

What to do about tired eyes....

20-20-20 rule

Every 20 minutes, look at something 20 feet away (about the length of a big classroom) for 20 seconds.

Flexing

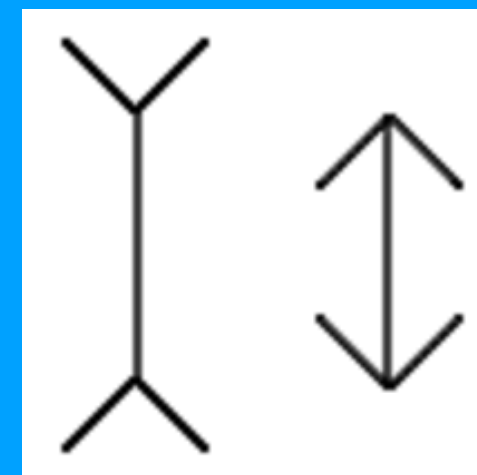
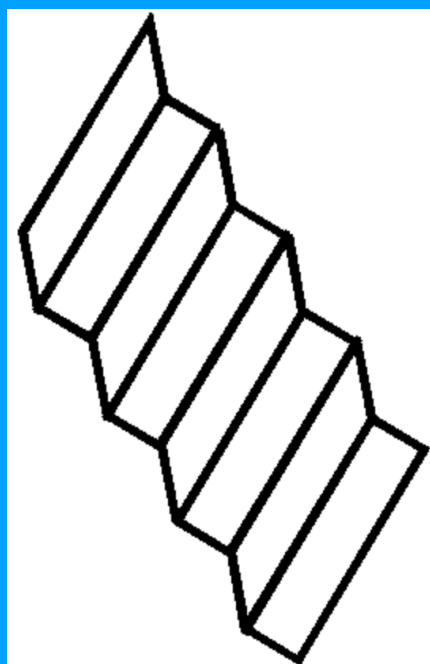
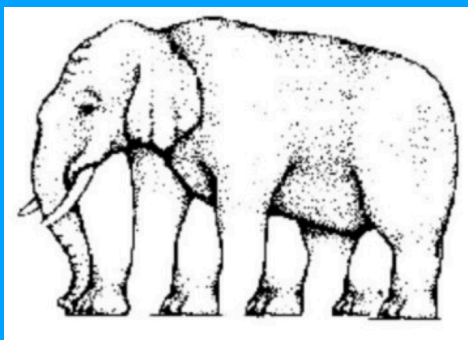
Flexing is exercise for your eyes.

1. Look straight ahead.
2. Without moving your head, look up and down slowly 10 times.
3. Then look side to side 10 times.

How do optical illusions work?

Your brain interprets the images that come through your eyes, and it's quite easy to confuse it sometimes!

1. How many legs has the elephant got?
2. Take a look at the stairs in the middle of the paper. Stare at the stairs for about 30 seconds. Do the stairs change direction?
3. Which of the straight lines is longer with the arrows? (They're the same length!)



<https://kids.niehs.nih.gov>