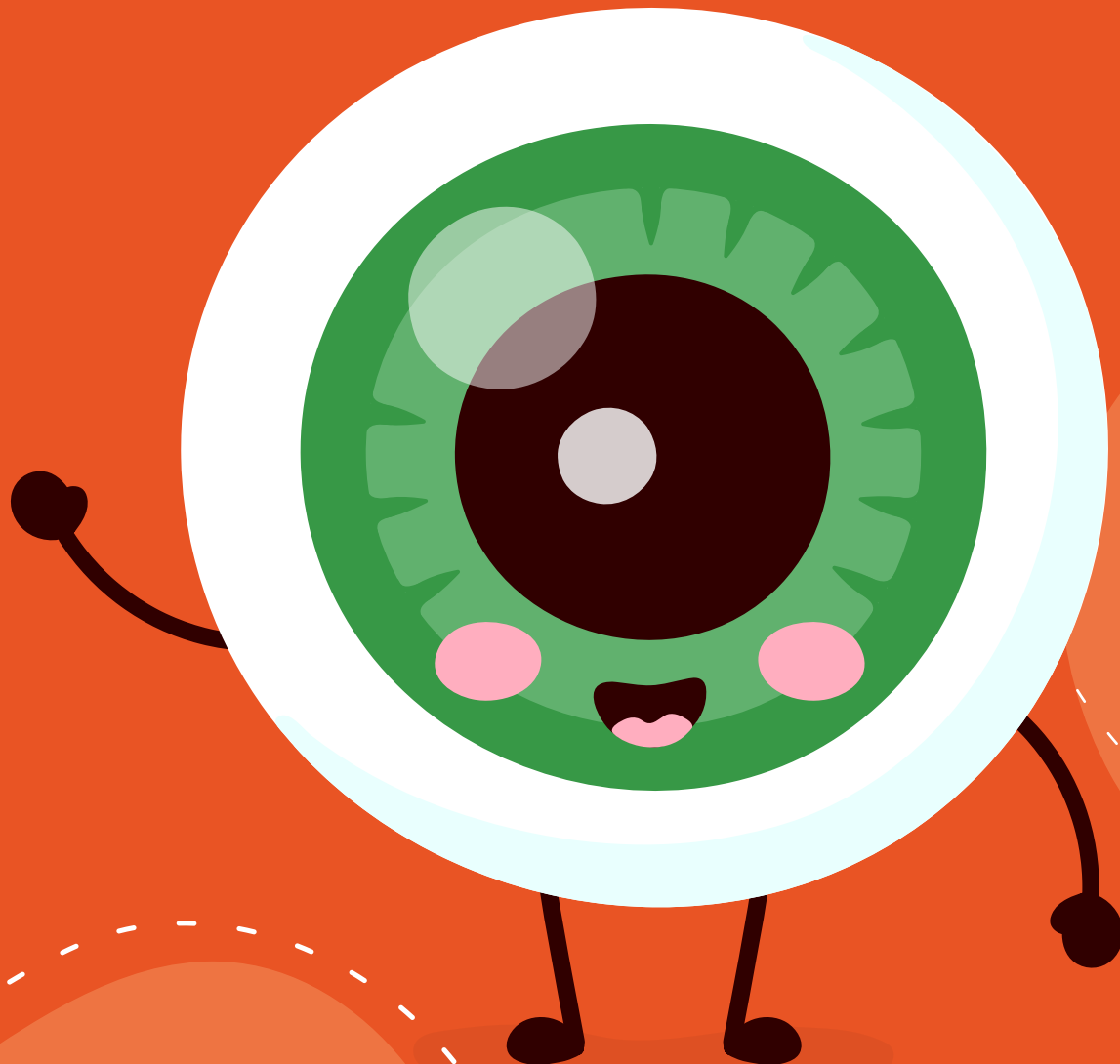


An Interactive Guide to Eye Anatomy



# Eye Spy

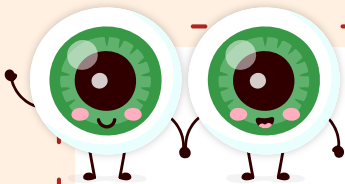
the human eye



Open for  
activities!

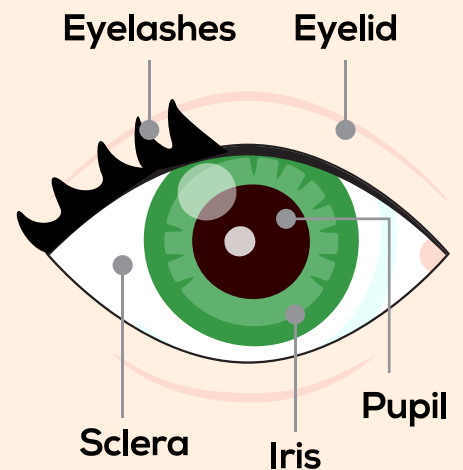
# Take a peek inside the human eye.

The human eye is like a camera. Each part of the eye has a different function and all work together to help capture the world we see.



## Do you know why do we have two eyeballs?

They provide a binocular vision needed for accurate depth perception so we can determine how far away an object is.



## How many words do you see?

Circle the words you find from the lists below. Don't forget to look in all directions!

Protection

Eyelids

Goggles

Blink

Helmet

Iris

Eyewear

Tears

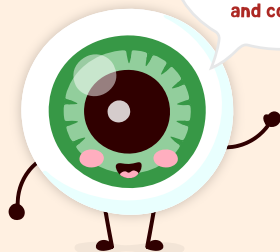
Eyebrow

Cornea

Eyelashes

Pupil

Eye ❤️  
activities!  
Word search  
and coloring!



P C C E C O R N E A  
 E R D I Y L F S I B  
 G Y O E H E Z C R L  
 E O E T Y E L K I I  
 Y S G L E E L I S N  
 E A T G A C B M D K  
 W F E J L S T R E S  
 E E A N W E H I O T  
 A T R R Y T S E O W  
 R Y S P U P I L S N

**Cornea**  
*"The Windshield"*

Protects the inside of your eye.

**Iris**  
*"The Eye Color"*

Focuses light that enters your eye and directs it to the back of your eye.

**Pupil**  
*"The Window Curtain"*

The black opening in the middle of the iris. The pupil gets bigger or smaller in response to changes in light.

**Lens**  
*"The Camera"*

Focuses light that enters your eye and directs it to the back of your eye.

**Vitreous**  
*"Eye Jelly"*

Clear, gel-like fluid that helps the eye hold its shape.

**Retina**  
*"The Radio Tower"*

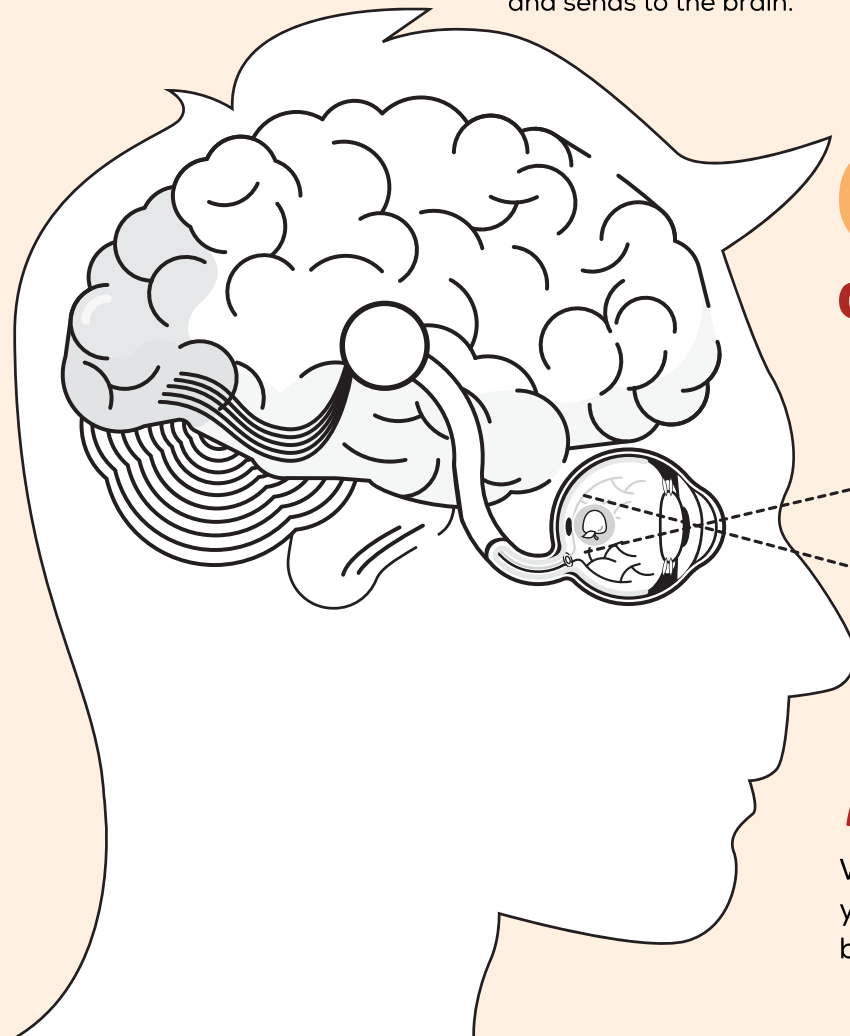
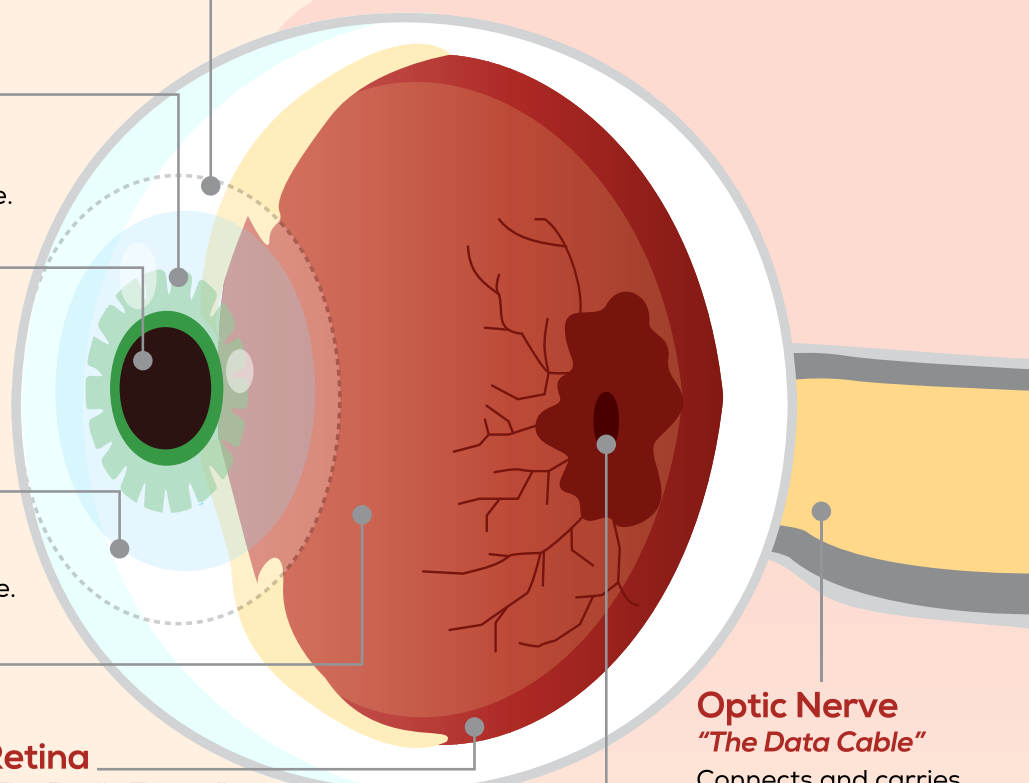
Thin layer of light-sensitive cells at the back of your eyes that converts into electrical signals and sends to the brain.

**Macula**  
*"The Center of the Retina"*

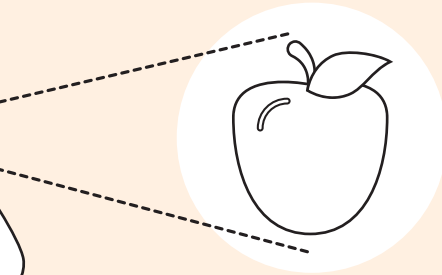
Helps you see color and details, and is responsible for the center of your visual field.

**Optic Nerve**  
*"The Data Cable"*

Connects and carries signals to your retina to your brain.



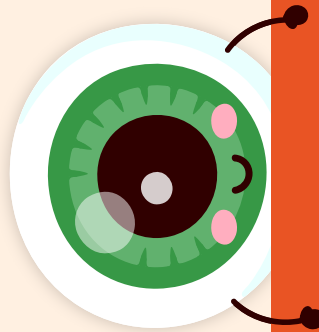
**Our eyes see objects upside down!**



**And our brain flips it right side up.**

When the lenses in your eyes focus an image on your retina, it's upside down and backward. Your brain reorients and right-sizes the image for you.

# 5 fun facts about eyes



## Ways to keep your eyes healthy!

1

You blink about **15-20 times** in a minute.

That's 28,800 times a day!

2

It's **impossible to sneeze** with your eyes open!

This is an active reflex to protect our eyes from germs.

3

Your eyes contain the **fastest muscle** in your body.

6 muscles control all of the eye's movement.

4

Green eyes are the rarest, with **only 2%** of the population having them.

Brown eyes are the most common eye color.

5

The human eye can change its focus up to **50 times** per second.

Eyes adapt to changing conditions in real-time.



Get an annual eye exam

Don't forget to wear sunglasses



Get active and limit screen time

Make nutrition a priority



Wear sports safety eye wear

Scan me!

For eye-mazing info

