EARTH DAY WALK
HELP THE BOY FIND THE TREEHOUSE
20/20/20 RULE TO PREVENT DIGITAL EYE STRAIN

Practice these to give your eyes the break they need

TAKE A 20 SECOND BREAK
EVERY 20 MINUTES
LOOK AT SOMETHING 20 FEET AWAY

Name: ____________________________________________________  Date: ______________________________

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Visit evfusa.org for more information
TAKE A BREAK IN YOUR NEIGHBORHOOD

Earth Day is on April 22nd and to celebrate, take some time to enjoy the great outdoors with your family. Here's are 10 fun things to “eye-spy” with your kids.

List of ideas:

- Birds
- Dog
- Kite
- Bicycles
- Pond
- Slide
- Car
- Flowers
- Ball

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