

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# EARTH DAY WALK

## HELP THE BOY FIND THE TREEHOUSE



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# 20/20/20

## RULE TO PREVENT DIGITAL EYE STRAIN

Practice these to give your eyes the break they need

**TAKE A 20 SECOND BREAK**



**EVERY 20 MINUTES**



**LOOK AT SOMETHING 20 FEET AWAY**



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# TAKE A BREAK IN YOUR NEIGHBORHOOD

Earth Day is on April 22nd and to celebrate, take some time to enjoy the great outdoors with your family. Here's are 10 fun things to "eye-spy" with your kids.



## List of ideas:



Birds



Dog



Kite



Bicycles



Pond



Slide



Car



Flowers



Ball



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