

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: _____

checklist



Walk with your child to school



Have a picnic at the park



Draw a chalk picture outside



Go to an outdoor performance



Have a treasure hunt



Fill in your own fun idea here



Go on a photo hike and take pictures of cool things in our neighborhood



Play a sport you both enjoy



Backyard camping



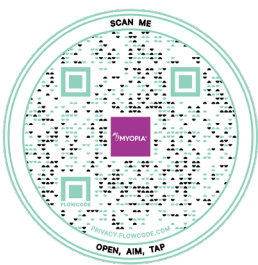
Go for a bike ride



Plant a garden



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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Read more about creative ways to get your child outside on our website by scanning our QR code.

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