CARING FOR OURSELVES - EYES

Caring is:

✳ Treating people, living things and delicate objects with gentleness.

✳ Giving attention to someone who needs help or is sad.

✳ Looking after yourself by eating the right things and keeping yourself clean.

Without caring:

✳ People would get hurt or sick and there would be no-one to help them get better.

✳ Precious things would get broken or damaged.

✳ Animals would not get fed or exercised.

✳ Nowhere would be clean and there would be litter and rubbish everywhere.

LEARNING OBJECTIVES:
To learn how to care for our eyes.

Suggested Resources:

Sunglasses.

Read the definition of caring and ask the children to share their examples of why and when people and living things should be treated with care.

Script:

"It is very important to treat ourselves with care. A part of our body that needs extra special care is our eyes. Our eyes let us see the world around us and they also show others how we are feeling. Today we are going to learn how to keep our eyes safe.

Can you tell me when I might need to wear these?" [hold up the sunglasses]

Allow the children to share what they know with the class. Ask the children for other examples of keeping eyes safe, such as: keeping sunscreen out of eyes; not throwing sand or small things at others; and not running while holding sharp objects such as pencils or scissors.

Suggested Activities:

Create a poster 'Eye Safety' or 'Keep Your Eyes Safe'.

Character Coaching

Guidance:

What virtue will we need to use when handling sharp objects like pencils and scissors?

Meaningful Praise:

You are using those scissors so carefully and safely – well done!

Correction:

Please be careful with the equipment so that others feel safe around you.

Plenary:

Ask one or two children to share their poster and highlight one or two children who are keeping their eyes on you when you are talking: **"I can tell that you care about what I am saying because you are looking at me when I am speaking. Thank you!"**

CARING