

Activity Guide

Blind Spot Activity



Module

Vision

Materials required

- Paper
- Pen or marker

Preparation instructions

Using the template:

1. Print as many copies as you need so that you have one strip per participant.
2. Cut out the strips along the dotted lines

Without the template:

1. Cut one or more sheets of blank paper into strips so that you have one strip per participant.
2. Draw an X at one end of each strip of paper, and an O at the other end.
3. Each letter should be the size of a pencil eraser for this experiment to work.

Activity instructions

1. Hold the strip of paper with your left hand at arm's length, with the letters facing you.
2. The X should be on the right and the O on the left.
3. Cover your right eye with your right hand and focus your left eye on the X.
4. While focusing on the X, move the strip toward you until the O disappears.
5. When the O disappears, you have found your blind spot.

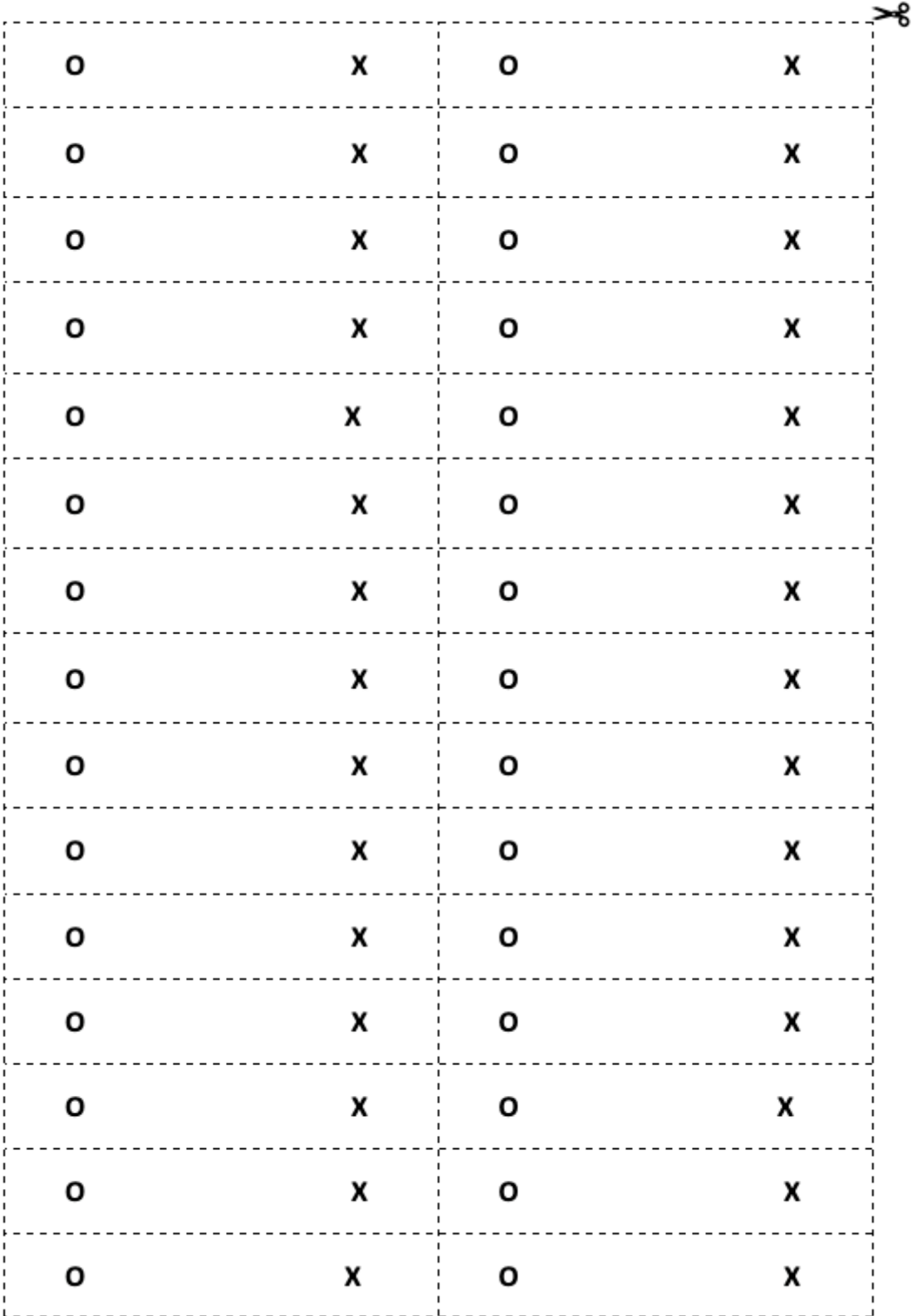
Reinforce these learnings

- The blind spot has no rods or cones and cannot see light – this is why it is “blind”!
- The blind spot is where the optic nerve leaves the eye and continues to the brain.
- The optic nerves connect to the occipital lobe of the brain. Damage to the occipital lobe of your brain can affect your vision.

Reinforce these injury prevention messages

- Protect your vision by protecting your brain! Wear your helmet, wear your seatbelt, follow safety rules, etc.
- It's also important to protect your eyes. Here's how:
 - Don't run with sharp things in your hands (like scissors).
 - Wear proper eye protection during sports and science experiments.
 - Make sure an adult is there to supervise if you are using tools.
 - Get your eyes checked regularly.

Blind Spot Activity Template



A template for a blind spot activity. It consists of a large rectangle divided into two columns by a vertical dashed line. Each column contains 14 rows, for a total of 28 rows. Each row contains two characters: an 'O' on the left and an 'X' on the right. A pair of scissors icon is located at the top right corner of the template, indicating where to cut.

O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X
O	X	O	X