

**PUNGGOL COVE PRIMARY SCHOOL
PE & AESTHETICS DEPARTMENT
HOME-BASED LEARNING ACTIVITY**

Vision Exercises for Children:

Eye Blinking:

- Blink your eyes rapidly for 20 times.
- Close your eyes and count to 10 before opening your eyes.
- Repeat 3 times.

Side to Side:

- Place your hands out, one hand to the left and the other to the right.
- Without moving your head (moving eyes only), look left and look right.
- Repeat 10 times.
- Repeat points 1 to 3 with your eyes closed.



Up and Down:

- Place your hands out, one hand above and one hand below your head.
- Without moving your head (moving eyes only), look up and look down.
- Repeat 10 times.
- Repeat points 1 to 3 with your eyes closed.

Near and Far:

- Hold a pencil or an eraser.
- Focus on the pencil or the eraser, then look to another object that is far away (e.g. picture on the wall)
- Repeat 10 times.

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Imaginary Clock:

- Imagine a large clock.
- Look at the center of the clock, then think of a number and look at where the number would be on the imaginary clock.
- Once done, look back at the center and repeat with other numbers on the clock.