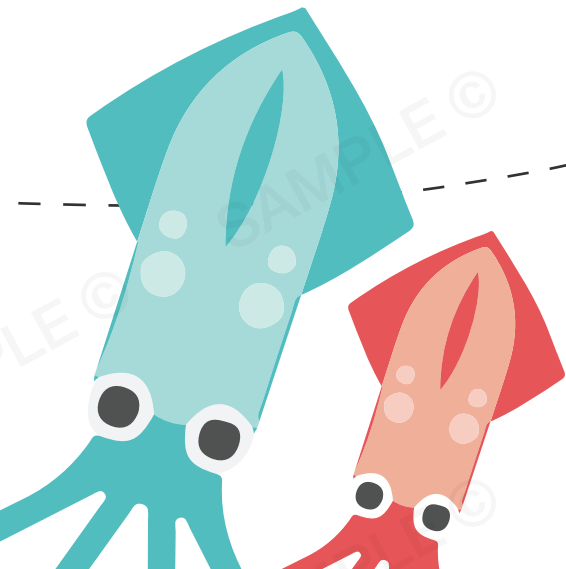
Did you know that although new born babies cry **A LOT**, they don't actually make tears until they're 6 weeks old!

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

