ARIZONA PBS
ARIZONA STATE UNIVERSITY
DELTA DENTAL
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healthysmilelearning.org

Blink, Break, Play! Eye health bingo

Complete a healthy eye habit and check the box. Can you get three in a row?



Blink break

Blink gently 10 times



Outdoor fun

Spend time playing outside



Look far away

Take a screen break 20-20-20



Clean hands

Wash your hands before touching your eyes



Colourful snacks

Eat a fruit or vegetable



No rubbing

Practice keeping your hands away from your eyes



Screen free fun

Draw or play without a screen for 15 minutes



Sleep time

Get a good night's sleep



Sun smart

Wear UV-blocking sunglasses outside

Optional bonus square:



Glasses Check!

If you wear glasses, clean them with help from an adult