I am thankful for my eyes.
What color is the water?

INSTRUCTIONS:

1) Fill 4 clear, plastic cups with water.

2) Stir Jello into each cup. (Do 1 red, 1 blue, and 2 yellow.)

3) Ask children, “What color is the water?”

4) Pour some of the red water into the yellow cup (to make orange).

5) Pour some of the blue water into the other yellow cup (to make green).

6) Mix the red and blue water (to make purple).

7) Each time, ask children, “What color is the water?”

Idea from Janna Chiang
What color are your eyes?
What color are your friends’ eyes?
How do our eyes help us to see?
Can you thread the shoelace through the spool with your eyes closed? Let’s try it!
Can you match clothes with your eyes closed? Let’s try it!
Match the clothes

Cut apart and let children try to match them with their eyes closed.
Can you eat without spilling your food when your eyes are closed?

Let’s try it!

Image: Microsoft Clipart
Try to Eat While Blindfolded

1) Give each child a small paper plate and a plastic fork.
2) Put food on each child’s plate.
3) Let children take turns being blindfolded.
4) Children try to eat the food with forks while blindfolded.
5) Remove the blindfold and let the children finish eating.

Possible foods:
• Apples, cheese cubes, and ham cubes
• Banana and strawberry chunks
• Donut holes or marshmallows
Why do we need eyebrows?
Eyebrows keep the sweat out of our eyes.
Why do we need eyelashes?
Eyelashes protect our eyes from smoke & dirt.
Why do we need eyes that can close?
Eyes that close help us to sleep.
Two Little Eyes That Blink, Blink, Blink

(Children’s Songbook, p. 268).
Let’s make puppets for “Two Little Eyes”
Why do some people have to wear contacts or glasses?
Some people need glasses because their eyes do not work the way they should.
How do people read when they cannot see?
People who are blind read with their fingers by using Braille.
How do people read when they cannot see? Let’s try it!

(Your local foundation for the blind or other handicapped services organization may have samples of braille you can bring to class.)
How do people walk when they cannot see?
How do people walk when they cannot see?
Let’s try using a cane to help us walk when we cannot see.

1) Blindfold a child.

2) Give the child a Swiffer stick.

3) Have the child walk forward slowly.

4) Have the child tap the stick from right to left as they walk.

5) Have the child use the stick to avoid objects.


Jesus Heals a Blind Man

• Show this picture

• Tell the scripture story from John 9:1-7 (or show this video)

• Let children act out the story
Game: What’s Missing?  (Idea by Chiara DeSpain)

• Lay items from the Eye Spy Bottles on a tray.
• Show the tray to the children.
• Have children close their eyes.
• Remove an item from the tray.
• Have children tell what is missing.
What do you spy with your little eye?

Children can tell you what they see in their bottles, or you can use a laser pointer to point to objects or pictures around the room and have children tell you what they see.

Image: Cherice Montgomery
What do you see when you look out the window?

(Let children look out the classroom window and tell you what they see. If you have binoculars, let children use them to look outside.)

Image: Glenn Pebley

Image: Microsoft Clipart
Why do we need sunglasses sometimes?
Sunglasses keep the sun from damaging our eyes.

[Give each child an inexpensive pair of sunglasses to wear (like those found in the party favors section of a grocery story) while they take a walk outside.]
What do you spy with your little eye when you go for a walk outside?

(Have children put their sunglasses on and give each child a miniature magnifying glass to use to look at ants and other things during their walk.)
Grass

Birds
Caterpillar

Image: Cherice Montgomery
Mountains
What would you see if you were at the zoo?
Let children look at themselves in small hand mirrors. Heavenly Father & Jesus gave us eyes so we could see the beautiful things they created for us because they love us.

Who else can you see with your eyes?
What do our eyes need to see better?

Light

(I bought these at Dollar Tree. Give one to each child and turn off the lights. Let children take turns describing an object they see. When someone guesses correctly, they can shine their light on the object to show the guess was correct. Children can take these home after the lesson.)
Lesson Materials
(You can send these home with children—except for the laser pointer. You can use a small mirror instead of the large one.)
Lesson “Handout”
Image Credits


Image Credits


• Microsoft. (n.d.). View of a beautiful vista through a household window. Microsoft Clipart.

Image Credits

Image Credits


Image Credits


