

# YOUR EYES

# Level 3-4

I need my eyes to see where my other team mates are so I can get the ball out to them. Your eyes are also very important.

The eyes have lenses that place a small, upside-down image of what you are looking at on to the back of each eye. Your brain grabs this image and let's you know what it is. Your brain gets two different pictures; one from each eye and it puts the two pictures together.

The average person blinks about 12 times a minute. How many blinks is that in a day, week, month and year?

An eagle can see a rabbit about 1.6km away. The average person needs to be about 500 metres away to see the same rabbit. Go outside and test this out! Take a rugby ball out to a large area and see at what distance the ball is no longer seen. You may want to plot your results.

## TRY THIS

Close your left eye and look at the red dot below. Gradually bring the book towards you. When the green dot disappears, it has fallen into your 'blind spot'.



## HEALTH TIP

WEAR EYE PROTECTORS OR GLASSES WHEN YOU ARE WORKING WITH SOMETHING WHERE FLYING PIECES COULD GET INTO YOUR EYES.

DON'T LOOK DIRECTLY INTO STRONG LIGHTS, LIKE THE SUN, AS THIS CAN DAMAGE YOUR EYES.



## FACTS

1. The iris is the part of the eye that is coloured.
2. The whites of your eyes (sclera) have blood vessels in them.
3. Eye lashes help keep the dust out of your eyes.
4. Eyelids help protect your eyes and keep them moist.
5. The middle of your eye contains a jelly-like substance.
6. Tears help to wash dust out of our eyes and keep them moist so our eyelids can move smoothly open and shut.
7. The crusty stuff around your eyes when you wake up is made of tears mixed with a little sweat and oil.

## TRY THIS

An optical illusion is when your brain tricks your eyes. Look at the lines below to see which one is longer, then measure them.

