

Activity Sheet 5: Eyes in Action

We all use our eyes differently. The way we use them depends on our jobs, habits and leisure activities. **To get an idea of the many ways your eyes help you every day, fill in the blanks below.**

1. Today I used my eyes at home to do the following:

_____.



2. Today I used my eyes during leisure time to do the following:

_____.



3. Today I used by eyes at work/school to do the following:

_____.



Look over the items you listed above. Now complete the following:

1. At home, I take care of my eyes by

_____.

2. At school/work, I take care of my eyes by

_____.

3. During leisure activities, I take care of my eyes by

_____.

Now examine what you have written about how you take care of your eyes, then complete the following.

1. I am MOST CONCERNED about taking care of my eyes at HOME, WORK, SCHOOL, LEISURE (circle one) because

_____.

2. To reduce my concern, I am going to do the following:

_____.