

How to Use This Pack

A quick guide for teachers · Love Your Eyes Kids

No specialist knowledge needed. | No prep. Ready to teach.

Welcome! This pack gives you everything you need to talk to your class about eye health in a fun, engaging way. Use it as a full lesson or dip into single activities, whatever fits your class and your time. Here's how to make the most of it.

WHAT'S INSIDE



SECTION 1 · YOUNGER CHILDREN

Introduce eye health

Fun facts, a simple eye-health checklist and playful activities that introduce the idea of healthy eyes.



LESSON PLAN

Ready to run

A complete lesson in five stages — Engage, Elaborate, Explore, Evaluate, Practice — with activities built in.



SECTION 2 · OLDER CHILDREN

Build awareness

Deeper facts, discussion prompts and eye-test information to build understanding and empathy.



TAKE-HOME

Extend the learning

A parent take-home to continue the conversation at home.



RUNNING THE SESSION

1

Before you start

If your school is running a Love Your Eyes assembly, this pack builds on it. Skim the contents and pick the pieces that suit your class.

2

Choose your section

Use Section 1 for younger children and Section 2 for older children. You don't have to use everything — pick what works.

3

Teach & do activities

Follow the lesson plan, or dip into individual facts and activities. Each is designed to run with zero prep.

4

After the session

Send the parent take-home home with every child, and encourage families to book an eye test.

GOOD TO KNOW

Be inclusive

Some children may already wear glasses or have an eye condition. Adapt activities so everyone is included — and reinforce that, with the right support, every child can reach their full potential.

It's flexible

Run the whole pack as a lesson or use single facts and activities as quick fillers.

Keep it positive

Frame glasses and eye care as normal and helpful — never something to feel embarrassed about.

KEEP IT GOING

Send it home

The parent take-home tells families what their child learned and encourages them to book an eye test.

Share your class's story

www.iapb.world/every_story_counts

More activities & resources

www.iapb.world/world_sight_day

