

Before screen time...

let's spend more time outside!

Kids who spend more time outside are less likely to develop myopia (nearsightedness)¹. Here are some fun activities to encourage outdoor time! As you and your child complete each activity, check off the box or place your favorite sticker to mark your accomplishment!

Name: _____



Make art with **sidewalk chalk**



Plant a **garden**



Fly a **kite** on a windy day



Create a **treasure hunt**



Practice **outdoor yoga**



Camp out in the **backyard**



Have a **picnic** in the backyard or on the porch



Go for a **bike ride** around the neighborhood



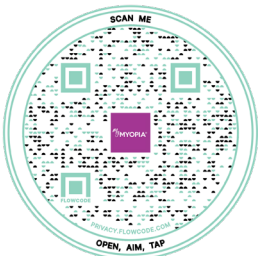
Play **Frisbee golf** with targets around the yard



Science time! Make your own **slime**



Fill in your own fun idea here



mymyopia.com

An awareness campaign sharing important on the childhood myopia epidemic to improve lifelong ocular health.

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Scan the QR code for more creative ways to get your child outside.

References: 1. <https://www.advancedvisioncare.co.uk/can-sunlight-reduce-the-risk-of-myopia/>