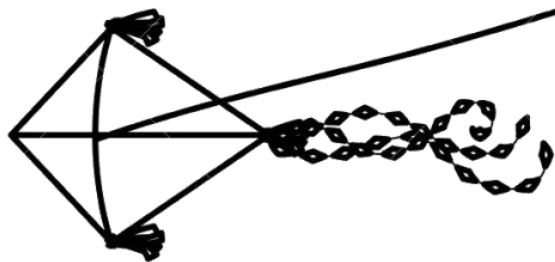
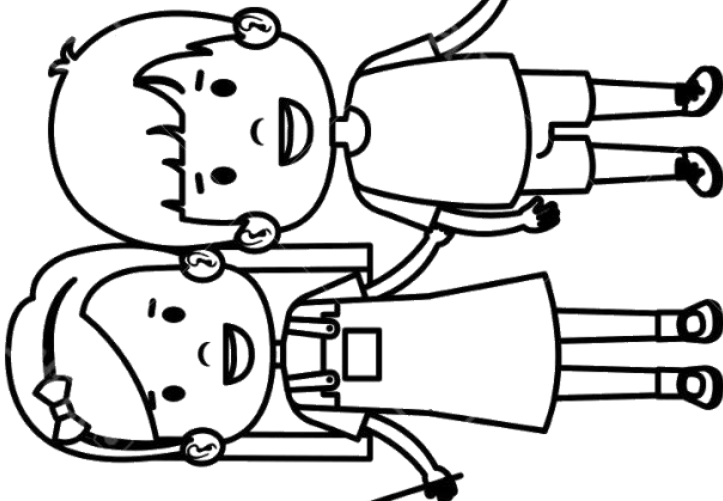
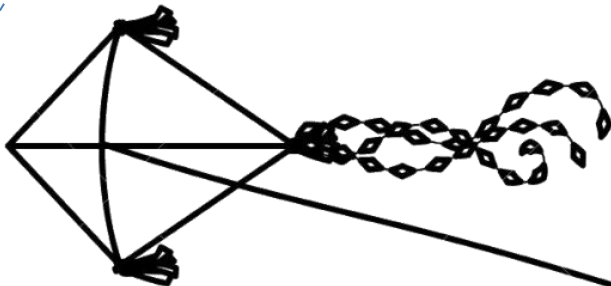


Fly a Kite for Sight

Cut Along Here

Fold



Fold

Cut Along Here

Fly a Kite for Sight



LEHP-Australia

Lions Eye Health Program

Affix Optional
Tail Here

LEHP Kite Assembly Instructions

Materials:

- Printed Kite template.
- Coloured pens, pencils, markers or paints.
- Sticky Tape, Ruler, Scissors and Paper Punch (if available).
- Reel of cotton thread.
- Optional paper steamer or light-weight ribbon.

Method:

1. Print the first page of this template file (LEHP Kite Template.pdf) on standard (80gsm) paper.
2. Coloured pens, pencils, markers or paints can be used to colour in and decorate the printed sheet.
3. Place template printed side down on a hard surface.
4. Fold each outside short edge to the centre using the 'Fold' lines as a guide as to where the fold should be.
5. Open the sheet with the printed side up and trim off the two corners, by cutting along the diagonal lines.
6. Use a hole-punch or sharp item to punch the two holes (as shown with circles).
7. Fold the edges back so they are now under the sheet.
8. Cut a 30 centimetre length of cotton (the length of a standard ruler).
9. In the middle of the length tie off a bit to create a small loop.
10. Tie off each end through the punched holes.
11. Use a piece of sticky tape to secure the cotton, strengthen its join with the kite and stop the holes tearing.
12. Tie the loose end of the reel of cotton to the loop in the length that is fixed to the kite.
13. A length of light-weight crepe paper steamer (60cm) can be added, where shown, to form an optional tail.
14. A test flight can be performed indoors.
15. Proceed outside to fly the kite in a light steady breeze and get some sunshine.



Outdoor Activity May Protect Against Myopia

The Lions Eye Health Program Kite Flying initiative is based on studies showing outdoor activities and sunlight may protect young eyes against near sightedness.

Myopia, or near sightedness, is a common vision problem where children see very well when reading and writing or using a hand-held device but distant objects are blurred.

Evidence shows that sunlight has special properties beneficial to vision health. Specifically, exposure to sunshine reduces the chances of developing near sightedness. The quality of artificial light and nutrition also play roles.

School children in parts of Asia have an increasingly gruelling study schedule and myopia rates among students have skyrocketed to 90% in some countries. This is of significant concern as Myopia is also associated with retinal detachment, glaucoma, cataracts and myopic maculopathy.

We should spend a little time outdoors each day. This is best done in the morning to avoid eye and skin damage caused by excess exposure to UV light.

To sum up, outdoor activity (like flying a kite) is a simple, free and effective method to help prevent myopia onset. Outdoor activity is also recommended to overcome the increasing amount of time spent on close-up work in the current era of handheld devices.

Here is some optional further reading before you head outside with your kite:

https://www.optometry.org.au/patient_care_management/child-myopia-standard-of-care-on-the-way/

https://journals.lww.com/apjoo/Fulltext/2016/11000/Epidemiology_of_Myopia.2.aspx

<https://www.naturaleyecare.com/blog/myopia-sunlight/>

So Fly a Kite for Sight

For more about Eye Health and the importance of Eye Examinations, go to the LEHP Website at:

<https://www.lehp.org.au/> or contact the LEHP National Office,

PO Box 433 Wahroonga NSW 2076, Telephone: 1800 010 234 or email: enquiries@lehp.org.au