

20/20
KIDS CLUB
COLORING
BOOK

Decorative stars and hearts are scattered around the title.

Hi! I'm Eye Guy!
Let's learn how
to take care of
our eyes!



Healthy eyes today. Bright futures tomorrow.

EYE GUY IS ON THE LOOKOUT!

Can you find Eye Guy and his friends
hiding in the scene?



Great vision helps us play, learn and explore every day!



GOOD HABITS, HAPPY EYES!

Taking care of our eyes every day helps
us see the world in amazing ways!



READ



WEAR SUNGLASSES



DRINK WATER



EAT HEALTHY



GET ENOUGH SLEEP



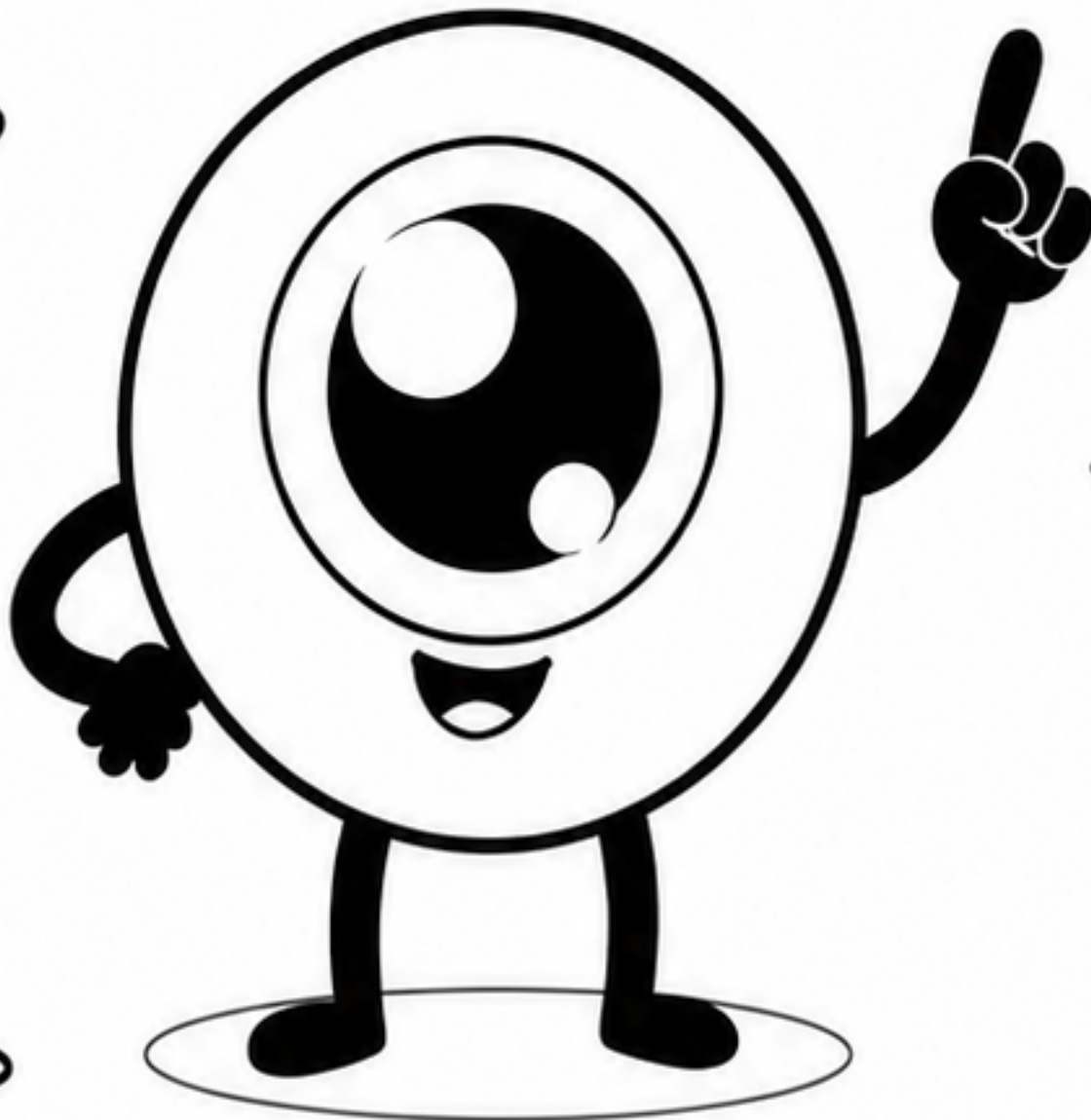
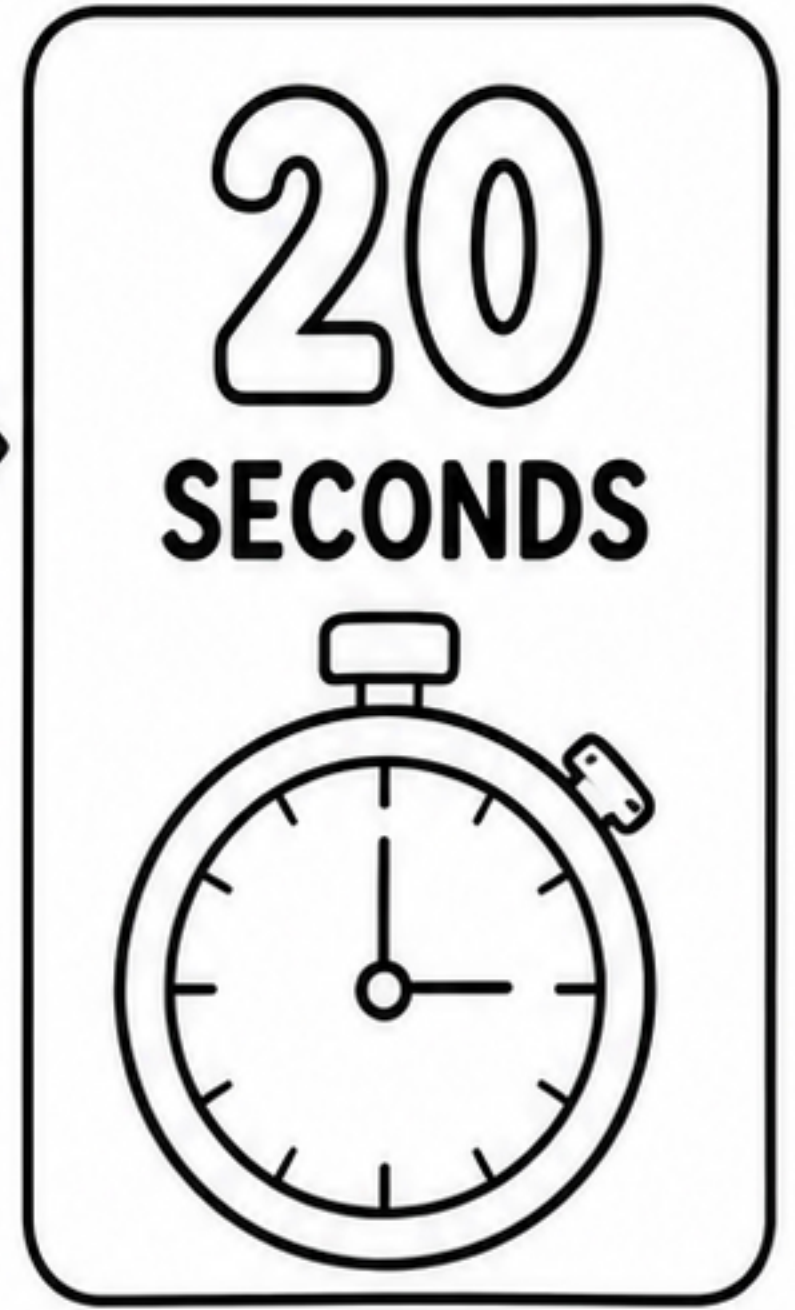
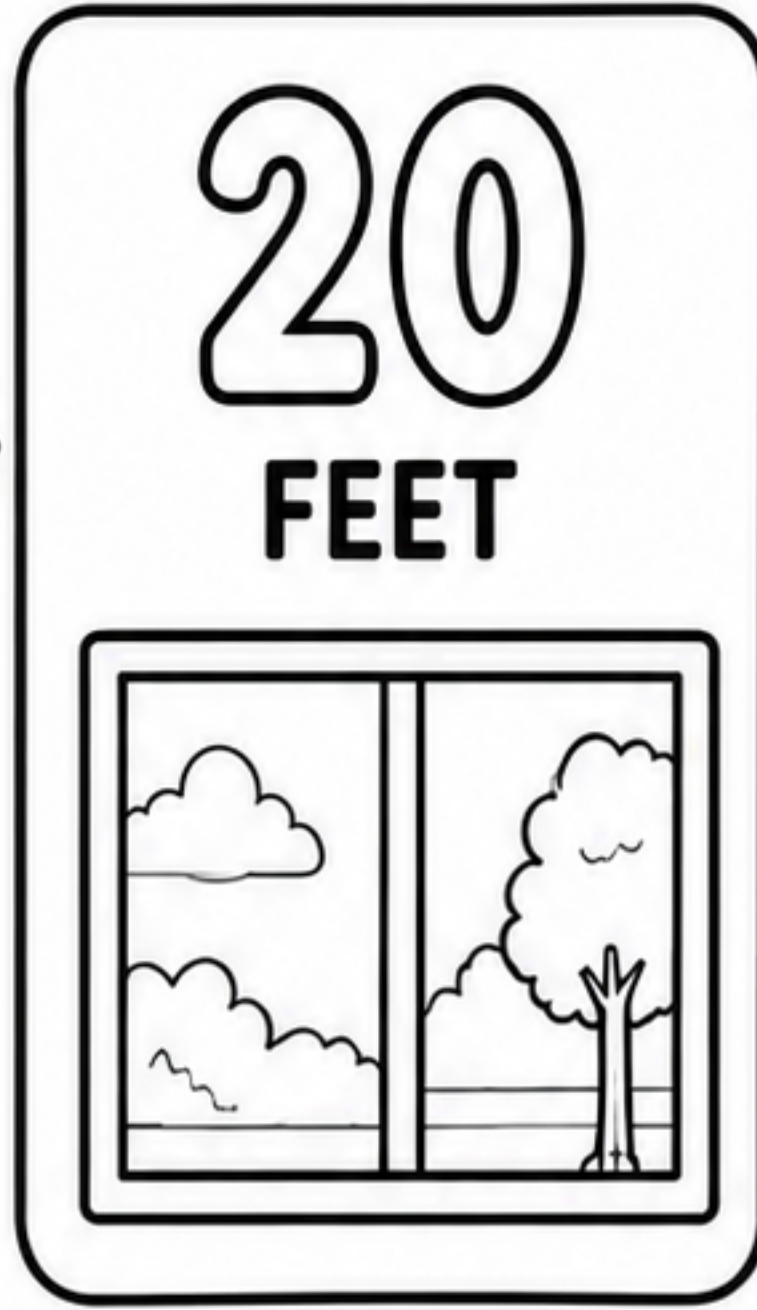
Small habits today lead to bright futures tomorrow!



THE 20-20-20 RULE



Give your eyes a break from screen time!

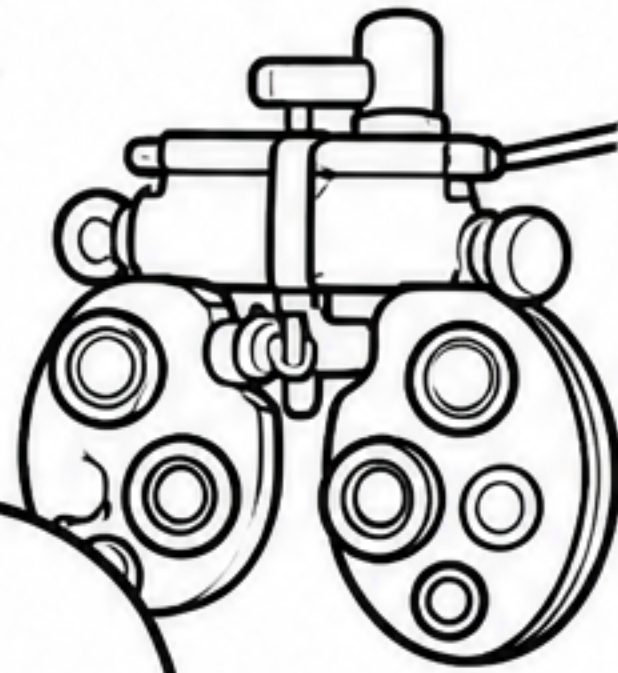
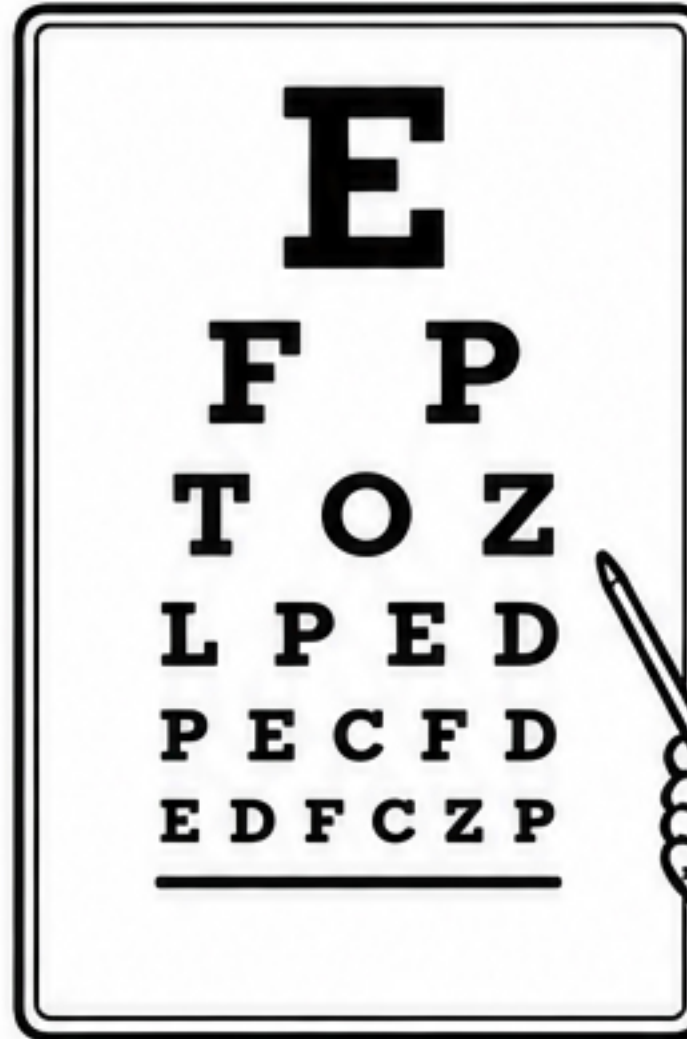


Look away from your screen every 20 minutes, at something 20 feet away, for 20 seconds! ♡



EYE DOCTOR VISIT

Visiting the eye doctor helps keep our eyes healthy and our vision strong!



Regular eye exams help us see our best and catch any problems early! ♥

THANK YOU, EYE GUY!

Thanks for learning how to take care
of your amazing eyes!



You did it!

Keep up the great habits and
be a 20/20 Kids Club star!