# 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

Image: Cherice Montgomery

What color are your eyes?
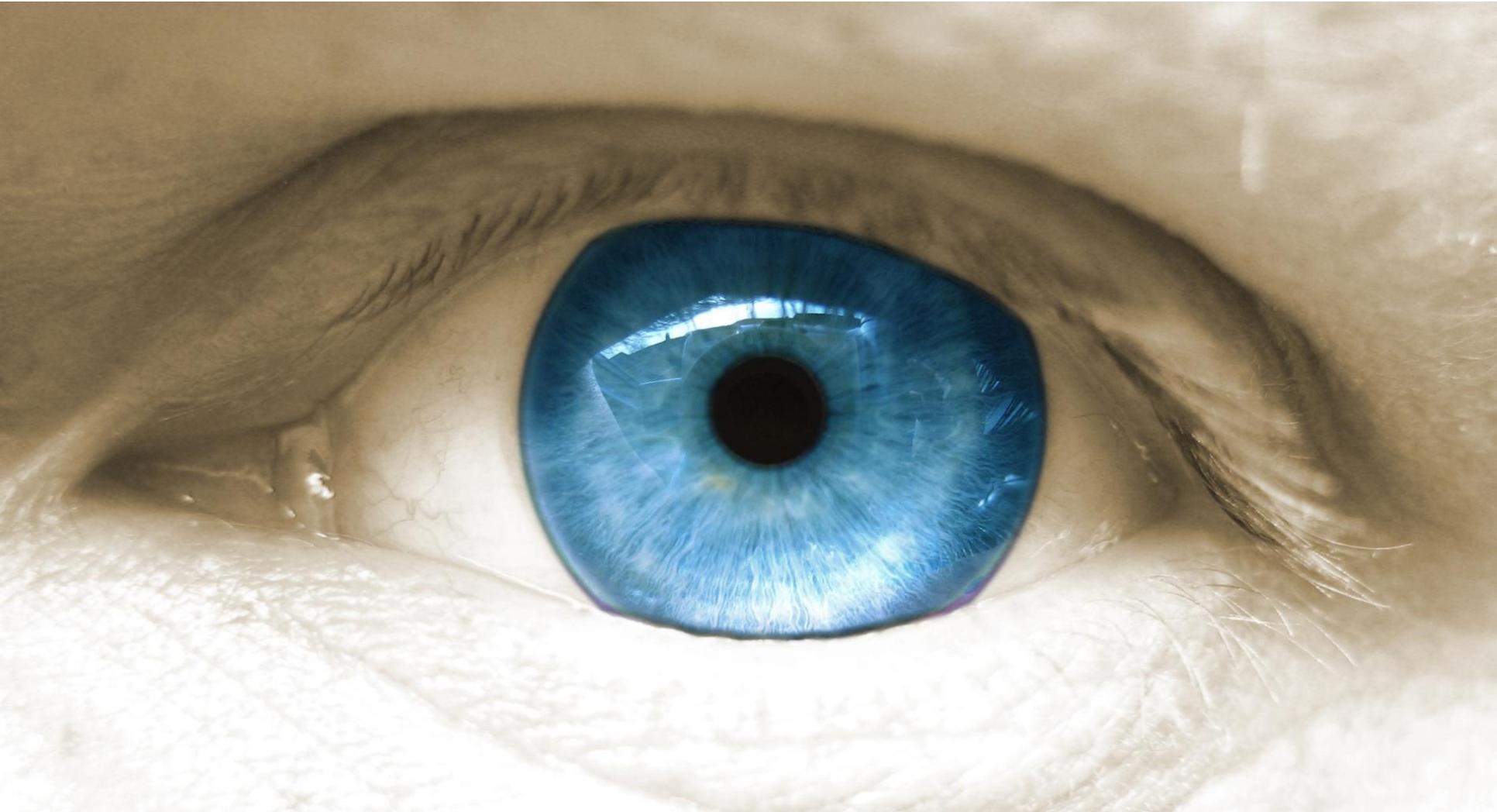
What color are your friends' eyes?

Image: Tomas B

Image: Fabien Djabar
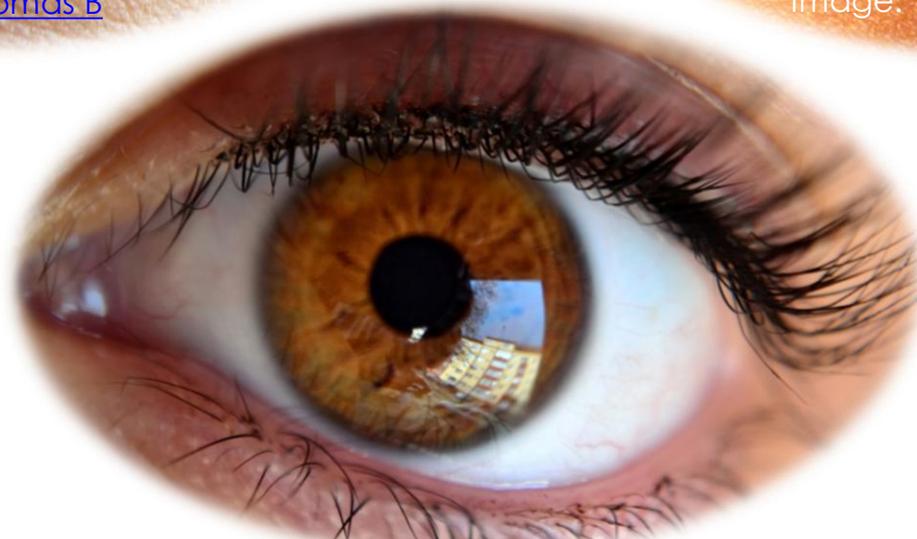
Image: Mihai Tamasila

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!

Image: iStockPhoto

# Match the clothes
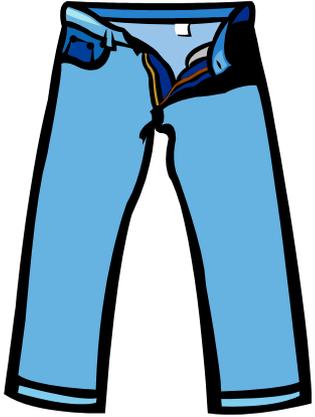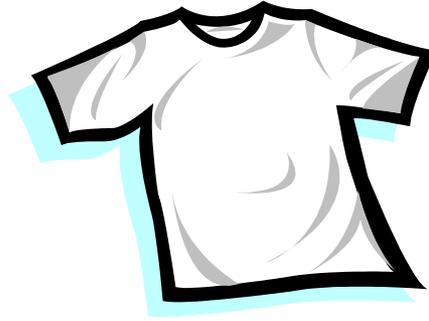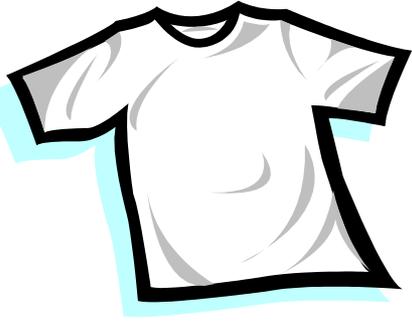
Can you eat without spilling your food when your eyes are closed?

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?

Image: Scubadelic

Eyebrows keep the sweat out of our eyes.

Image: Hector Landaeta

Why do we need eyelashes?

Image: Shlomit

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).

Image: Microsoft Clipart

Let's make puppets for "Two Little Eyes"

Image: Celiece Aurea

Why do some people have to wear contacts or glasses?

Image: Mokra

Some people need glasses because their eyes do not work the way they should.

How do people read when they cannot see?

Image: Wojciech Augustynowicz
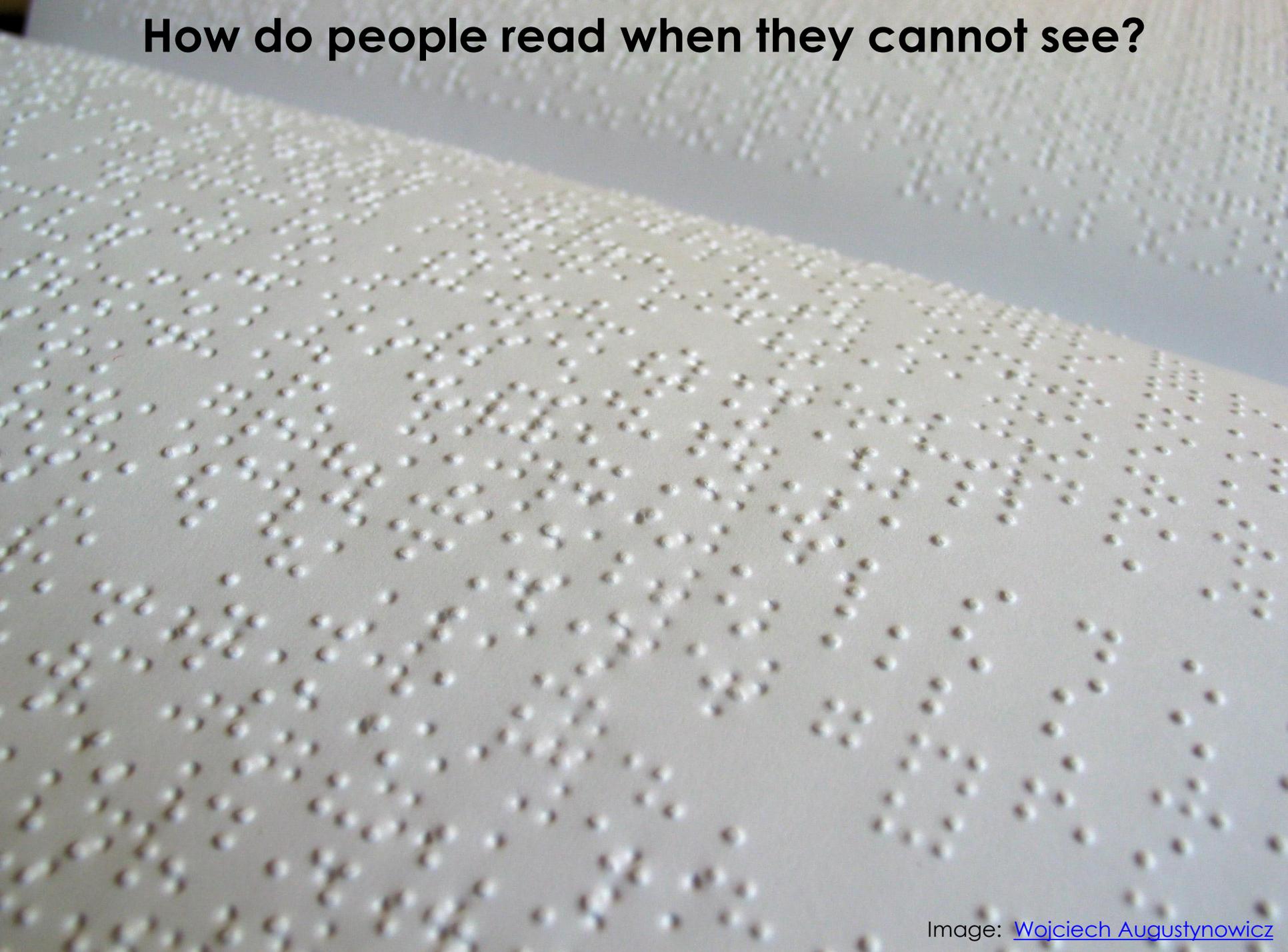
Image: Ana Labate

People who are blind read with their fingers by using Braille.

Image: Julia Freeman-Woolpert

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?

Image: Leonardo Tote
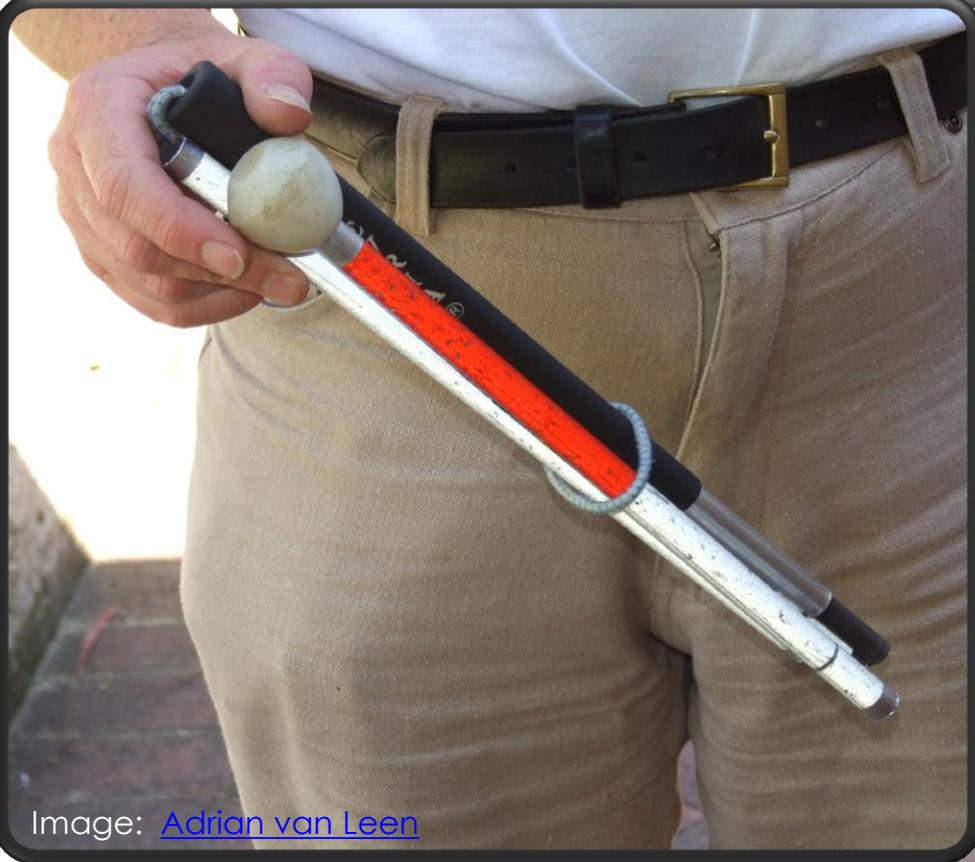
Image: Adrian van Leen

How do people walk when they cannot see?

Image: Adrian van Leen

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.

Hanley, Samantha. (n.d.). How do blind people get around? *E-How Health*.

Howell, Jerry. (n.d). White cane basics. *Howell Mobility*.

Image: Cherice Montgomery

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.

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 spy with your little eye?

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.]

Image:

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.)

Image: Microsoft Clipart

Grass

Birds

Flowers

Leaf

Butterfly

Caterpillar

Mountains

Ocean

What would you see
if you were at the zoo?

Image: Cherice Montgomery

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.)

Thankful for My Eyes!

HANDICAPPED SERVICES

Lesson "Handout"

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