




MYOPIA PREVENTION

Topic: Taking Care Of My Eyes

LESSON ONE

 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Understand what is myopia and how it affects him/her
- ✓ Know and identify the good eye care habits

Materials Needed

- Signs of myopia (see Placard 3A)
- A blurred image (see Placard 3B)
- Good Eye Habits (see Placard 3C)
- Song Chart: My Eyes (see Song Chart 3A)
- Flip chart paper
- Markers
- Activity sheet

Introduction

1. Ask the students to look at the things around them (that is, the environment they are in) and write their answers on the flip chart.
2. Now, ask the students to close their eyes and ask them if they can see anything. Explain the importance of the eyes.

Myopia is commonly known as short-sightedness. A person with myopia is able to see close objects clearly but objects that are further away will appear blurred. It is important to teach children to adopt good eye care habits.

Suggested Activity

1. Explain to the students what myopia is and show them the signs of myopia. (use Placard 3A)
2. Show a picture of the blurred picture (use Placard 3B) and ask the students to describe the picture. Explain that when one cannot see the board clearly or distant objects clearly, one should inform parents and teachers.
3. Demonstrate to the students the correct distance to keep when reading a book and watching the TV (use Placard 3C).
4. Give examples of good eye care habits.
***Examples of good eye care habits:*
 - Go for regular eye checks
 - Always read in a upright and comfortable position in a well-lit room
 - Spend less time near work (i.e using a computer)
 - Spend more time playing outdoors.
5. Sing the song: My Eyes (use Song Chart 3A)
6. Invite the students to complete the activity and use their answers written on the flip chart to fill in the blanks.

At School

- Teachers to remind to the students to take eye breaks and correct the reading and writing posture.
- Teachers to observe and look out for students who may be at risk of being myopic.

★ Pointers for parents

- The children learnt about the eye condition 'Myopia' and how it affects them.
- They also learnt that they need to take care of their eyes by having good eye care habits.
- Parents can complete the activity sheet with your child to recap good eye care habits.

Take Home Activity 1: Which are GOOD eye care habits?

Put a tick to the good eye care habit.

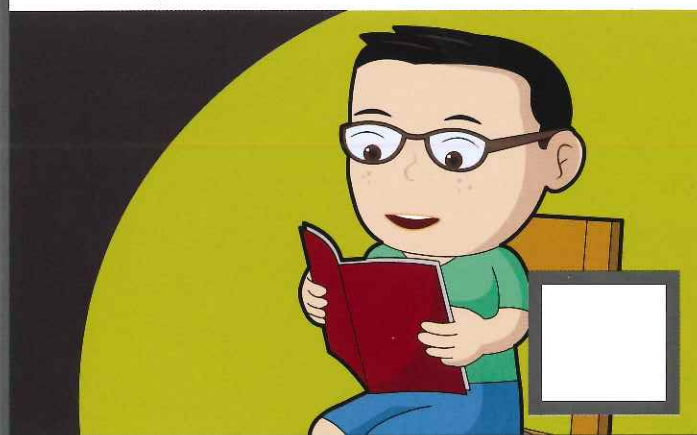
Spend ONE hour playing on the iPad



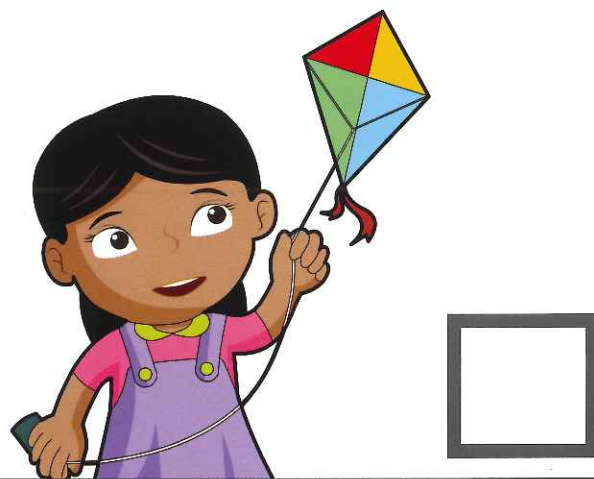
Take eye breaks after every 30-40 minutes of near work



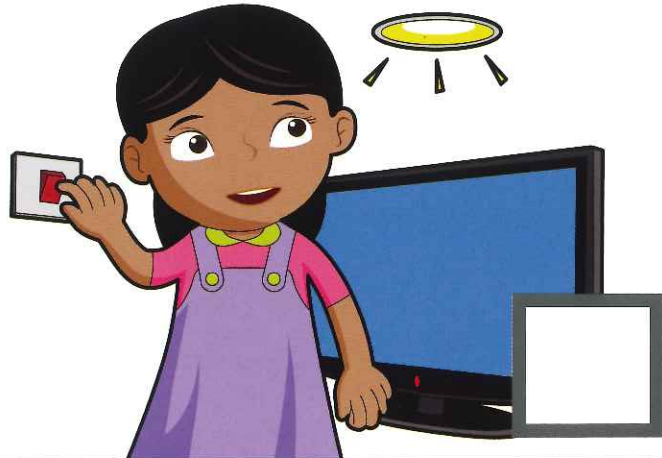
Read in an upright and comfortable position in a dark room



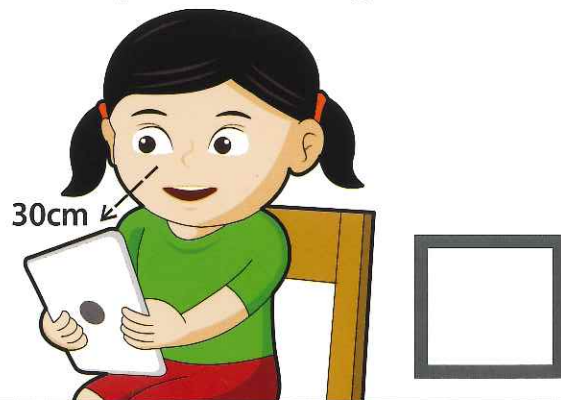
Spend more time playing outdoors



Watch TV in a bright room



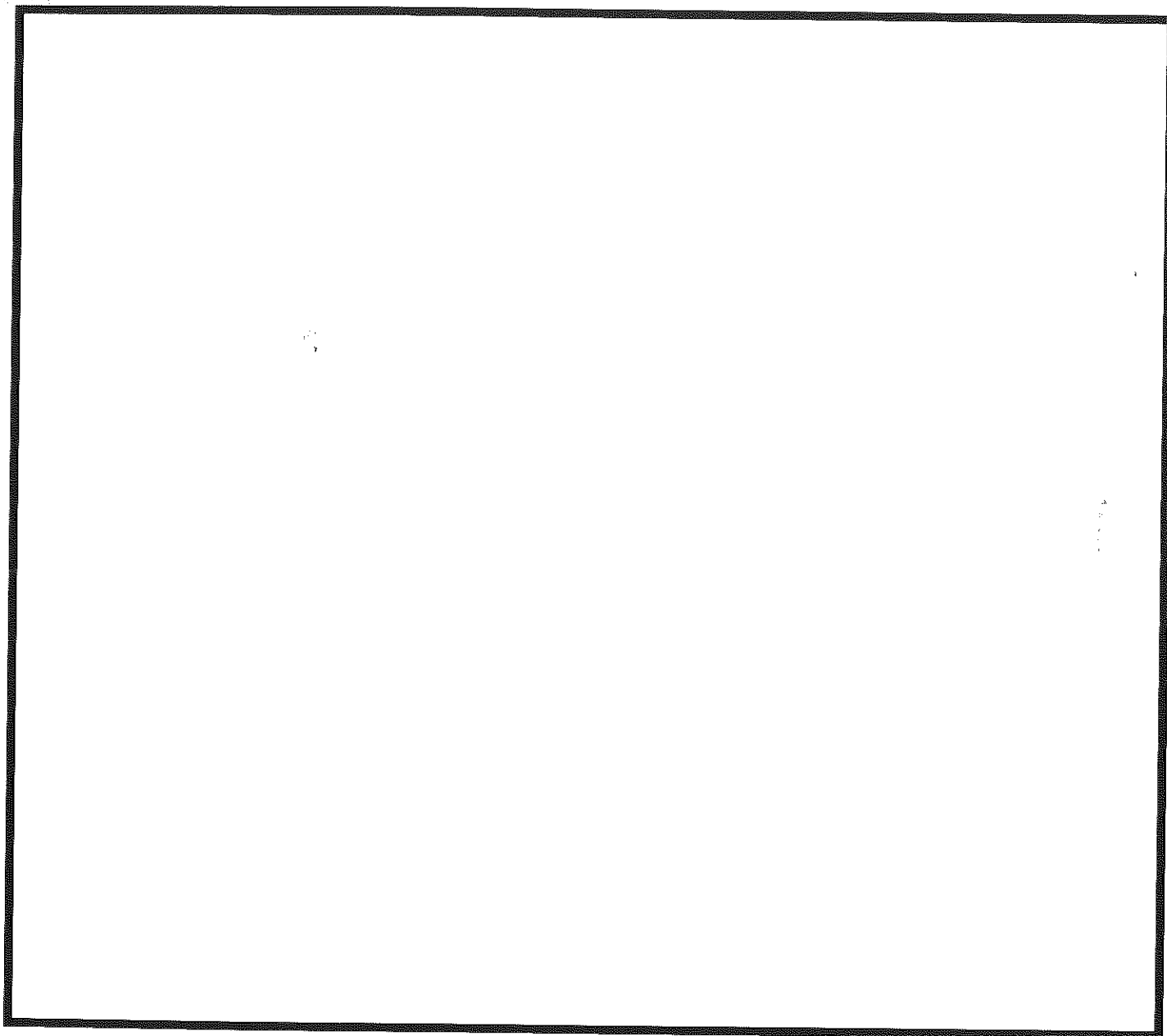
Maintain an appropriate distance when reading a book, playing games on a mobile phone/tablet/computer or watching television.



Take Home Activity 2

Fill in the blanks and illustrate in the box below.

My eyes are useful. My eyes help me to see _____.

A large, empty rectangular box with a thick black border, intended for a child to draw an illustration related to the activity.


I can help to take care of my eyes by:

- ☐ Spending more time playing outdoors
- ☐ Taking eye breaks when doing near work activities after 30 – 40 minutes
- ☐ Sitting further away from my large television screen

Topic: Keep Myopia At Bay, Go Outdoors To Play

LESSON TWO

 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Understand that outdoor play is good for the eyes and the body
- ✓ Understand that a healthy diet and adequate sleep is important for good eyesight

Materials Needed

- Picnic mat
- Song Chart: Picnic In The Park (see Song Chart 3B)
- Drawing paper and clipboards for a drawing activity in the park
- Prepare food with nutritional value such as tuna and cheese sandwich, fruit kebabs and a packet of milk etc (Parental Involvement required)
- Pictures of Near Work and Outdoor activities (see Placards 3C & 3D)

Introduction

1. Sing the song: Picnic in the Park (use Song Chart 3B)

Research has shown that both genetic and environmental factors play a part in the development of myopia. There is increasing evidence that suggests that engaging in outdoor activities has a protective effect against myopia.

Suggested Activity

1. Choose an appropriate time of the day (avoid 11am – 4pm) and inform parents earlier to prepare snack of nutritional value.
2. Take the children to a park. Have the students to bring their prepared snack/lunch and sit in a circle.
3. Let the student introduce his/her snack. Teacher can make reference to the healthy plate.
4. Explain that a healthy diet is important for good eyesight.
5. Show the students pictures of near work and outdoor activities. (use Placards 3C and 3D)
6. Explain that spending more time playing outdoors helps to keep myopia at bay whereas too much time spent on near work tires the eyes.
7. Remind them to drink plenty of water, wear a cap and to avoid outdoor activities from 11am to 4pm.
8. Play a game like “What’s the time, Mr Wolf” or a game of catch after the students has eaten the snack. (Note: do not play immediately after eating)
9. Have the students to draw ONE thing they see in the park. Explain the importance of eyes. That eyes help us to read and see our friends, family and environment.
10. Ask the students to identify what are outdoor activities and near work activities. Ask the students to list one to three outdoor activities they planned to do on a weekly basis. Bring the plan back to their parents and encourage them to carry out the activities. (see Take Home Activity 3: My Plans)

At School

- Have the students to create a poster on ‘Outdoor Activities’.

★ Pointers for parents

- The children learnt that playing outdoors, having a healthy diet and enough sleep are activities that are good for the eyes.
- Parents are encouraged to take your child outdoors for some outdoor fun and exercise. Prepare a balanced diet that includes fruits and vegetables and less sweet foods.
- Be actively involved in your child’s outdoor activities plan.

Take Home Activity 3: My Plans

List one to three outdoor activities you planned to do weekly.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	