

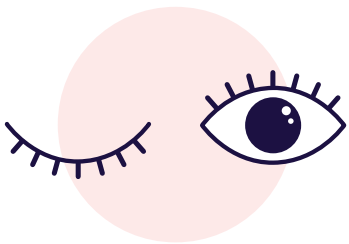
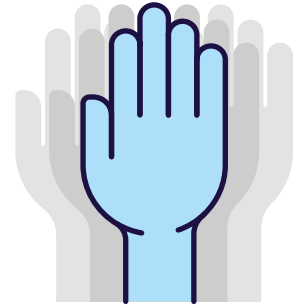


# Test what your eyes can do!

1

**Our eyes are good at following an object. Even better at adjusting to head movements.**

**TEST IT.** Keeping your head still, hold up your hand about 30cm away, and quickly move it back and forth. As fast as your eyes are, your fingers become blurry. Now keep your hand still and move your head back and forth. Amazingly, your fingers stay in focus!



**How many times can you blink in a second?**

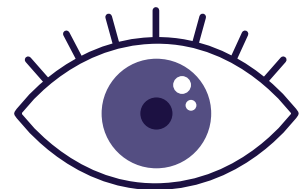
2

**TEST IT.** The highest recorded is 5!

3

**Your pupils change their sizes to allow just the right amount of light to enter your eye.**

**TEST IT.** Go to a room and pull down your blinds with just enough light to look at your pupil in a mirror. Turn the lights on and there, you will see them shrinking to almost a dot.



**Be Eye Smart** and make sure you have your eyes tested regularly.