

An Invitation to Schools and Pre-schools to . . .

Fly a Kite for Sight

Studies have shown that outdoor activities and sunlight may protect young eyes against near sightedness (Myopia). So, outdoor activity (like flying a kite) is a simple, free and effective method to help prevent Myopia onset.

The Lions Eye Health Program invites teachers and child care workers to consider incorporating the Fly a Kite for Sight activity into their classroom program.

The skills involved in printing the LEHP Kite Template, colouring and decorating the kite, constructing the kite and then flying the kite, along with researching the effects of sunlight on vision, could be aligned with subject content related to; IT, Arts, Design, Maths, Physics, Health and Physical Education, disciplines.

The materials to complete the task are most probably already available in the school, classroom or centre.

A little time spent outdoors each day is also recommended to overcome the increasing amount of time spent on close-up work in the current era of handheld devices.



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



LEHP-Australia
Lions Eye Health Program

