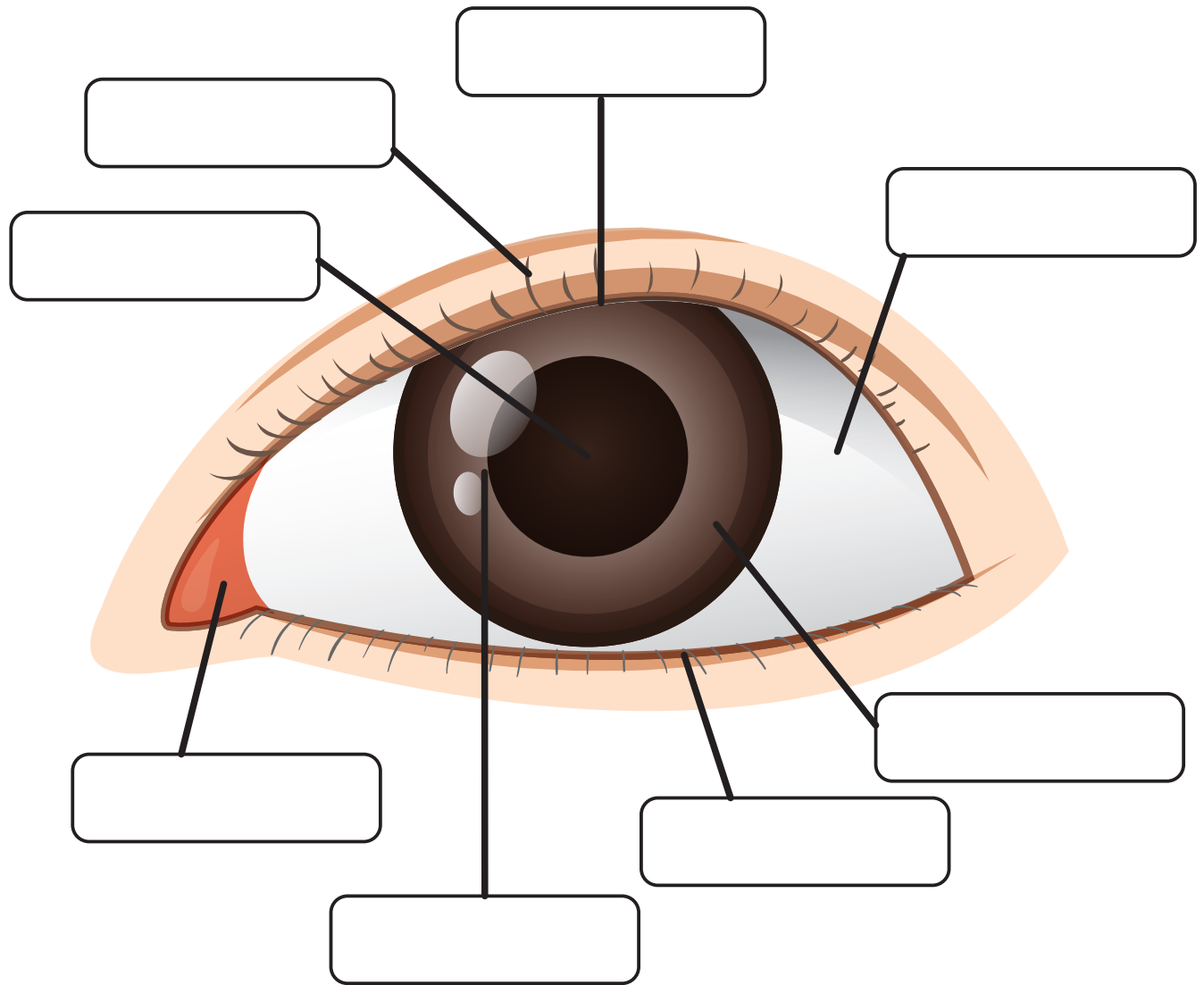


Parts of the Eye



Top Lid

Iris

Sclera

Eyelash

Bottom Lid

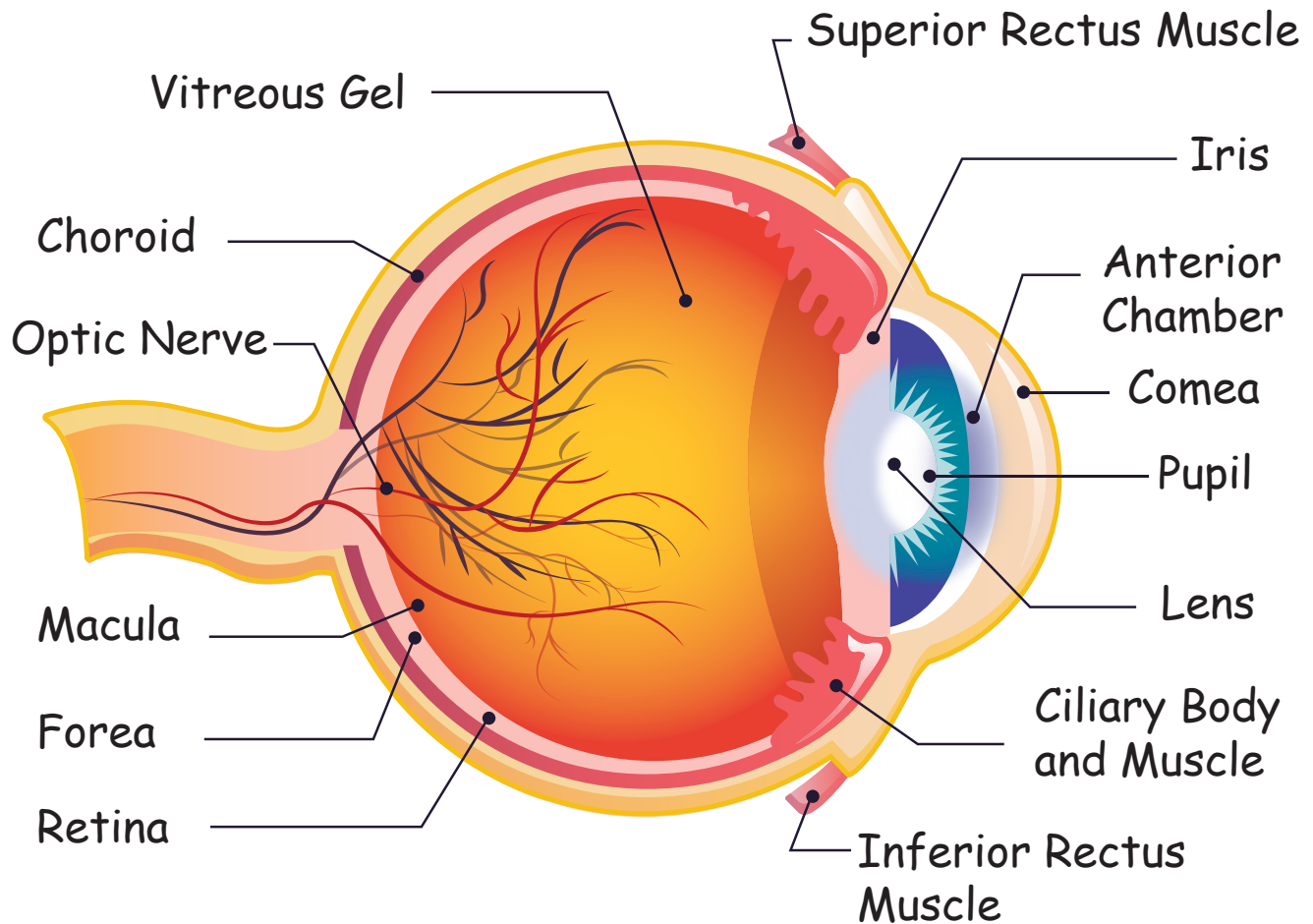
Tear Duct

Pupil

Cornea

Name: _____

The Eye

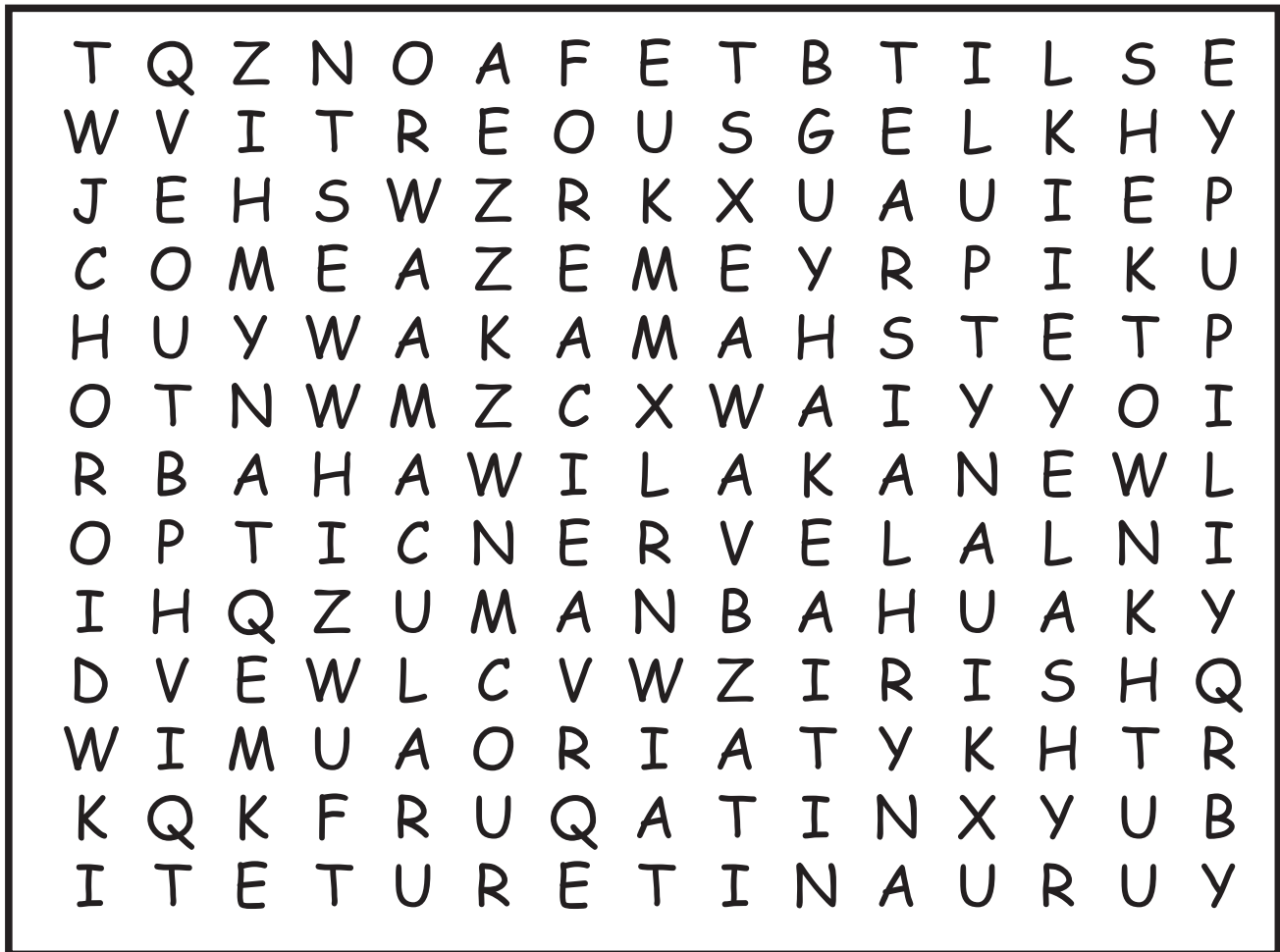


The eye is our organ of sight. The eye has a number of components which include but are not limited to the cornea, iris, pupil, lens, retina, macula, optic nerve, choroid and vitreous. Cornea: clear front window of the eye that transmits and focuses light into the eye.

Name: _____

Parts of the Eye

Word Search



Vitreous Gel

Choroid

Optic Nerve

Macula

Iris

Comea

Pupil

Eyelash

Forea

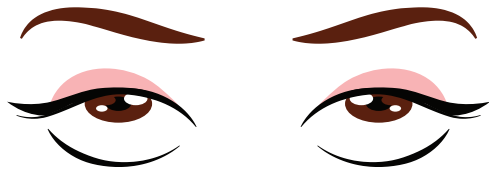
Retina

Eye

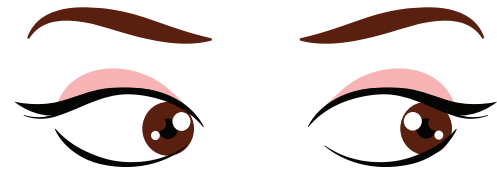
Tears

Name: _____

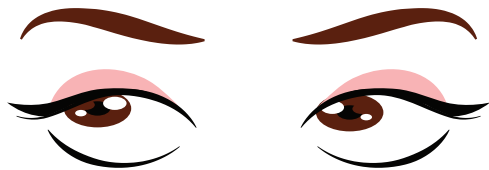
Eye Workout



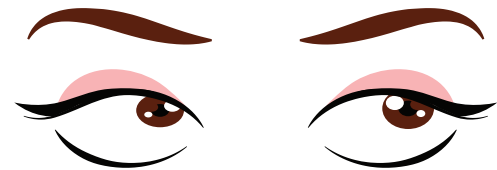
1. Look up and hold for 3 seconds then look down and hold for another 3 seconds. Repeat 3 times in total.



2. Look up and hold for 3 seconds then look left and hold for another 3 seconds. Repeat 3 times in total.



3. Look to the top left corner of your eye and hold for 3 seconds. Look to the top right and hold for another 3 seconds. Repeat 3 times.



4. Rotate your eyeballs 3 times to the right and then 3 times to the left. Blink several times to relax.



5. Close your eyes tight and hold for 10 seconds. Relax.

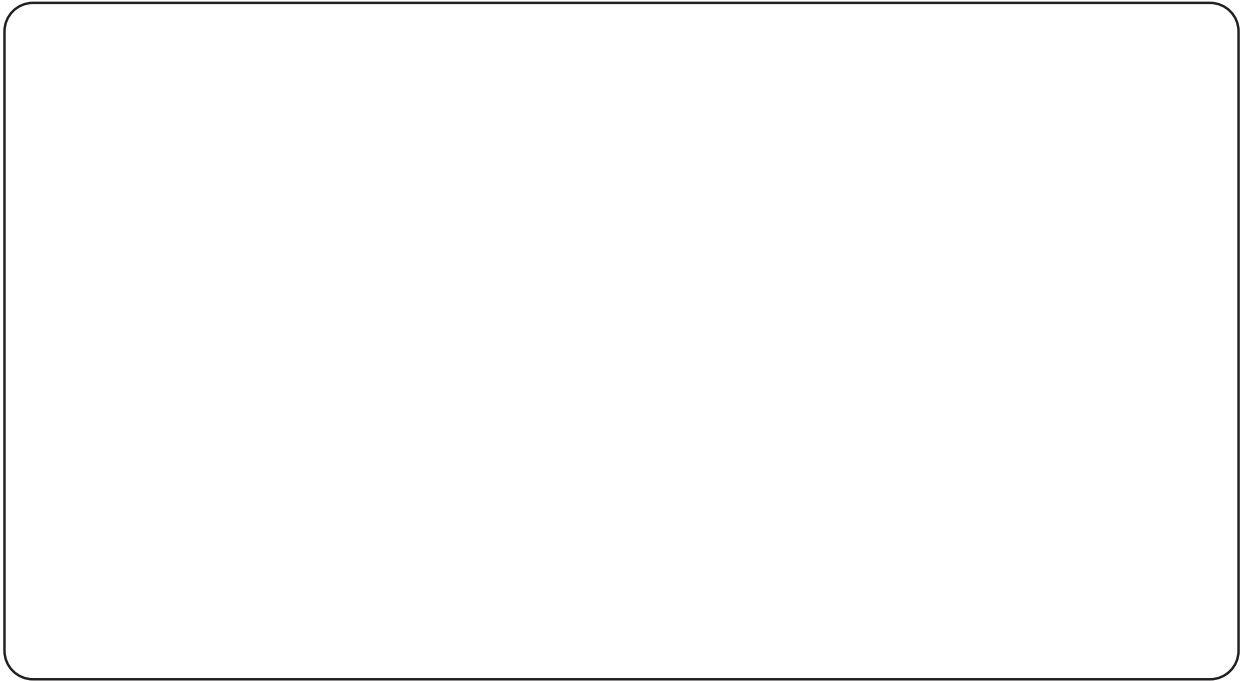


6. Open your eyes wide and hold for 10 seconds. Blink repeatedly to relax and complete the workout.

Name: _____

My Eye

Directions: Draw and color your eye and label it accordingly.



- Eyelash** - each of the short curved hairs growing on the edges of the eyelids, serving to protect the eyes from dust particles.
- Pupil** - Pupil, in the anatomy of the eye, the opening within the iris through which light passes before reaching the lens and being focused onto the retina.
- Iris** - The iris is a flat and ring-shaped membrane behind the cornea of the eye with an adjustable circular opening in the center called a pupil.
- Sclera** - The sclera is the white part of the eye that surrounds the cornea.
- Tear duct** - The tear duct is part of the tear drainage system. It drains tears through the nasal bone and into the back of the nose.
- Cornea** - The cornea is the transparent part of the eye that covers the front portion of the eye.