The 20-20-20 Eye Break Mission

Did you know your eyes need breaks too? When you're reading or using a screen, remember the 20-20-20 rule! Every 20 minutes, look at something 20 feet away for 20 seconds and blink gently. Give your eyes a little rest!

Now it's your turn! Can you crack the 20-20-20 code? Put the three steps in the correct order and become an Eye Break Champion!





