

The Healthy Eyes Activity Book

Health Teachers' Resource - Primary Schools

How To Use This Book

Note to the pupil

This book is about how to look after your eyes.

There are stories and drawings written by children. You can tell your own stories and draw pictures in the book in the empty spaces or on separate paper. You can colour the pictures to make the book look nice.

Table of Contents

Part 1	Look after your eyes.....	1
	Without eyes, what would we do?	
	What do healthy eyes look like?	
	What can we do to keep our eyes healthy?	
Part 2	What makes some people blind?.....	7
	How can you tell if someone is blind?	
	What causes blindness?	
	What things can hurt the eyes?	
Part 3	Prevent blindness from accidents.....	13
	Things can hit the eyes	
	Things can pierce the eyes	
	Things can fall into the eyes	
	Things can burn the eyes	
Part 4	Prevent blindness from sickness.....	27
	Measles can cause blindness	
	Malnutrition can cause blindness	
	Red and painful eyes can lead to blindness	
Part 5	Do not treat yourself.....	39
	Self treatment that can harm the eyes	
	Self treatment that can help the eyes	
Part 6	Blindness from cataract can be avoided.....	44
	What is a cataract?	
	How can you know if someone has a cataract?	
	How can a person with a cataract be helped to see?	
Part 7	What can we do to help a blind person?.....	46
	Blind people can do many things	
	What can we do to help blind people?	
Conclusion	You Can Prevent Blindness In Your Community!.....	48

1.1 Without Eyes What Can We Do?



Class Activity

What do you like to see?

In the box draw a picture of all the things that you like to look at

A large, empty rectangular box with a black border, intended for students to draw pictures of things they like to see.

Class Activity

What is it like to be blind?



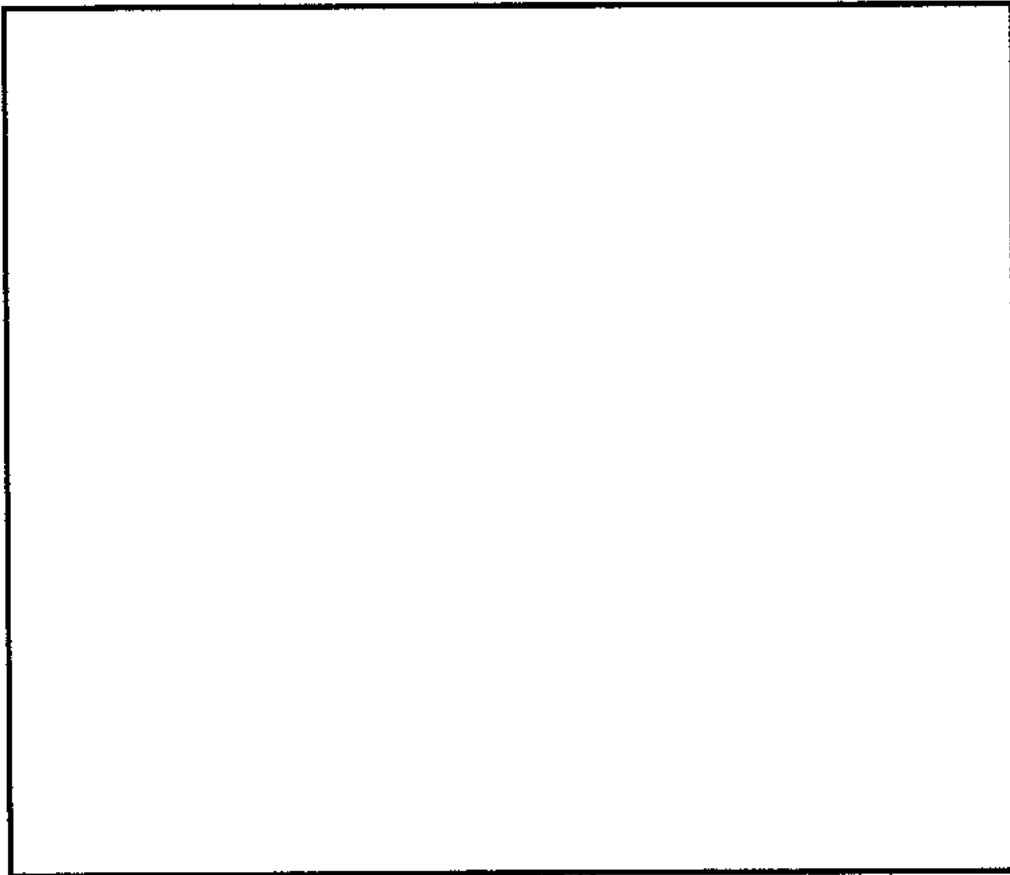
1.2 What Do Healthy Eyes Look Like?



Class Activity

Draw an eye.

Look into your friend's eye. Now draw what you see.



When you drew your friend's eye, did you see that there are different parts in the eye?

Each part has its own work to do to help you to see.

Turn over and you will see what work each part of the eye does.

The Parts of the Eye

The Right Eye

EYELIDS are to
protect the eyes

There are small
holes - the

The white part acts

TEAR DUCTS

The page contains a series of horizontal lines for writing. The first line is partially obscured by a black redaction bar. The second line is also partially obscured by a black redaction bar. The third line is partially obscured by a black redaction bar. The fourth line is partially obscured by a black redaction bar. The fifth line is partially obscured by a black redaction bar. The sixth line is partially obscured by a black redaction bar. The seventh line is partially obscured by a black redaction bar. The eighth line is partially obscured by a black redaction bar. The ninth line is partially obscured by a black redaction bar. The tenth line is partially obscured by a black redaction bar. The eleventh line is partially obscured by a black redaction bar. The twelfth line is partially obscured by a black redaction bar. The thirteenth line is partially obscured by a black redaction bar. The fourteenth line is partially obscured by a black redaction bar. The fifteenth line is partially obscured by a black redaction bar. The sixteenth line is partially obscured by a black redaction bar. The seventeenth line is partially obscured by a black redaction bar. The eighteenth line is partially obscured by a black redaction bar. The nineteenth line is partially obscured by a black redaction bar. The twentieth line is partially obscured by a black redaction bar. The twenty-first line is partially obscured by a black redaction bar. The twenty-second line is partially obscured by a black redaction bar. The twenty-third line is partially obscured by a black redaction bar. The twenty-fourth line is partially obscured by a black redaction bar. The twenty-fifth line is partially obscured by a black redaction bar. The twenty-sixth line is partially obscured by a black redaction bar. The twenty-seventh line is partially obscured by a black redaction bar. The twenty-eighth line is partially obscured by a black redaction bar. The twenty-ninth line is partially obscured by a black redaction bar. The thirtieth line is partially obscured by a black redaction bar. The thirty-first line is partially obscured by a black redaction bar. The thirty-second line is partially obscured by a black redaction bar. The thirty-third line is partially obscured by a black redaction bar. The thirty-fourth line is partially obscured by a black redaction bar. The thirty-fifth line is partially obscured by a black redaction bar. The thirty-sixth line is partially obscured by a black redaction bar. The thirty-seventh line is partially obscured by a black redaction bar. The thirty-eighth line is partially obscured by a black redaction bar. The thirty-ninth line is partially obscured by a black redaction bar. The fortieth line is partially obscured by a black redaction bar. The forty-first line is partially obscured by a black redaction bar. The forty-second line is partially obscured by a black redaction bar. The forty-third line is partially obscured by a black redaction bar. The forty-fourth line is partially obscured by a black redaction bar. The forty-fifth line is partially obscured by a black redaction bar. The forty-sixth line is partially obscured by a black redaction bar. The forty-seventh line is partially obscured by a black redaction bar. The forty-eighth line is partially obscured by a black redaction bar. The forty-ninth line is partially obscured by a black redaction bar. The fiftieth line is partially obscured by a black redaction bar.

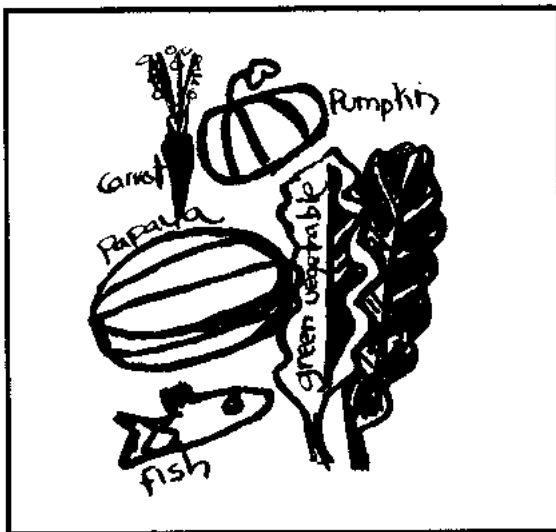
1.3 What Can We Do To Keep Our Eyes Healthy?



There are four things you can do to keep your eyes healthy.



Health Messages



Eat good food



Keep your face clean



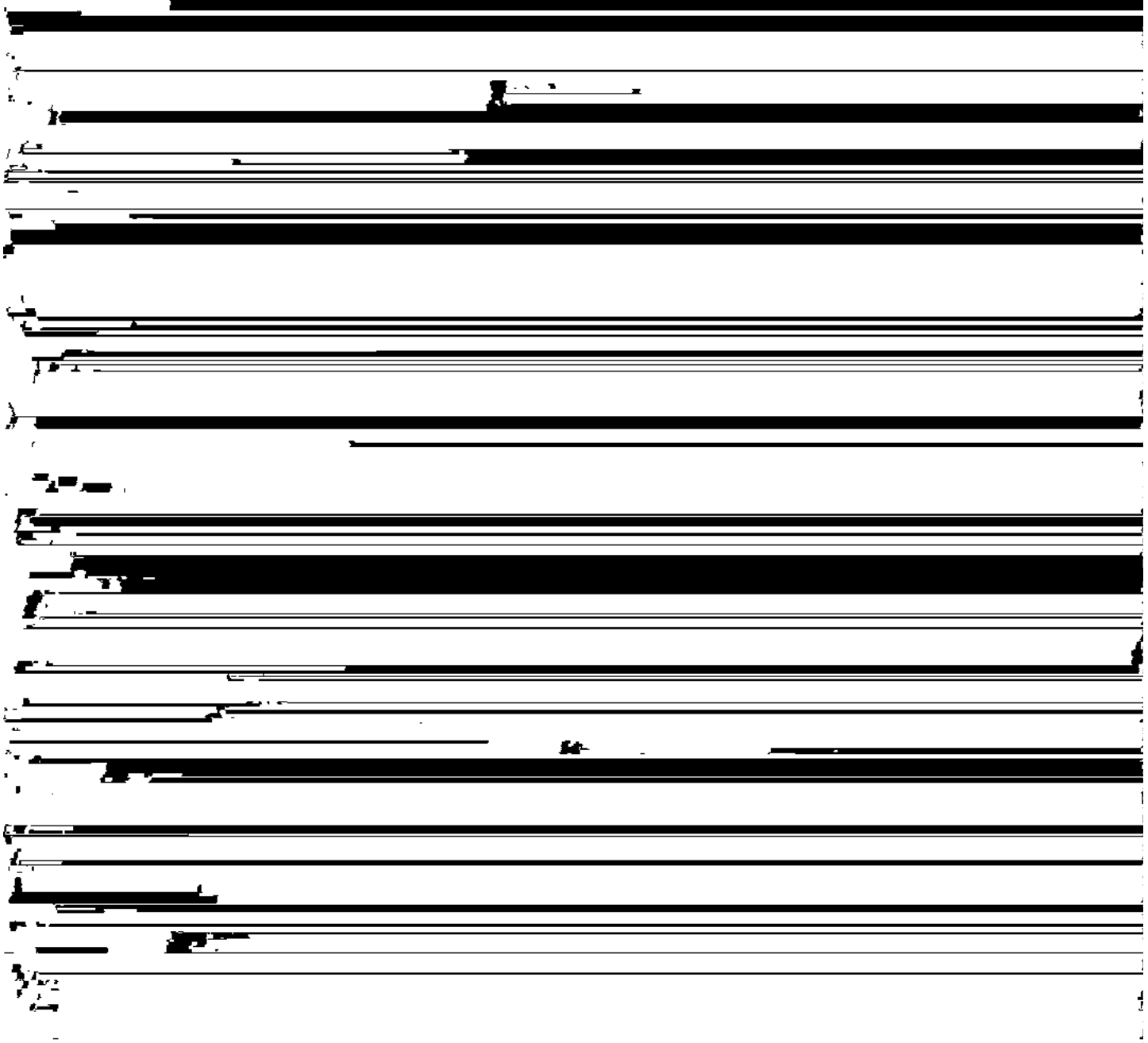
Immunize against measles



Go for treatment early

Part 2

What Makes Some People Blind?



2.1 How Can You Tell If Someone Cannot See Well?

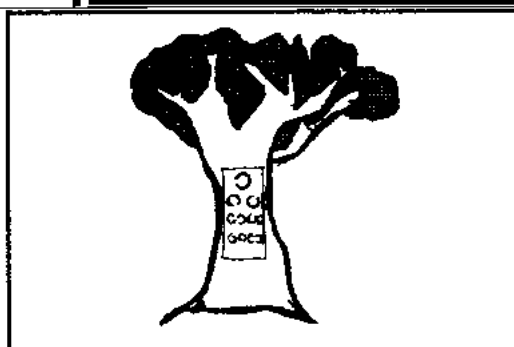


Class Activity

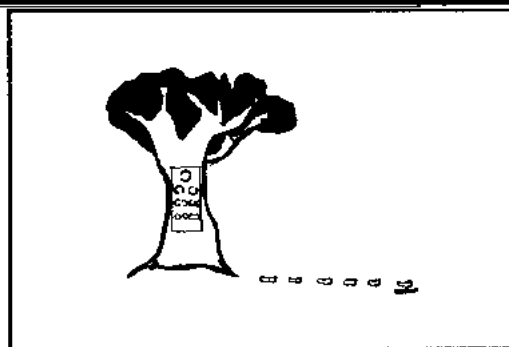
Testing eye sight

You can find out if someone can see well or not by testing their eyes. Use the chart on the back of this book to test each others eye sight.

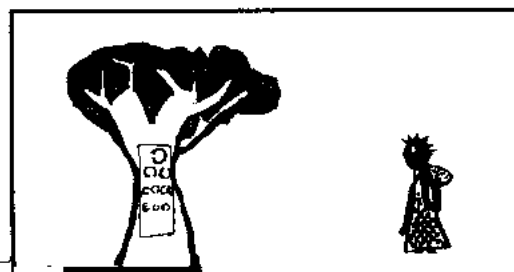
This is what to do:



1. Attach the card to a wall or a tree.



2. Measure the distance. Take six steps from the tree or wall. Mark on the spot.

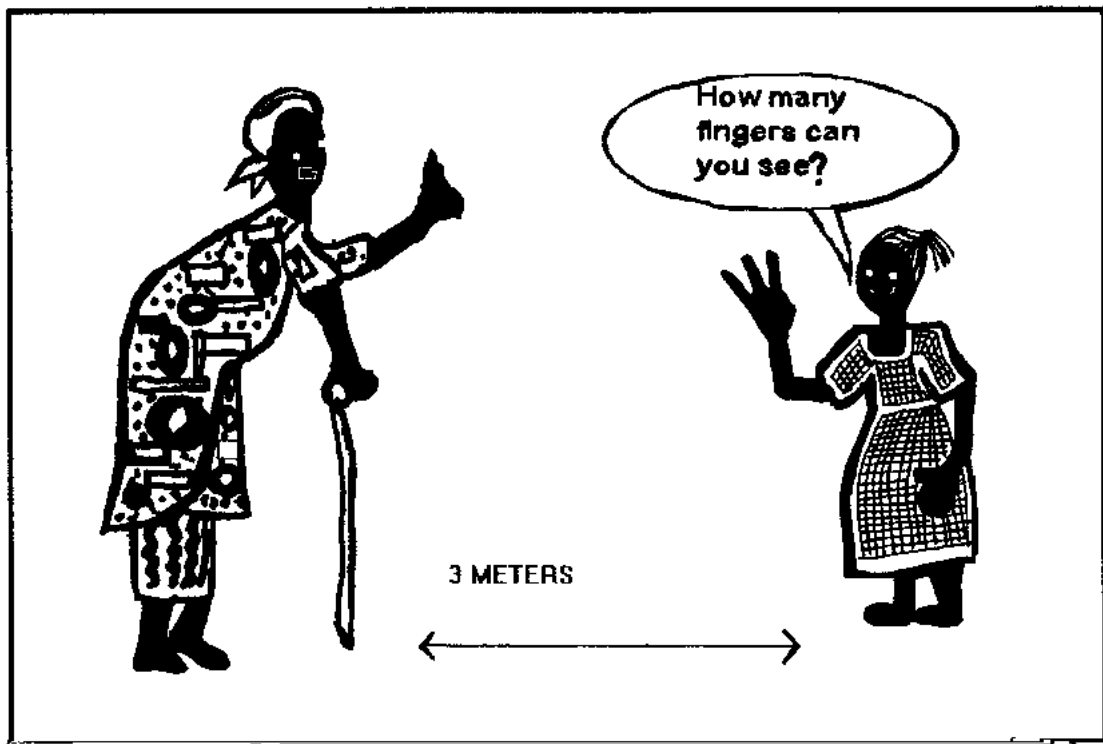




Home Activity

Testing eyesight at home

At home you can find out if someone is not seeing well by using your fingers instead of the chart.



2. Hold up 2 or 3 of your fingers.

3. Ask the person to tell you how many fingers he can see.

2.2 What Can Make a Person Blind?

Did you find people at home who could not count your fingers?

What caused this? Tick the reason in the chart if you know it.

Things That Can Make a Person Blind

1 The person was hurt in the eye	<input type="checkbox"/>
2 The person had a sickness in the eye and then became blind	<input type="checkbox"/>
3 The person had a sickness in the body and then became blind	<input type="checkbox"/>
4 The person became blind after putting something in the eye	<input type="checkbox"/>
5 The person became blind because he or she was old	<input type="checkbox"/>
6 The person was born blind	<input type="checkbox"/>
7 I do not know why the person became blind	<input type="checkbox"/>
8 If there is another reason write it here	<input type="checkbox"/>

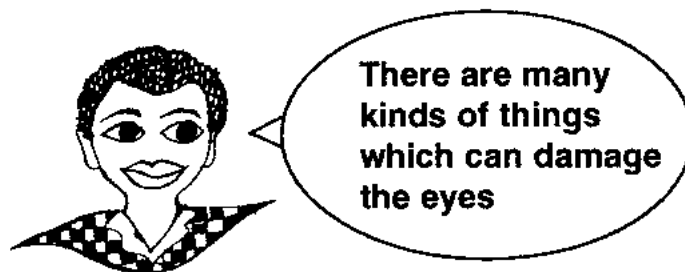
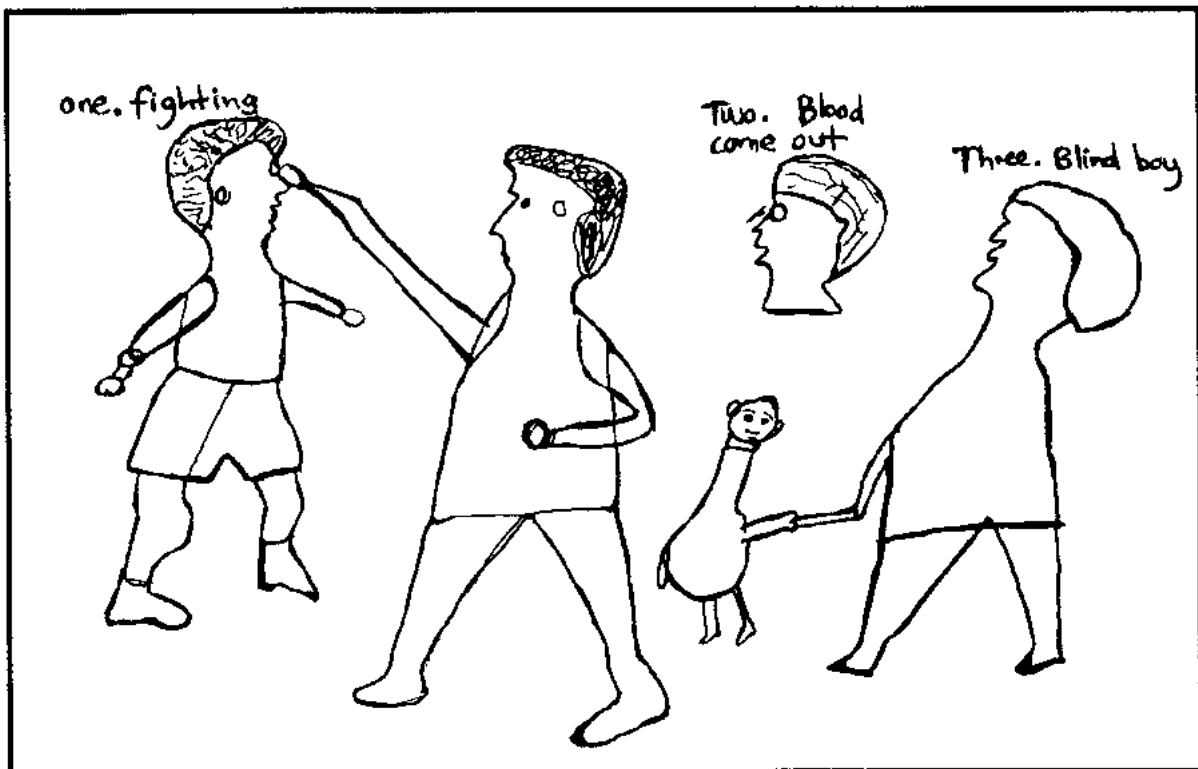


There are many things

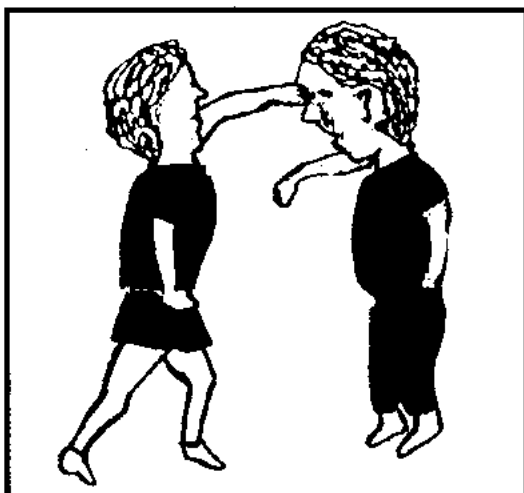
Notes

Part 3

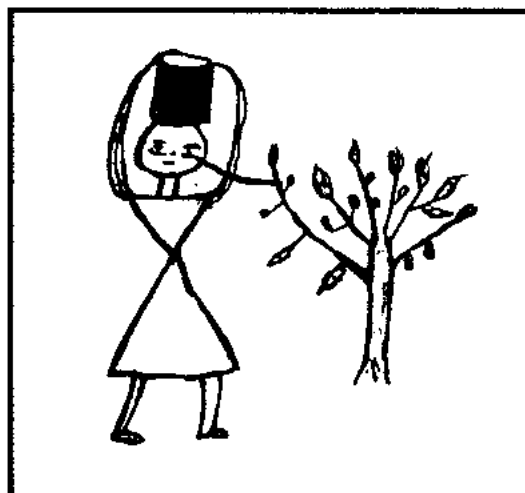
Prevent Blindness From Accidents



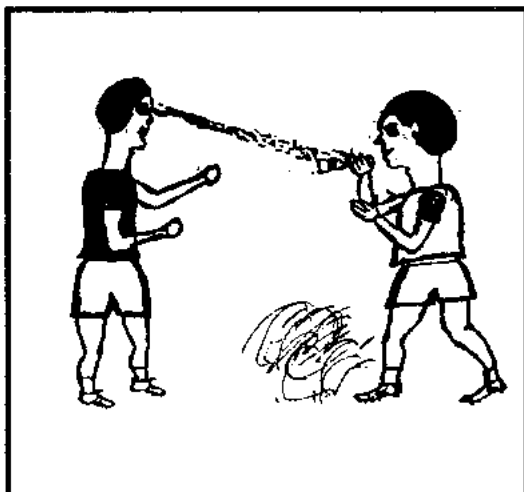
Things that can hurt the eyes



Things can hit the eyes



Things can pierce the eyes



Things can go into the eyes



Things can burn the eyes

Handwritten text, possibly a signature or name, located in the upper right corner of the page.

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

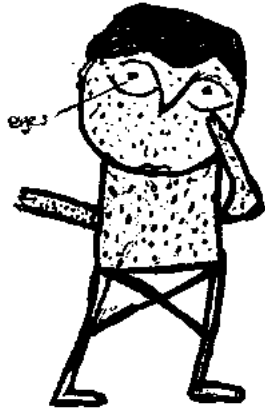
Notes

Part 4

Stop Blindness from Sickness



Some sickness
can make a person
blind.



Measles can make a child go blind



Malnutrition can make a child go blind



Red, painful eyes can lead to blindness

4.1 Mosquitoes can make a child go blind

This is Absiiq Azong. She was
blind since she was born.



Health messages

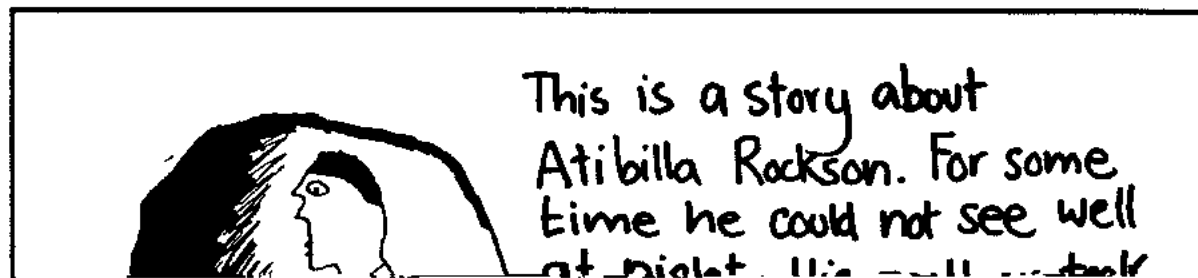
Measles is usually a sickness of children. It passes from one child to another.

eyes to look at light and they do not want to eat.

What you can do to prevent blindness from measles

- Parents should take their babies for immunization against measles.
- If a child has measles, do not put local medicines in the eyes.

4.2 Malnutrition can make a child go blind





Health messages

If children do not have enough of the right food to eat, they may not grow properly and they will become very thin. Good food is also important for



Class Activity

Make a school garden.

The school garden can grow different plants that have a lot of Vitamin A that

is good for the eyes. For example: papaya, mango, spinach, carrots, pumpkin, and all dark green leaves.

Draw a picture of your school. In your picture you should show where

the school garden is. If you do not have a school garden, show where you plan the school garden to be.

4.4 Red and painful eyes

Children who have red sore eyes might have an infection in the eyes. Painful eyes that are not treated properly can make a person become blind.



Class Discussion

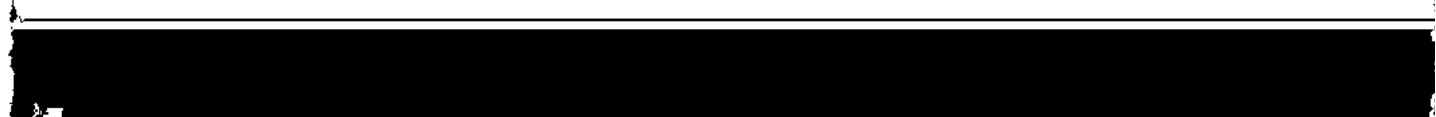
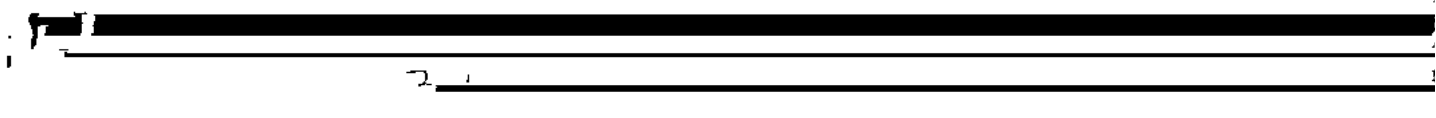
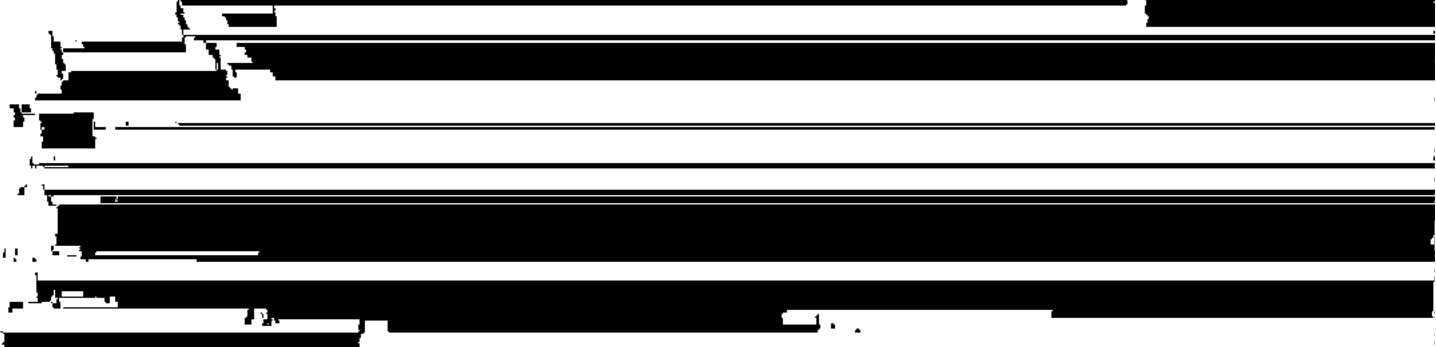
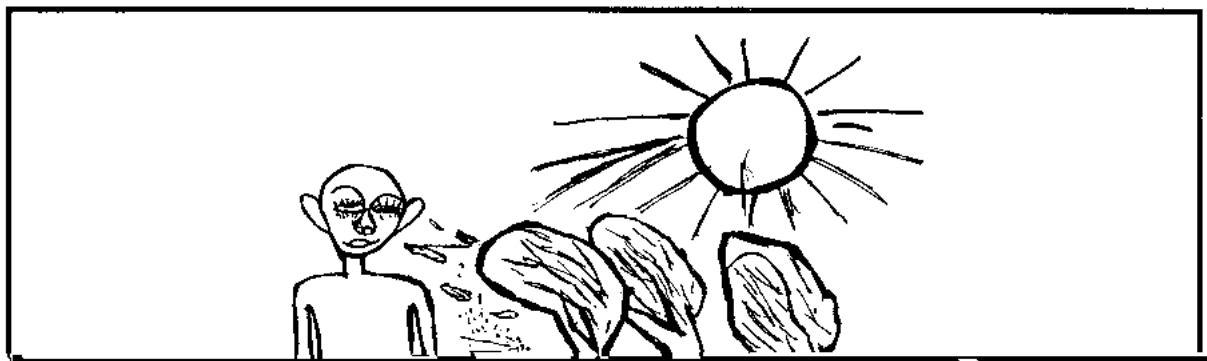
Does it ever happen in your village that many children suffer from painful red eyes at the same time?
Is there a name for this disease?

Write it here.....

What do people do when this happens?.....

How to take care of red or painful eyes.

- Only put ointment in the eyes if a health worker gives it to you.
- Never put traditional treatments in sore, red eyes.
- Never use old medicines or medicines which were meant for another person to treat eyes.
- Eye problems spread easily from person to person. You should keep your face and hands clean to prevent the eye disease from spreading.
- Keep your surroundings clean so that flies do not breed and carry infection.

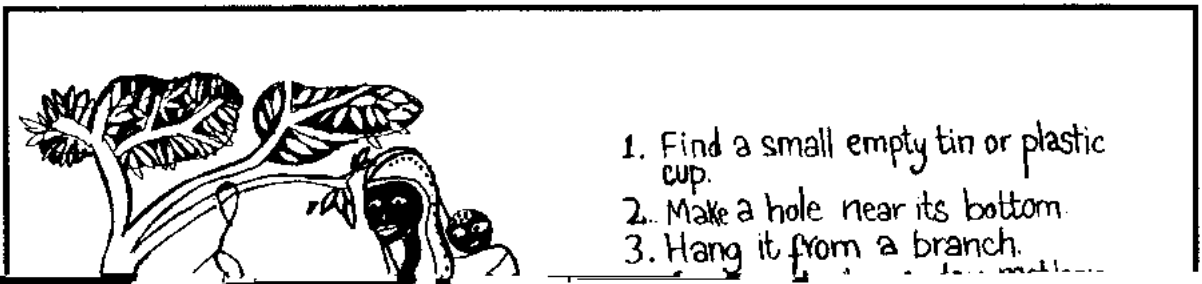




Class Activity

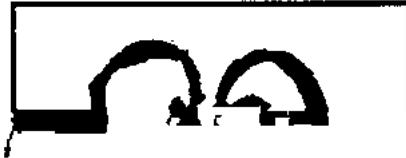
Make a leaky tin

for washing many children's faces.



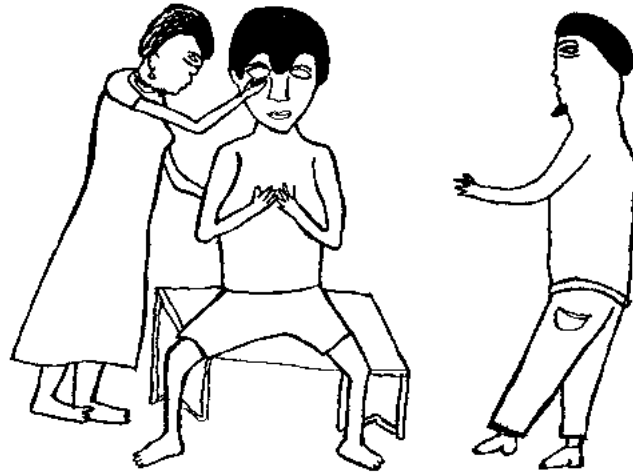
Part 5

Do Not Treat Yourself





What treatments can



When Atinga was about 5 years his mother was preparing supper and she told him to fan the fire. When the boy was fanning the fire, a piece of charcoal jumped into his eye. He rubbed his eye with his hand. The mother was worried and sent for his father. The father took him to a man who used herbs on his eyes. This made Atinga's eyes become swollen and finally he became blind.



Class Discussion

Why did Atinga become blind?



Health messages

Prevent blindness. Do not treat your own eye problems

- Never put medicines made from plants or animals or any other traditional treatment in the eyes
- Never use left over eye ointment

Read these stories. Is it good or bad?

Part 6

Blindness from Cataract Can Be Avoided

This is Mr Ebenezer.
When he got older he
could not see. A health
worker told him to go to
hospital so that they could
help him to see again.
He had an operation and
they gave him glasses.
Mr Ebenezer is very happy
because he can go where
he wants and he can





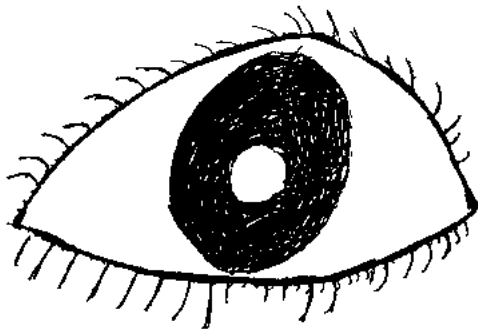
Class Activity

What is it like to have a cataract?

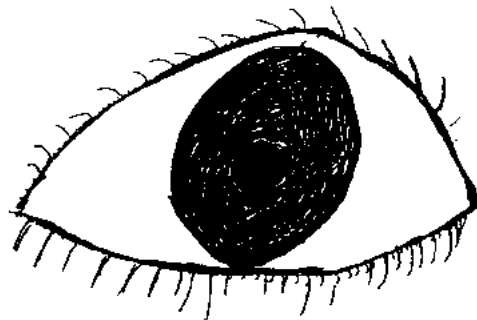
Cover your face with a sheet of tracing paper or thin white paper and look at the light. What can you see? This is what the world looks like for a person who has cataract.

This is because the black part (pupil) becomes cloudy. An operation can

help to clean the cloudiness so that the person can see clearly again. It is like removing the paper from in front of your eyes.



Cataract



Normal Eye



Health messages

Tell your friends and family that cataract can be

Part 7

How Can We Help a Blind Person?



A series of horizontal lines and thick black bars, likely representing a writing area or a form with redacted content.

What can you do to help blind people?



A series of horizontal lines for writing, consisting of multiple sets of three lines each (top, middle, bottom), providing space for a student to write their answer to the question above.

in your community!

Now that you have read this book and done the activities,
you can prevent blindness in your community.

**Do not play
carelessly with
stones, sticks, knives
and other things which
can hurt the eyes**



**Do not use
traditional medicines
in the eyes.**



**Never try to
remove something
from your eye,
always ask for help**

**If there is someone you
know who is
blind, encourage them
to go for help**



**Never put anything in
your eyes unless it
has been given by the
doctor**

**Breast milk can
protect babies
from blindness**

Acknowledgements

We would like first to thank all the children who contributed insights and material for this book during the «Draw and Write» project in Ghana, Kenya and Zambia.

The book has evolved through a number of stages and many have contributed to its development.

Collaborators, assistants and translators.

Special acknowledgements go to Mr Joseph Akudibillah of the Bawku Rural Eye Programme, Ghana, for his part in the Ghana Study which helped to identify the need for this book. Thanks also to the late George Anyande, Peter Abugri, Edmond Bawa (Ghana), Samson Ntore (Kenya), Sekani Masina and Charles Zulu (Zambia).

Thanks also to the teachers and students from various schools who provided the illustrations of:

Bawku Basic, Ghana; Tampan Junior Secondary School, Bawku; Junior Secondary School;

