

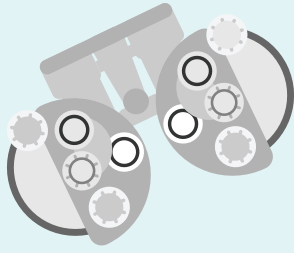
PREVENT BLINDNESS WISCONSIN'S

What do you see?

COLORING AND ACTIVITY BOOK



AGE
5



Founded in 1958, Prevent Blindness Wisconsin improves the lives of children, adults, and families through early detection of eye conditions to prevent blindness and preserve sight. On-going vision screening activities and state-wide public health education lead to a lifetime of healthy vision. Our vision is for each Wisconsin resident to have healthy vision at every stage of life.

Prevent Blindness Wisconsin and the American Academy of Pediatrics Bright Future Guidelines recommend vision screening children in 3K, 4K, 5K, and grades 1, 3, 5, 7, 10, and 12. It is recommended your child receives a dilated eye exam before beginning Kindergarten. It is also recommended at your child's well-child checkups to ask your doctor to conduct the red reflex test on your child. A red reflex test is a non-invasive vision test which checks for amblyopia (lazy eye) in a child, the most common cause of preventable vision loss in children. During a red reflex test, a light is shined into your child's eyes, looking for abnormalities. If concerns are found, your child will be referred to an eye doctor for further care.

To learn more about children's vision health and for resources on common vision problems found in children, the vision screening process, and how to make an eye doctor appointment visit wisconsin.preventblindness.org/resources or call (414) 765-0505.





Activity 1

We use our eyes every day to help us see the world around us.

List 3 things you see every day with your eyes!

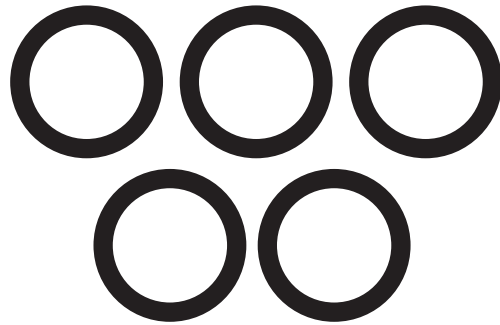
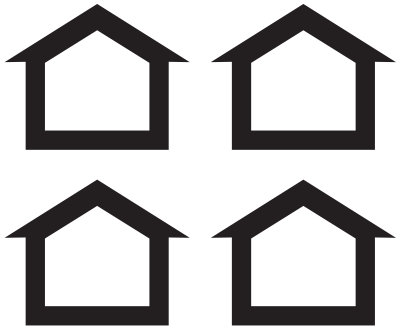
1. _____


2. _____

3. _____

Activity 2

How many shapes do you see? Write your name in the first blank below and fill in how many of each shape you see!

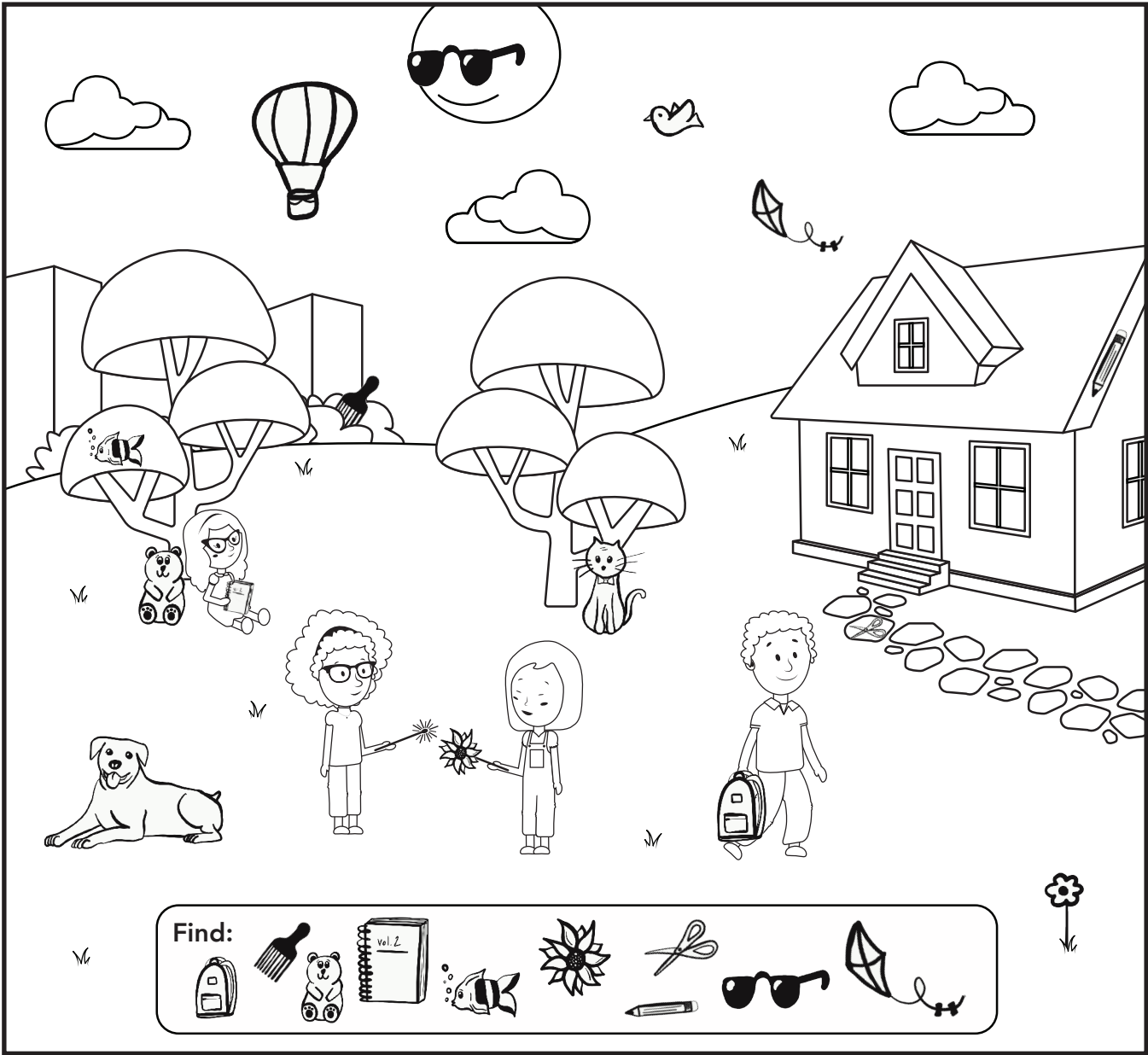


(Name) _____ has healthy  's,

and sees _____ , _____  's, _____  's, and _____  's.

Activity 3

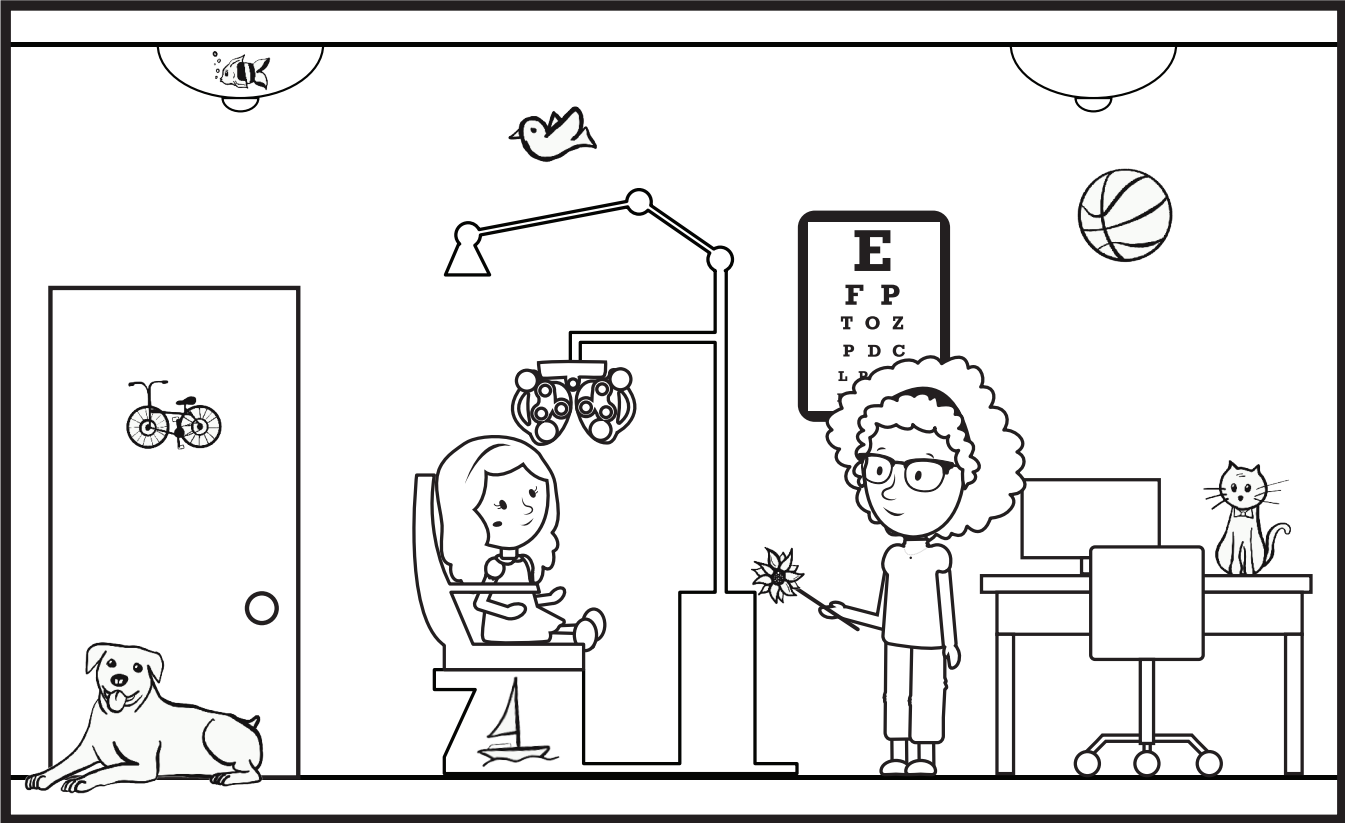
Eye Spy. Circle the objects listed below in the picture.



Activity 4

Some of these items do not belong in the eye doctor's office.

Circle the objects that look out of place!





**This activity book was developed in 2018 with funding
from the Racine Community Foundation.**



To learn more about vision and ways you can support our work, please visit: wisconsin.preventblindness.org

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