

Sparkle's Snowy Adventure

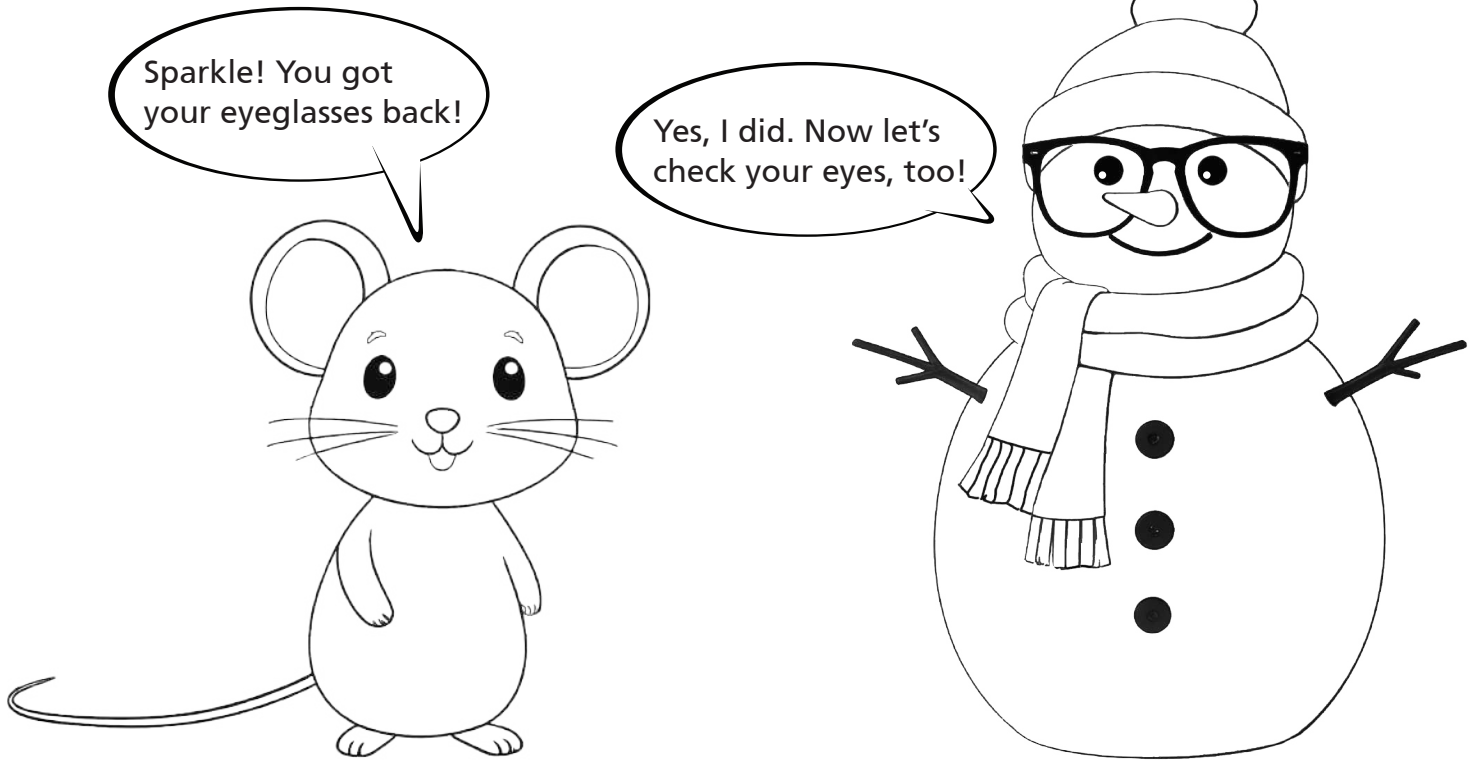
Last winter, Sparkle the snowman faced a big challenge: he lost his eyeglasses in the wind! Everything looked blurry and confusing. But kids like you helped Sparkle find his glasses.

This winter, with his eyeglasses back, Sparkle wants to help others with poor eyesight. That's why he became a community health worker. He travels from village to village and house to house to test people's eyesight. Today, he plans to visit five families in the village. If he meets someone with a vision problem, he'll tell them to visit the vision centre for an eye exam.









Help Sparkle get ready by colouring his clothes.



The first house on Sparkle's list is of Milo the mouse.
Sparkle knocks gently on the door.



To test his eyes, Sparkle asks Milo to write down the directions the paws are pointing to:

 <input type="checkbox"/> _____	 _____ <input type="checkbox"/> _____	 _____ <input type="checkbox"/> _____	 <input type="checkbox"/> _____
 <input type="checkbox"/> _____	 <input type="checkbox"/> _____	 <input type="checkbox"/> _____	 <input type="checkbox"/> _____

Oh wait, there's a hidden message there! Pick the letters from the squares above and place them in the blank spaces below to read the hidden message.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
1	2	V	3	Y	4	5	6	Y	7	8	S

Answers: 1. LEFT 2. DOWN 3. LEFT 4. DOWN 5. UP 6. RIGHT 7. LEFT 8. LEFT
 Secret message: LOVE YOUR EYES

Your eyesight is fantastic, Milo!
You've been taking great care of your eyes.
Here are a few tips to keep them healthy.



Unscramble the sentences to learn the eye health tips Sparkle shared with Milo.

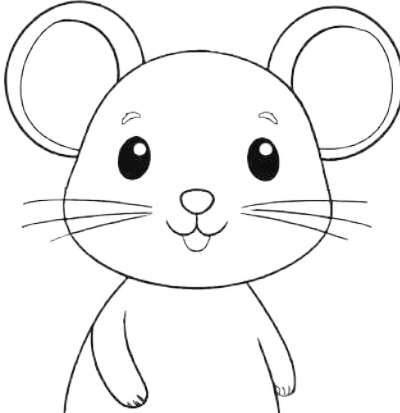
- 1. from screens Take breaks

- 2. arm's Hold length books at

- 3. eyes rest Blink often to your

- 4. rub not Do eyes your

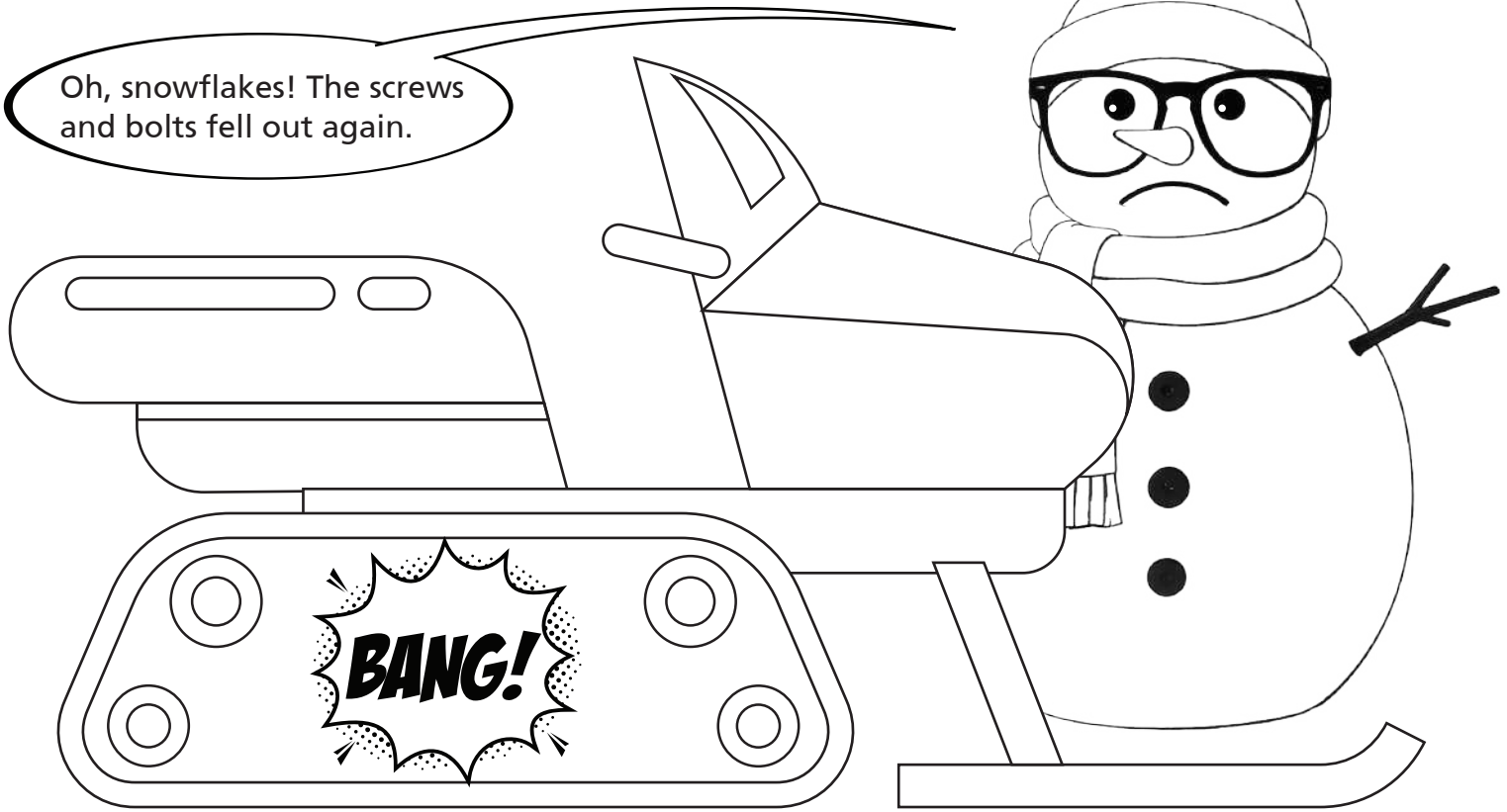
- 5. your touching your before hands Wash eyes



Thanks, Sparkle, for
the eye test and the tips!

Answers: 1. Take breaks from screens
2. Hold books at arm's length
3. Blink often to rest your eyes
4. Do not rub your eyes
5. Wash your hands before touching your eyes

It's time to head to the next house – the Reindeer family.
Just as Sparkle steps back onto his snowmobile...

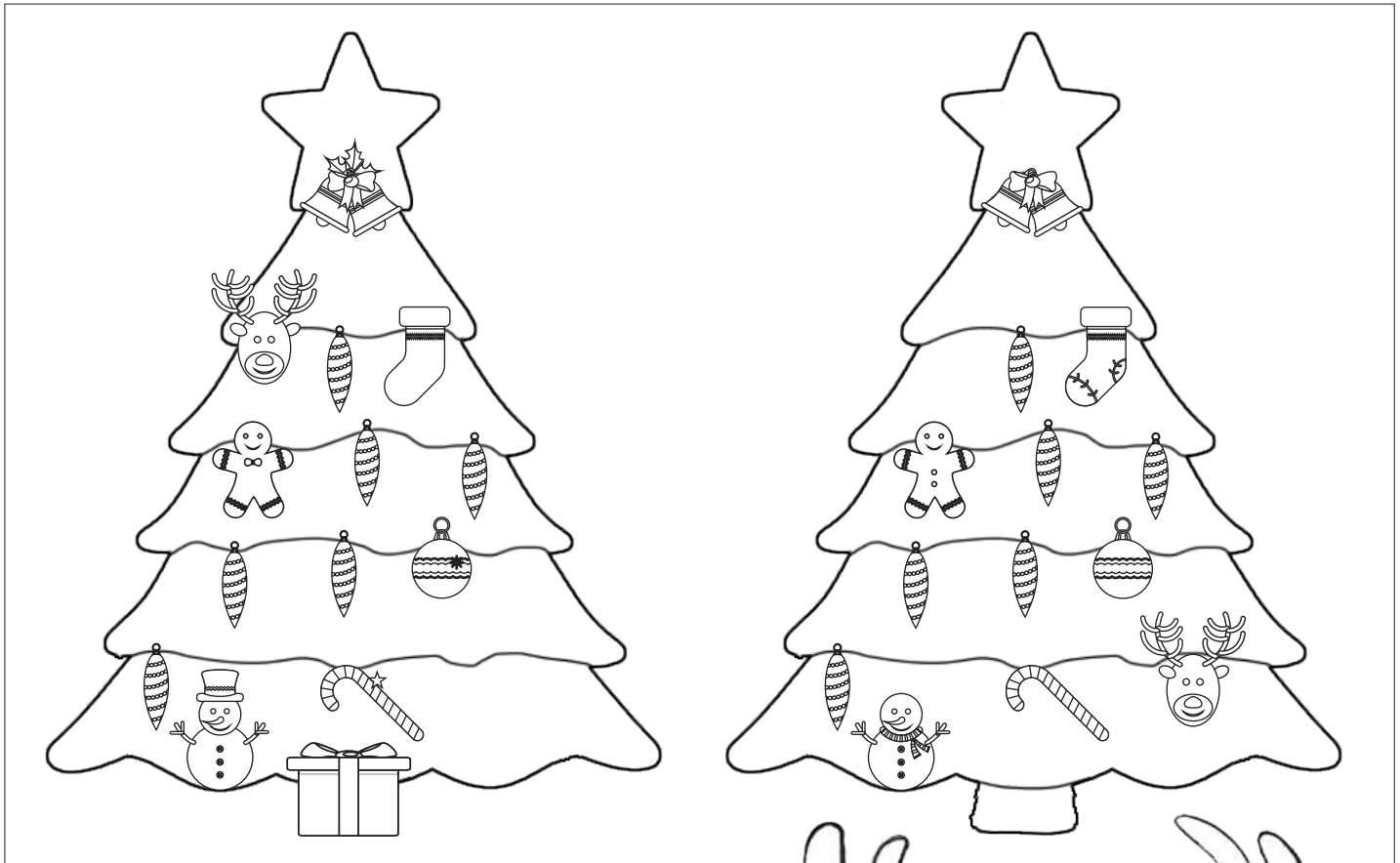


Can you help Sparkle find the parts that fell out?
Circle them in the grid. Then, colour the snowmobile.

- NUTS
- BOLTS
- PINS
- BRACKETS
- CLIPS
- PLATES
- SCREWS
- GEARS

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

Grandma Reindeer blinks slowly as Sparkle does a quick vision check. Can you help Grandma Reindeer spot the 10 differences between the two images below?



Things look fuzzy for me.

Grandma Reindeer,
you should visit the
vision centre.



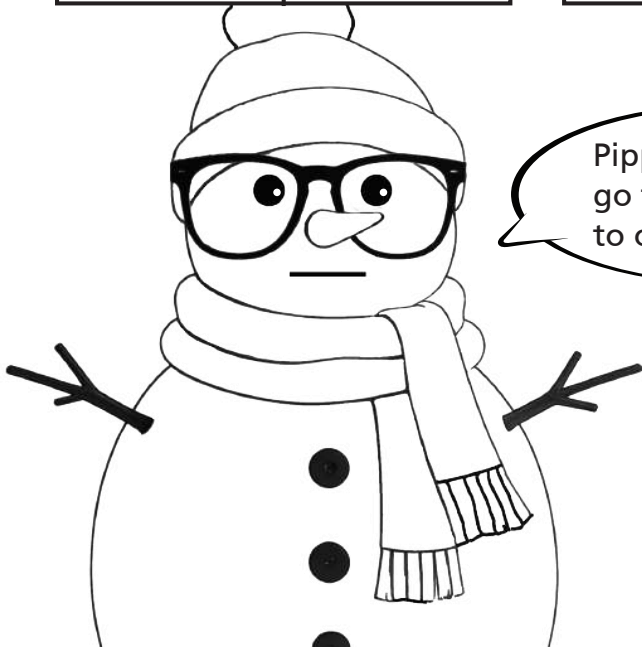
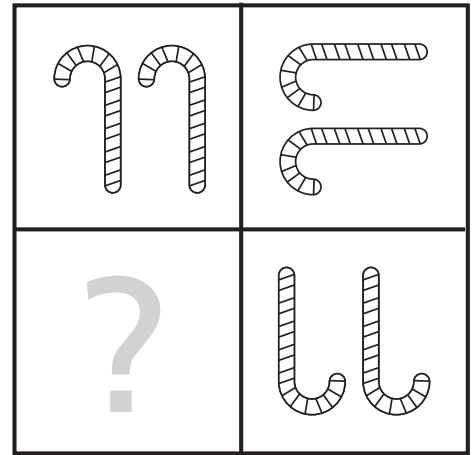
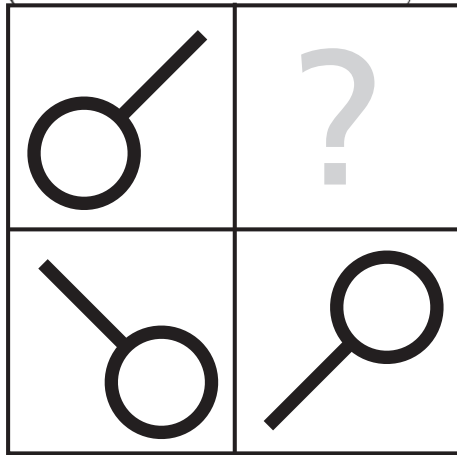
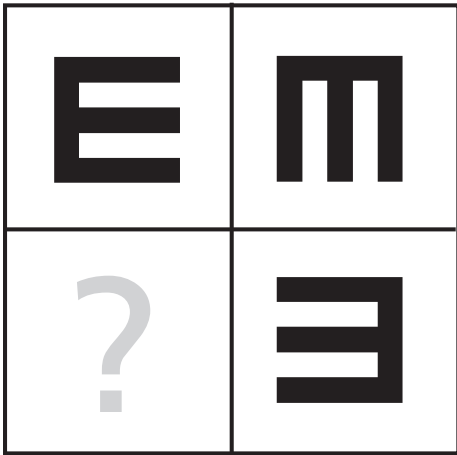
Answers: LEFT TREE : 1. Snowman has no scarf 2. Stocking is missing the stitches 3. Gingerbread man is missing buttons 4. No holly with the jingle bells 5. There's a gift box for stem
RIGHT TREE: 1. Snowman has no cap 2. Gingerbread man is missing the bow tie 3. Ornament ball is missing the snowflake 4. Reindeer has changed its position
5. Candy cane is missing the star

In the third house, Sparkle notices that Pippin the penguin holds her book very close to her face.

Oh dear, too close!



Pippin needs to finish the three patterns below for her eye test. Can you help her?



Pippin, you should go to the vision centre to check your eyes.



Answers

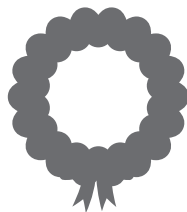
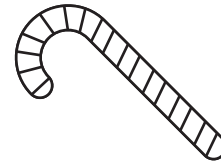


In the next house, Papa Bear rubs his eyes a lot!

Are your hands clean?

Oops, not always!

Papa Bear is taking the eye test. Want to give it a try? Match each item in the box to its shadow.



Papa Bear, please visit the vision centre.



Match the Shadows

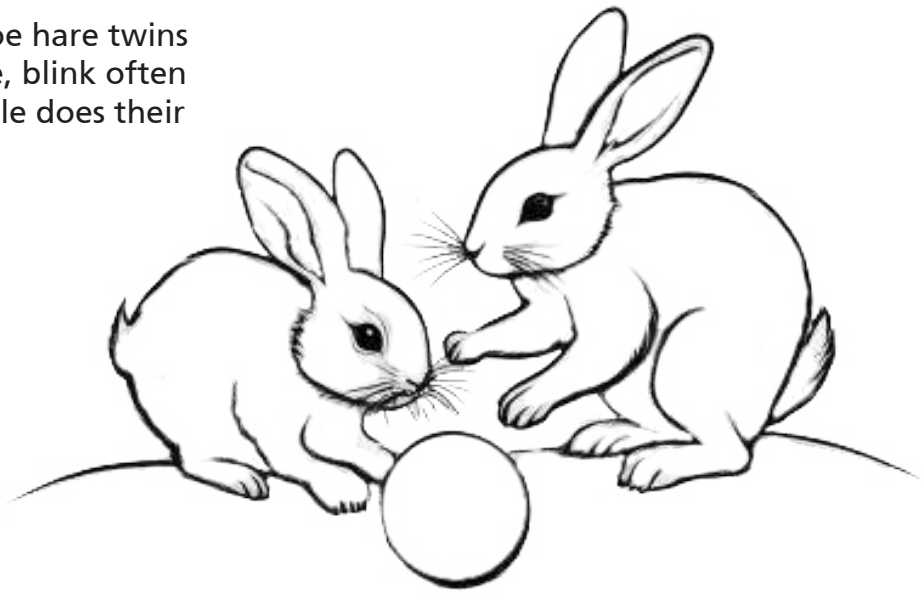
Children's Holiday Activity Book

operationeyesight.com

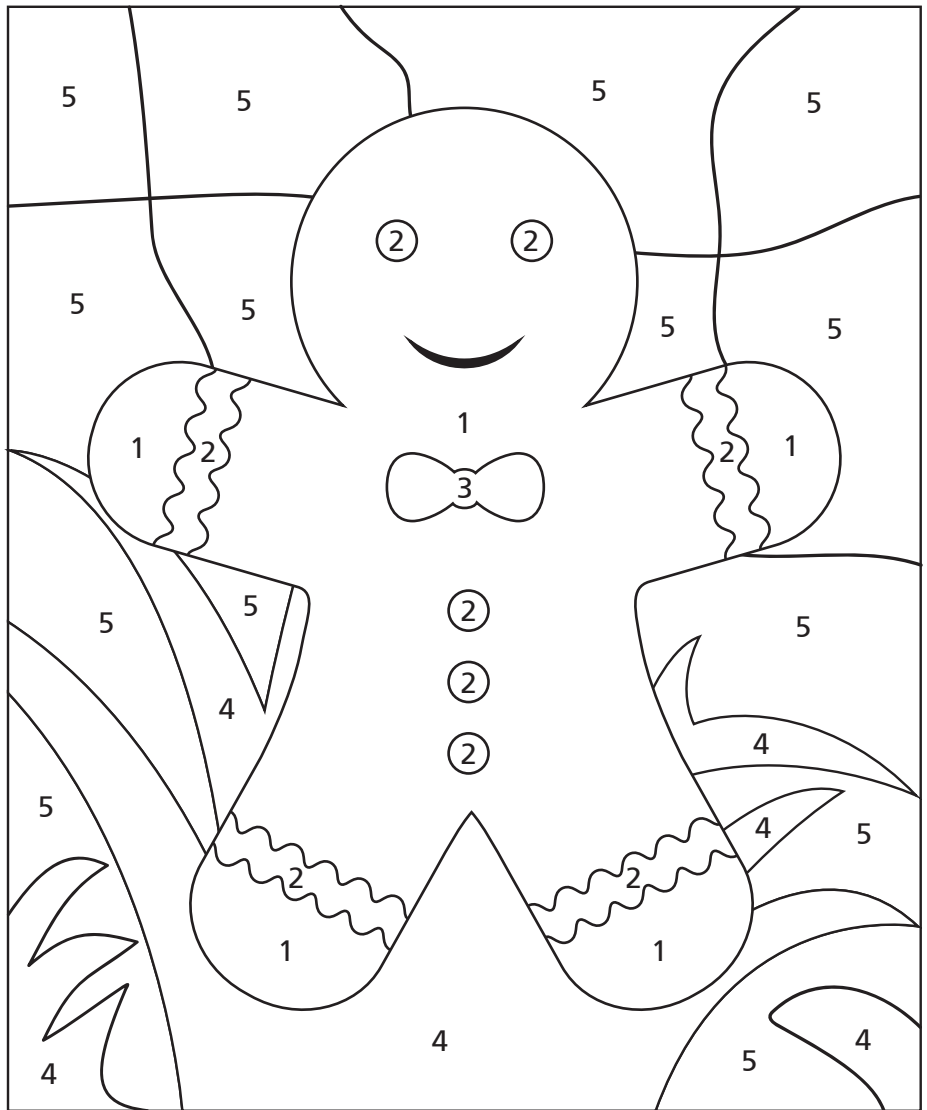
In the last house of the day, the snowshoe hare twins are careful and gentle. They play outside, blink often and take screen breaks. And when Sparkle does their vision checks, he doesn't spot any issues.

You can try the vision-check activity too!
Complete the paint by number below.

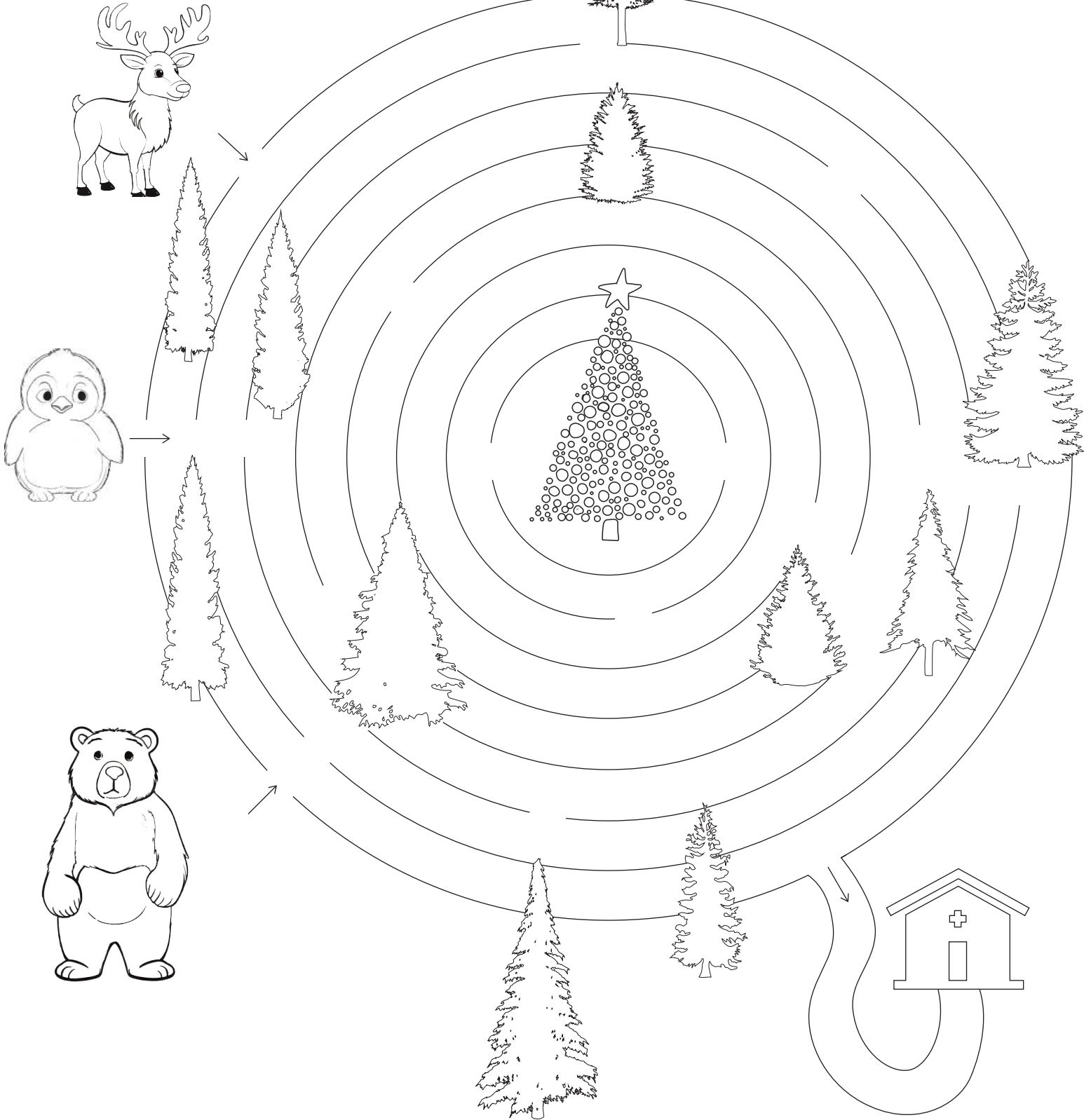
1. Brown
2. White
3. Red
4. Green
5. Blue



Wonderful eye-care habits!
No referrals needed!



Grandma Reindeer, Pippin the penguin and Papa Bear are ready to go to the vision centre. Below is the map. Can you help them find their way?



MONTHLY PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Decorating the tree	2 Eye screening in Frost Pine village	3	4	5	6
7	8 Skiing	9	10 Eye screening in Iciclebrook village	11	12 Christmas carol	13 Christmas market
14	15 Skiing	16	17	18 Eye screening in Snowglow Village	19 Gift wrapping	20 Visit the lights display with friends
21 Clean the house	22 Write holiday cards	23 Bake gingerbread	24 Christmas Eve Dinner with family	25 Christmas Day	26 Boxing Day	27
28	29 Skiing	30 Make hot cocoa and read	31			

 Sunny
  Partially sunny
  Cloudy
  Windy
  Snowy
  Rainy



I've checked everyone's eyes today... but I need to take care of my eyes too! When can I go for my check-up? Let me look at my calendar and pick a day to visit the eye doctor.

- The eye doctor's office is open Monday to Friday.
- It's closed on Christmas Eve, Christmas Day and Boxing Day.
- It can be tricky to get there on rainy and snowy days, and the forest path can be icy the day after it snows.

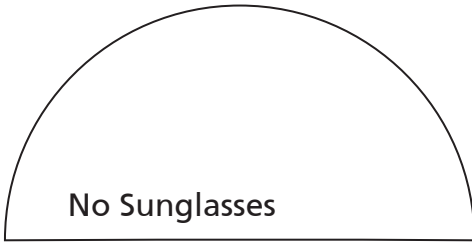
Go through Sparkle's calendar and help him find a safe day to get his eyes tested. List the best two days below.

Answers
Dec. 5 and Dec. 17

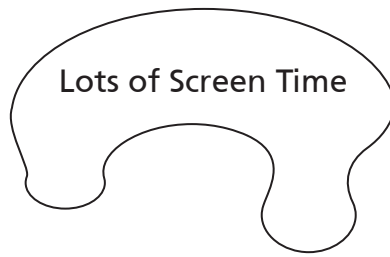
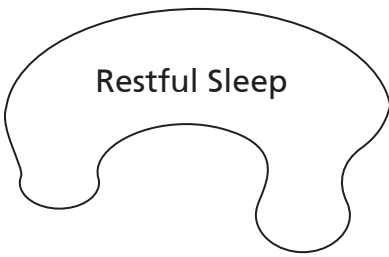
Back home after a long day, Sparkle is ready to make an ice cream sundae. He likes to enjoy a cold treat while he thinks of all the different ways to keep his eyes healthy. Can you help him?

1. Read the text and choose the flavour, syrup and toppings that are best for strong eyes.
2. Ask a grown-up to help you cut them out, so you can paste them in the matching spaces above the bowl on the right.
3. Don't forget to colour the sundae after.

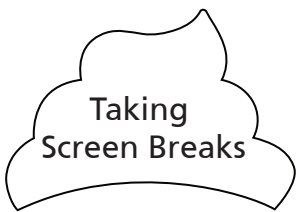
Ice Cream



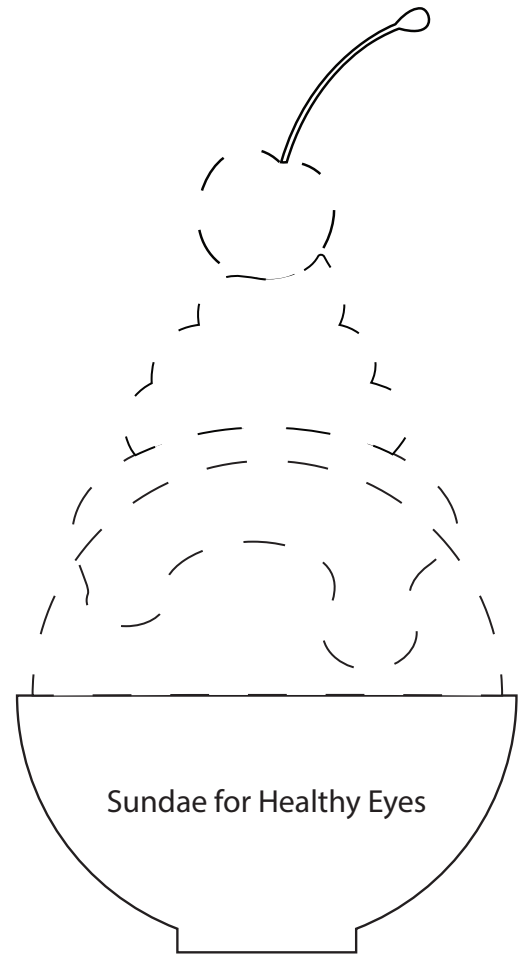
Syrup



Whipped Cream



Cherry



Answers:
Healthy Food, Restful Sleep, Taking Screen Breaks, Clean Hands