

World Sight Day Wellness Bingo

1 Write three reasons why you love your eyes	2 Wash your hands with soap and warm water	3 Eat colourful fruits and vegetables	4 Drink plenty of water	5 Say no to too much sugar
6 Wear eye protection when playing sports	7 Go to bed on time	8 Follow the 20-20-20 rule and take a break from digital screens	9 Learn the signs of a possible vision problem	10 Wear your sunglasses and hat when you're outside
11 Colour the elephant from Colouring Pages for Kids See the next page	12 Play outside	13 Book your annual eye exam	14 Tell a friend about eye care	15 Read in plenty of light
16 Clean your prescription eyeglasses (or sunglasses)	17 Help Iris the Squirrel get her eyeglasses See the next page	18 Meet Sparkle the Snowman See the next page	19 Go a day without rubbing your eyes	20 Take a picture with the heart-shaped glasses See the next page
21 Stop using electronics an hour before bed	22 Hold books and screens at elbow length	23 Don't forget to blink	24 Wash your face	25 Draw what you see outside your window

1. Teach your child the importance of eye care by asking them to reflect on why they love their eyes.
2. Keeping hands clean can prevent the spread of contagious eye conditions, and develop habits that protect eyes and overall health.
3. Eating colourful fruits and vegetables – like leafy greens, bright orange carrots, red peppers, blueberries and yellow corn – provides essential nutrients such as vitamin A, C, lutein and antioxidants that protect your child's eyes, support good vision and help prevent eye diseases.
4. Drinking plenty of water keeps your child's eyes healthy by preventing dryness, maintaining proper tear production and flushing out toxins that can irritate or damage the eyes.
5. Reducing sugar intake reduces possible eye inflammation and makes it easier for eyes to stay healthy as children grow.
6. Wearing eye protection like goggles, sunglasses or helmets with visors helps keep children's eyes safe from fast-moving balls, flying equipment, swinging sticks, or accidental pokes, which can lead to serious eye damage or even vision loss.
7. Going to bed on time helps children's eyes rest and recover, reduces eye strain and dryness, and supports healthy vision as they grow.
8. The 20-20-20 rule: every 20 minutes, look at something 20 feet (6 metres) away for at least 20 seconds. Taking breaks from screens gives eyes a rest from constantly focusing and blue light exposure, reducing eye strain, dryness, and the risk of developing headaches or blurred vision.
9. Our *Eye Health Tips for Parents* lists signs that might indicate a problem with your child's vision. Talk with your child about signs they should watch out for, and be sure to visit your eye doctor if you have any concerns. Find the tips sheet at operationeyesight.com/free-resources-for-parents
10. Wearing sunglasses and a wide-brim hat protects children's eyes from harmful UV rays, helping prevent eye damage, sunburned eyes, and long-term problems like cataracts and macular degeneration.
11. This activity requires a mix of vision skills and hand-eye coordination, and it's a great way to take a break from digital screens. Find the *Colouring Pages for Kids* at operationeyesight.com/free-resources-for-parents
12. Playing outside is great for children's eyes because natural light helps their eyes develop properly, reduces the risk of nearsightedness and creates healthy visual habits away from screens.
13. Getting an annual eye exam helps catch any vision problems or eye health issues early, ensuring children receive timely treatment to support clear vision and overall eye development.
14. Telling a friend about eye care helps spread awareness, encouraging both kids and adults to adopt healthy habits that protect their vision.
15. Reading in plenty of light helps children avoid eye strain and fatigue, making it easier for their eyes to focus and reducing the risk of headaches or discomfort.
16. Cleaning prescription eyeglasses regularly keeps lenses clear and free from dirt or smudges, helping children see clearly and preventing eye strain caused by blurred vision.
17. Iris the Squirrel can be found in the *Spring Activity Book for Kids* at operationeyesight.com/free-resources-for-parents
18. Find Sparkle the Snowman in the *Children's Holiday Activity Book* at operationeyesight.com/free-resources-for-parents
19. Not rubbing eyes helps prevent irritation, redness and the spread of germs that can cause infections
20. Heart-shaped eyeglasses can be found in the *Children's Holiday Activity Book* at operationeyesight.com/free-resources-for-parents
21. Stopping electronic use an hour before sleep helps children's eyes relax, reduces exposure to blue light that can interfere with melatonin production, and improves sleep quality for healthier eyes and overall well-being.
22. Holding books and screens at elbow length helps children maintain a proper distance that reduces eye strain, prevents headaches and supports comfortable, healthy vision.
23. Blinking regularly keeps children's eyes moist and clean, preventing dryness, irritation and discomfort – especially during screen time when blinking often decreases.
24. Washing the face regularly helps prevent the buildup of dirt, oil and bacteria around the eyes, reducing the risk of infections like conjunctivitis (pink eye) and styes.
25. Asking a child to draw what they see encourages careful observation, sharpens visual skills and helps connect what their eyes perceive with creativity.

This information was reviewed and approved by Dr. Boateng Wiafe, Ophthalmologist, and Operation Eyesight's Technical Advisor, in August 2025



As each activity is completed, encourage your child to colour an animal, cut out the square and glue it on top of the completed activity. Take a picture and share the completed BINGO with us! Tag us on Instagram or X at @OpEyesight and on Facebook at @OperationEyesightUniversal.

