

# WILD ABOUT HEALTHY VISION

Activity Book for Ages 9-12



Cover art by Michael, age 11, San Francisco, CA.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health  
National Eye Institute

# Welcome

This activity guide is designed by the National Eye Institute to help children between the ages of 9 and 12 learn about healthy vision. On the following pages you will find a variety of fun-filled activities and games that will teach children about eye disease, eye safety, and first aid for eye injuries.

This activity guide can be used in school, at home, or in after-school programs.

The National Eye Institute (NEI) is part of the National Institutes of Health, an agency of the U.S. Department of Health and Human Services. NEI's research on eye diseases and disorders leads to sight-saving treatments and plays a key role in reducing visual impairment and blindness.

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