

# HEALTHY EYES, HEALTHY ME!

A lesson plan that teaches kids the importance of taking care of their eye health leading up to World Sight Day, Oct. 8, 2026.

Grades K–6

Estimated time: 30 minutes

## Resource includes:

- Lesson plan
- Teacher guide
- Classroom activities
- Answer keys

## Students will learn:

- How their eyes help them every day
- Healthy habits that protect vision
- Why eye exams are important
- Eye safety at home and school

## Why eye health matters in Canada

- **75 per cent** of vision loss and blindness can be prevented or treated with early intervention.<sup>1</sup>
- More than **8 million Canadians** live with eye diseases that can lead to vision loss.<sup>2</sup>
- An estimated **25 per cent of Canadian children and adolescents** are affected by myopia (nearsightedness).<sup>3</sup>
- In 2019, the cost of vision loss in Canada was estimated at **\$32.9 billion**, including financial costs and the cost of lost well-being.<sup>2</sup>

## Lesson overview

This lesson introduces students to basic eye health and vision care through age-appropriate discussion and hands-on activities. Students learn simple habits that help protect their eyesight and understand the importance of regular eye exams.

## Learning objectives

Students will:

- Identify the basic function of their eyes.
- Describe healthy habits that protect vision.
- Recognize when they should tell an adult about eye discomfort or changes in vision.
- Practise using new vocabulary related to eye health.

## Curriculum connections

- Health education
- Science (human body)
- Personal safety
- Social-emotional learning (taking care of yourself)

## Materials needed

- Printed activity sheets and pencils
- Crayons, markers or coloured pencils

## Key vocabulary (Select vocabulary appropriate to the age of your students)

- |          |                      |
|----------|----------------------|
| • Vision | • Blink              |
| • Eyes   | • Blurry             |
| • Cornea | • Optometrist        |
| • Iris   | • Ophthalmologist    |
| • Pupil  | • UV rays            |
| • Retina | • Protective eyewear |

# Teacher information

This resource is intended to support classroom learning about healthy vision and eye care. It is not a substitute for advice, diagnosis or treatment from a qualified eye care professional.



## Preparation

- Choose activities appropriate for your class
- Print student worksheets
- Gather colouring supplies
- Review discussion questions
- Optional: bring sunglasses, safety glasses or healthy foods for demonstration

## Background information for teachers

- Healthy vision is an important part of a child's learning, development and overall well-being. Much of classroom learning involves visual tasks such as reading, writing and observing demonstrations. Healthy vision can support academic participation, confidence and everyday activities.<sup>4</sup>
- Children may not always realize that they have difficulty seeing because they may assume that everyone sees the same way they do. Teachers may be among the first adults to notice signs of a possible vision problem, such as squinting, holding books very close, rubbing the eyes frequently, experiencing headaches while reading or having difficulty seeing the board.<sup>5</sup>
- School vision screenings can help identify children who may need further evaluation, but a screening does not replace a comprehensive eye exam. An optometrist or ophthalmologist can assess both visual function and overall eye health and may detect conditions that are not identified through screening alone.<sup>6</sup>
- Healthy everyday habits can help children care for their eyes. These include eating a balanced diet, spending time outdoors, limiting long periods of close-up work, using appropriate protective eyewear during activities where eye injuries could occur and washing hands before touching the eyes.<sup>7</sup>
- Teachers can support healthy vision by encouraging good visual habits and reminding students to tell an adult if they experience blurry vision, headaches while reading or other changes in their eyesight. Regular comprehensive eye exams can help identify vision problems and support eye health and quality of life.<sup>8</sup>

### References

1. Canadian Association of Optometrists. *Eye Health Statistics*. Feb. 13, 2019.
2. Canadian Council of the Blind. *The Cost of Vision Loss and Blindness in Canada*. Deloitte Access Economics, May 2021.
3. Health Canada. *National Strategy for Eye Care*. June 4, 2026.
4. Canadian Association of Optometrists. *Better Vision for Children: Focus on Prevention and Education*. 2016.
5. Canadian Association of Optometrists. *Vision Problems and Learning*. Updated Sept. 18, 2025.
6. Canadian Association of Optometrists. *Children's Vision Screening and Comprehensive Eye Examinations*. July 22, 2024.
7. International Agency for the Prevention of Blindness. *Three Things You Need to Know About Eye Health Awareness*. November 2022.
8. Canadian Association of Optometrists. *The Eye Exam*. Updated Dec. 22, 2025.

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## Essential questions

- Why are our eyes important?
- How do healthy habits protect our vision?
- How can we keep our eyes safe?

## Discussion questions (before, during and after)

### Brainstorm before the activity

- What do you use your eyes for every day?
- How would your day change if you couldn't see clearly?
- Are there students wearing eyeglasses in the classroom?  
How do the eyeglasses help them?

### During the activity

- Which healthy habit is shown in the picture?
- Why is that habit important?

### After the activity

- Name one thing you can do to take care of your eyes.
- Who would you tell if your eyes hurt or you couldn't see clearly?

## Differentiation

- Read the worksheet aloud for emerging readers.
- Pair students for discussion.
- Allow oral responses instead of written ones.
- Use visual examples to support English language learners.

## Extension activities

- Create a classroom poster about healthy eye habits.
- Keep a "healthy habits" chart for one week.
- Invite an eye care professional to visit the classroom.
- Have students draw themselves practising one healthy eye habit.

## Family connection

Send the eye health tip sheet home and encourage students to discuss one new eye health habit with their family.

## By the end of today's lesson, students will be able to:

- Describe healthy eye habits.
- Explain why vision is important.
- Identify ways to protect their eyes.

### Introduction (5 minutes)

Ask students:

- Why are our eyes important?
- What activities do we use our eyes for every day?
- How would life be different if we couldn't see well?

Allow students to share ideas.

### Teach (10 minutes)

Discuss:

- **What our eyes do**

Our eyes collect light and send messages to the brain, allowing us to recognize faces, read books, play sports, enjoy nature and safely move around. Vision is an important part of everyday life. Explain that different parts of the eye work together like a camera to create images that the brain understands.

**Ask students** to name five activities they could not do easily without healthy vision.

#### Reference

Canadian Association of Optometrists. *A Detailed Look at the Eye*. Updated Jan. 14, 2025.

- **Healthy foods for vision**

A balanced diet supports healthy eyes. Encourage students to eat a variety of colourful fruits and vegetables, leafy greens, fish, nuts and seeds as part of a healthy diet. **Ask students:** "What healthy foods have you eaten today?"

#### Reference

Canadian Association of Optometrists. *Nutrition: Healthy Eye Food Information*. Updated March 26, 2024.

- **Eye safety**

Eyes should be protected during sports where eye injuries could occur. Protective eyewear can help prevent many eye injuries. Students should also never point a laser at anyone or look directly into a laser beam. **Ask students:** "Where should safety goggles or protective eyewear be worn?"

#### References

Canadian Association of Optometrists. *Sports and Protective Eyewear*. Updated Jan. 14, 2025.

Health Canada. *Laser Products*. Government of Canada, Oct. 23, 2025.

## Lesson sequence

This resource is intended to support classroom learning about healthy vision and eye care. It is not a substitute for advice, diagnosis or treatment from a qualified eye care professional.



- **Wearing sunglasses outdoors**

Ultraviolet (UV) rays from the sun can damage the eyes over time. Encourage students to wear sunglasses that block 99 to 100 per cent of UVA and UVB rays, along with a wide-brimmed hat when spending time outdoors. **Ask students:** “When do you usually wear sunglasses?”

**Reference**

World Health Organization. *Ultraviolet Radiation*.

- **Not rubbing eyes with dirty hands**

Our hands pick up germs throughout the day. Touching the eyes with unclean hands can spread germs. Encourage students to wash their hands regularly and avoid touching their eyes unless necessary. **Teacher tip:** Demonstrate proper handwashing before discussing eye care.

**Reference**

Public Health Agency of Canada. *Clean Your Hands to Help Reduce the Spread of Infectious Diseases*. Government of Canada, June 3, 2025.

- **Visiting an eye doctor**

Regular comprehensive eye exams help detect vision problems and eye diseases early. Children may not realize they have blurry vision because they assume everyone sees the same way. Teachers can remind students to tell an adult if they have trouble seeing the board, have difficulty reading or experience headaches while doing close work. **Ask students:** “Has anyone ever had an eye exam? What happened?”

**Reference**

Canadian Association of Optometrists. *The Eye Exam*. Updated Dec. 22, 2025.

## **Activity time (15-20 minutes)**

Choose one or more activities and encourage discussion while students work.

- Colouring page
- Word search
- Matching activity
- Maze
- Crossword
- Label the eye
- I spy
- Eye safety worksheet

# **Lesson sequence**

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## Wrap-up (5 minutes)

Review:

- What is one new thing you learned?
- Name one healthy eye habit.
- What will you do differently after today's lesson?

## Assessment

Students demonstrate understanding by:

- Participating in discussion
- Completing the activity sheet
- Identifying healthy eye habits
- Explaining one way to protect their eyes

## Differentiation

For younger learners:

- Read questions aloud
- Complete activities together
- Use larger colouring pages

For older learners:

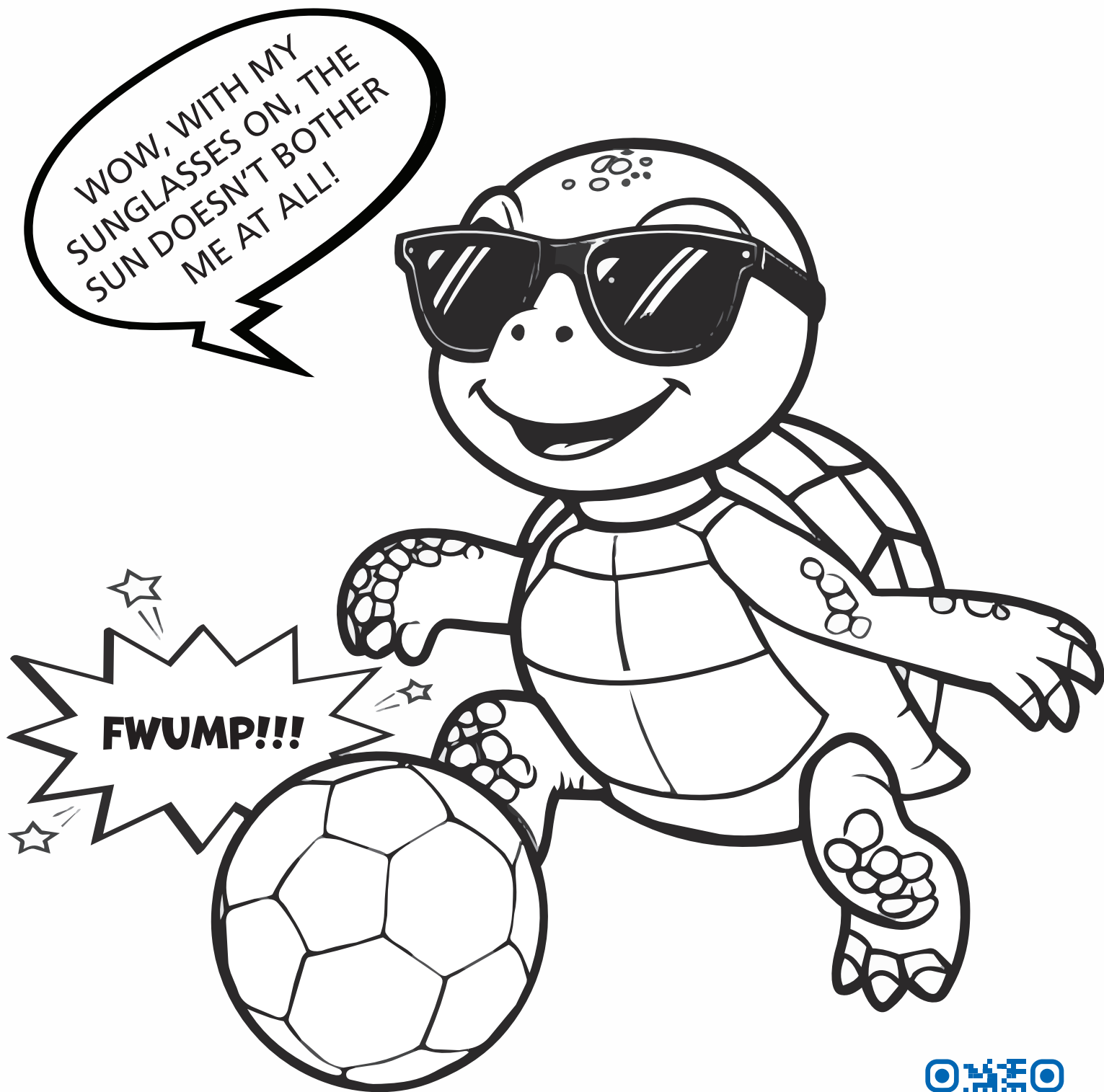
- Add writing prompts
- Complete anatomy activities
- Discuss digital eye strain
- Introduce more detailed vocabulary

## Extension activities

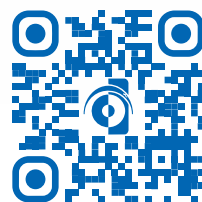
- Create an eye health poster
- Keep a healthy habits journal
- Complete additional worksheets
- Take the family eye health challenge

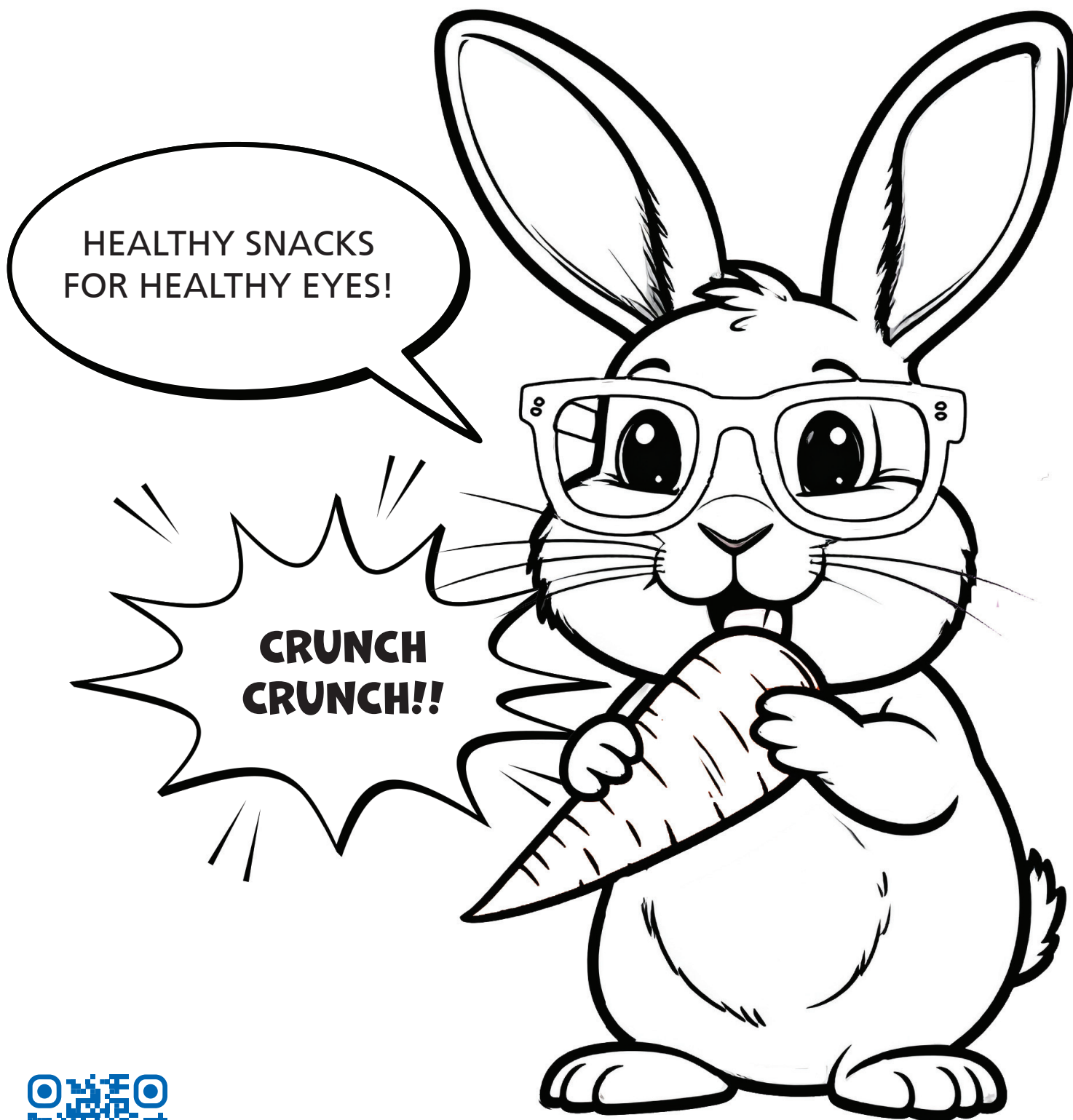
## Home connection

Send the family handout home and encourage students to discuss one healthy eye habit with a parent or caregiver.



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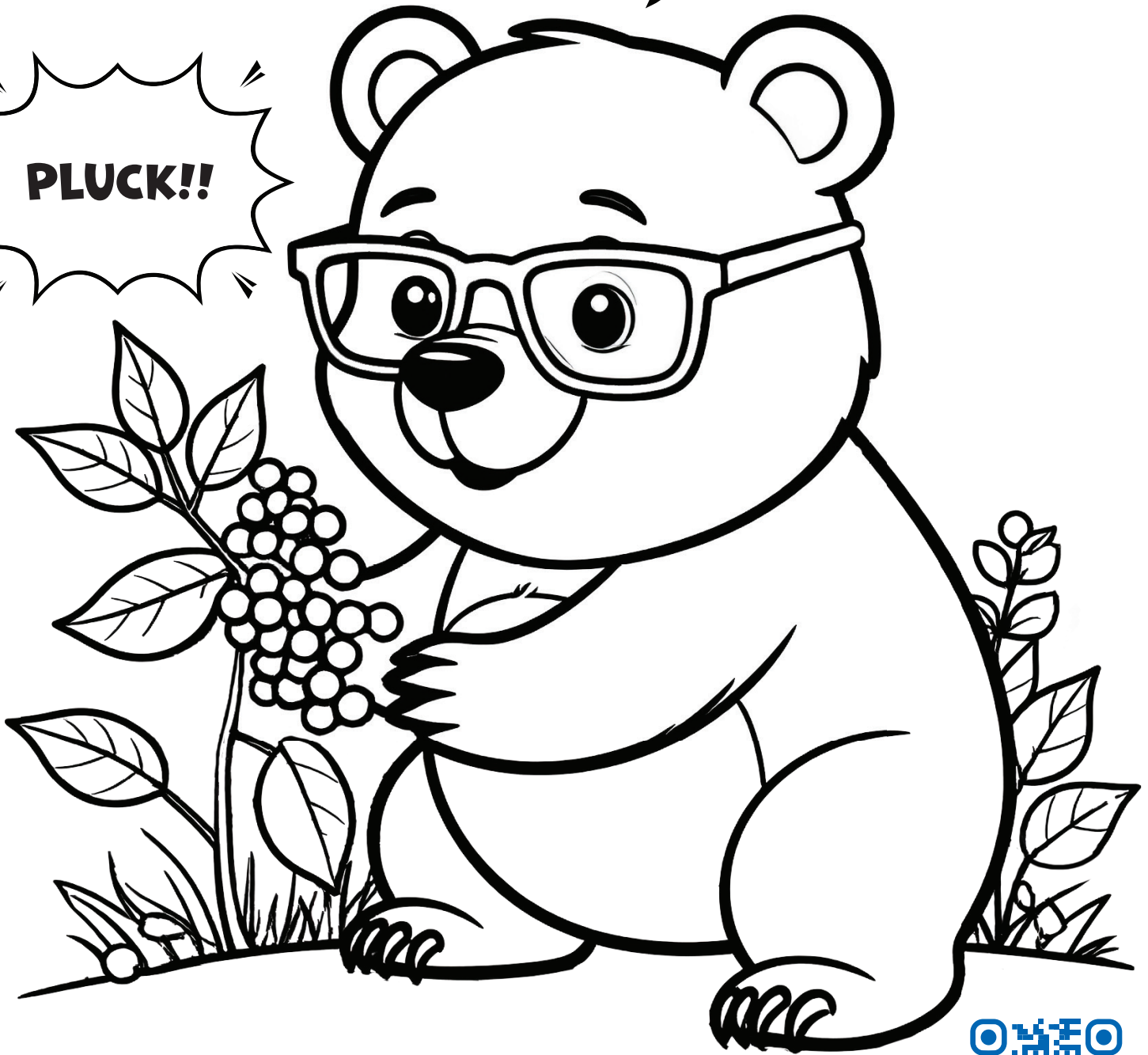
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**Colouring sheet**  
Grades K-3



GOOD THING I'M WEARING  
MY GLASSES! I CAN SPOT  
THE JUICIEST BERRIES!

**PLUCK!!**



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**Colouring sheet**  
Grades K-3



WOW! THE BOARD ISN'T BLURRY  
ANYMORE! I CAN READ EVERY  
WORD, AS BRIGHT AS MY SPOTS.



## Colouring sheet

Grades K-3



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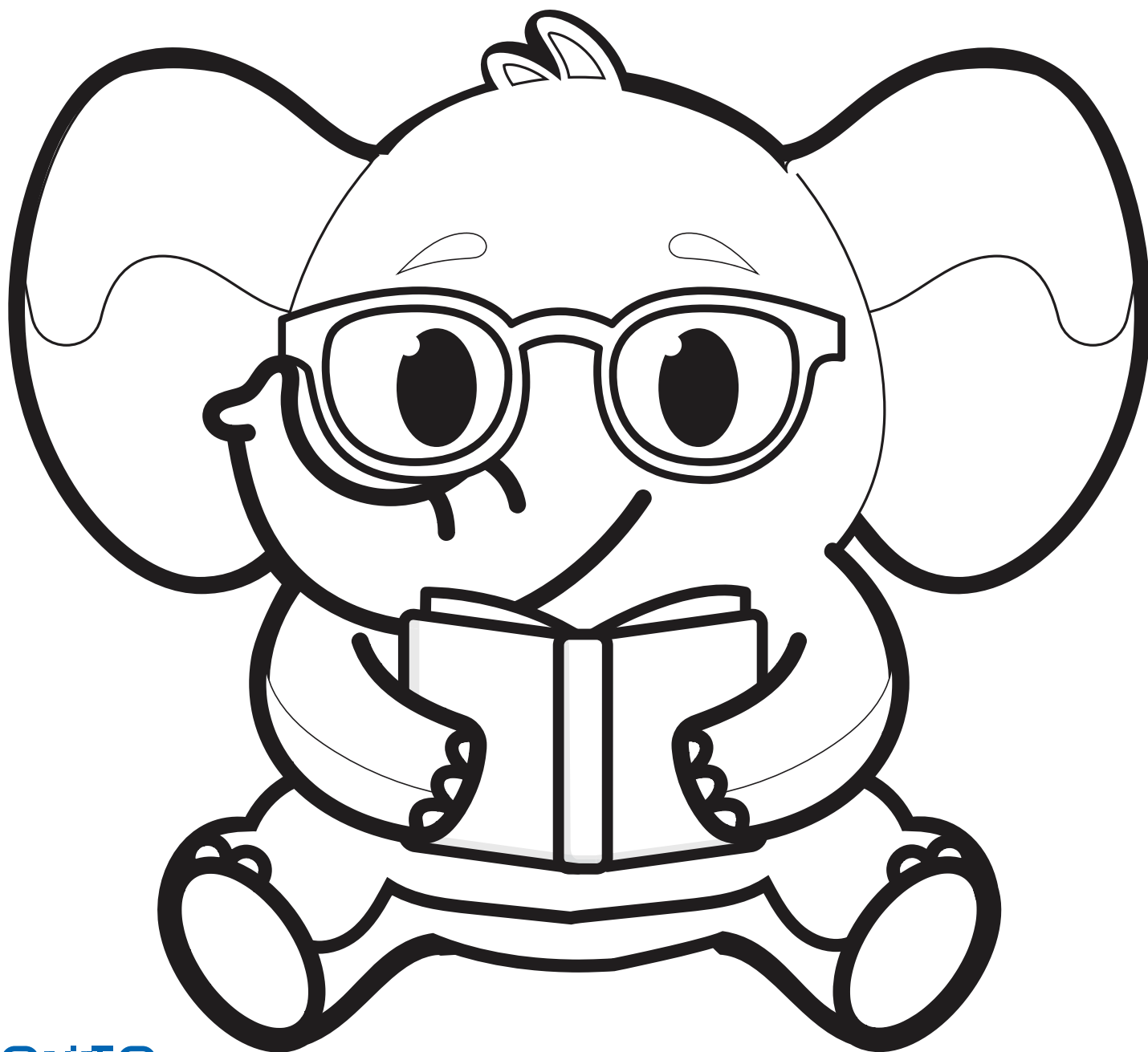
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# Colouring sheet

Grades K-3



READING TIME IS THE BEST TIME.  
I LOVE MY NEW EYEGLASSES!



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

## Word list

EYE  
 VISION  
 BLINK

GLASSES  
 SUN  
 HAT

READ  
 SEE  
 SAFE

HEALTH  
 FOOD  
 BOOK

CARE  
 CLEAN  
 DOCTOR

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

## Word list

CORNEA  
 RETINA  
 PUPIL

IRIS  
 OPTOMETRIST  
 OPHTHALMOLOGIST

EYEWEAR  
 SUNGLASSES  
 NUTRITION

VISION  
 BLURRY  
 PROTECTION

Draw a line to match each healthy eye habit to the correct picture.



(a)



(b)



(c)

Wear sunglasses

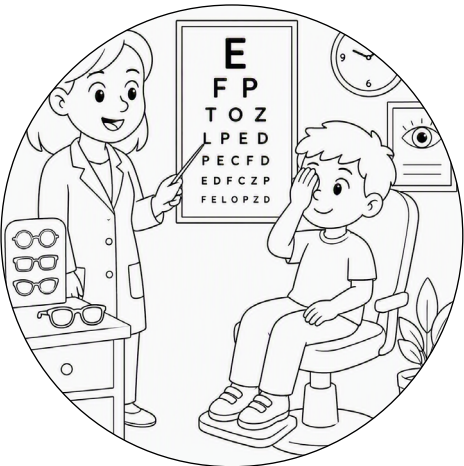
Eat healthy foods

Wash your hands

Read with good lighting

Wear protective eyewear

Get an eye exam



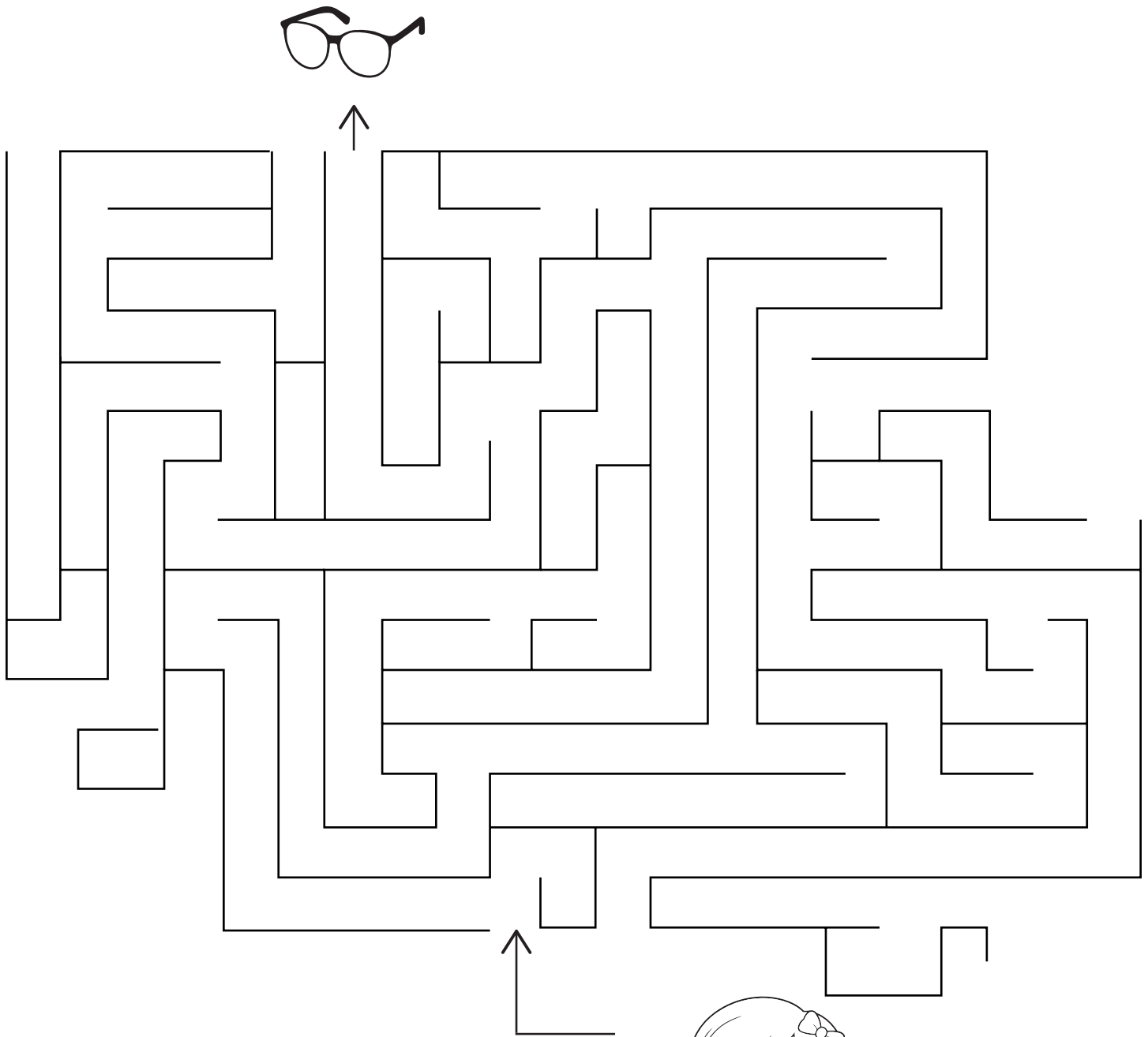
(d)



(e)

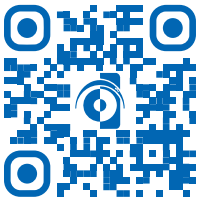


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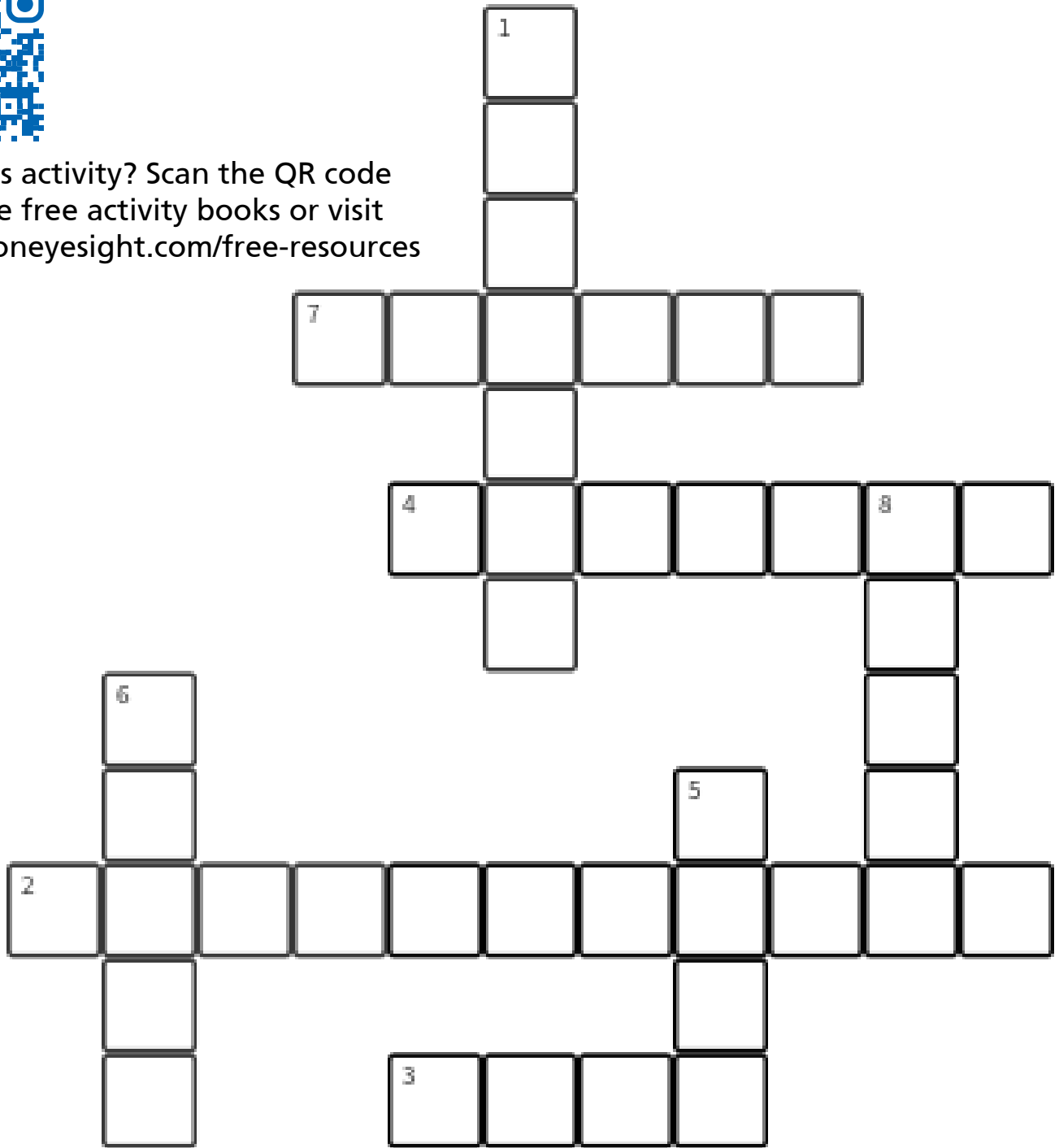


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#### ACROSS

2. A doctor who checks your eyes.
3. Bright light from the sun contains UV \_\_\_\_\_.
4. Fruits and vegetables help keep eyes \_\_\_\_\_.
7. What we use to see.

#### DOWN

1. We wear these to help us see better.
5. The coloured part of the eye.
6. The opening in the centre of your eye.
8. We should wash these before touching our eyes.

## Let's look at our eyes!

Look in a mirror or at a partner's eyes. Can you find these parts?

**EYEBROW** helps keep sweat and rain away from your eyes.

**EYELID** closes to protect your eye and spreads tears when you blink.

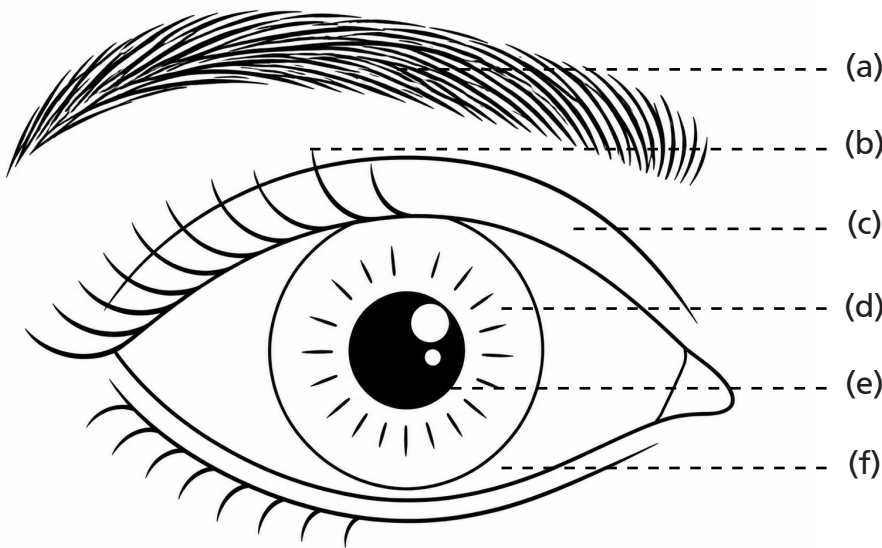
**EYELASHES** help keep dust and tiny particles away from your eyes.

**IRIS** is the coloured part of your eye. It can be blue, brown, green, hazel or another colour.

**PUPIL** is the black circle in the centre. It gets bigger in the dark and smaller in bright light.

The white part of your eye is called **SCLERA** and it protects the eyeball.

Using what you learned, write the name beside each part of the eye in the picture below.



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## Label the eye

Grades 3-6

## Make safe choices by checking the best answer for each question.

1. The sun is very bright. What should you wear?

- ☐ Winter boots      ☐ Sunglasses      ☐ A raincoat

2. You are riding your bike. What should you wear?

- ☐ A baseball cap      ☐ Slippers      ☐ A helmet

3. Your glasses are dirty. What should you use to clean them?

- ☐ An eyeglass cloth      ☐ A tissue      ☐ The sleeve of your shirt

4. You are spending the day outside. What should you bring?

- ☐ Video games      ☐ A water bottle      ☐ A blanket

5. You are at the beach. How can you help protect your eyes?

- ☐ Wear sunglasses and a hat      ☐ Look at the sun      ☐ Sit with your eyes closed

6. Your friend wants to shine a laser pointer toward your face. What should you do?

- ☐ Close your eyes      ☐ Look at the laser      ☐ Ask your friend not to point it at anyone's eyes

7. You are going swimming. What should you do with your glasses?

- ☐ Put them somewhere safe      ☐ Wear them into deep water      ☐ Leave them on the pool deck

8. You are doing a science experiment. What should you wear?

- ☐ Safety goggles      ☐ A party hat      ☐ Sunglasses

9. Your hands are dirty. What should you do before touching your eyes?

- ☐ Wash your hands      ☐ Touch your eyes carefully      ☐ Wipe them on your pants

10. Which snack helps keep your eyes healthy?

- ☐ Potato chips      ☐ Chocolate bars      ☐ Fruits and vegetables

## Crossword

Across:

OPTOMETRIST

RAYS

HEALTHY

VISION

Down:

GLASSES

IRIS

PUPIL

HANDS

## Eye safety worksheet

1. Sunglasses
2. A helmet
3. An eyeglass cloth
4. A water bottle
5. Wear sunglasses and a hat
6. Ask your friend not to point it at anyone's eyes
7. Put them somewhere safe
8. Safety goggles
9. Wash your hands
10. Fruits and vegetables

## Word search

Grades 2-4

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

## Matching activity

- a = Wash your hands  
b = Wear sunglasses  
c = Wear protective eyewear  
d = Get an eye exam  
e = Eat healthy foods  
f = Read with good lighting

## Label the eye

- a = Eyebrow  
b = Eyelashes  
c = Eyelid  
d = Iris  
e = Pupil  
f = Sclera

Grades 4-6

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

# CERTIFICATE

## ★ OF ACHIEVEMENT ★

### Healthy Eyes, Healthy Me!

This certificate is proudly presented to

---

for successfully completing the  
**Healthy Eyes, Healthy Me!**  
classroom activities and demonstrating an understanding of  
healthy eye habits, eye safety and the importance of protecting vision.

**CONGRATULATIONS!**

