



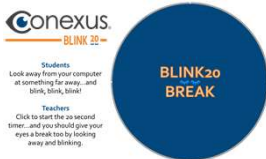
Welcome, teachers!

BLINK 20

Thank you for using the BLINK 20 strategies to help protect your students from digital eye strain resulting in increased screen time in the virtual learning environment. Please feel free to incorporate these slides into your distance learning plans to help protect your students' eyes (and your own!):

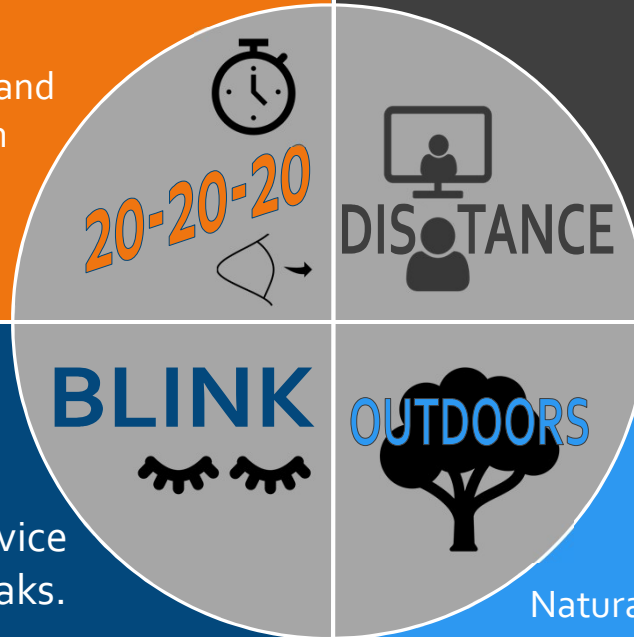


- The first slide can be used to explain/remind students and parents about the four elements of Blink20. It is a good idea to share the one-page handout (also available on the website) or even encourage parents to request the full report so that they are familiar with the effects of and ways to prevent digital eye strain.
- The second slide can be interspersed in your lesson in about 20-minute increments to remind yourself and your students that it's time to take a 20-20-20 break. The slide will time the break for you, but be sure to give your eyes a break during this time as well. Look away and don't watch the timer...if your break lasts a few extra seconds, that's even better!
- The third slide can be used at the end of your lesson to encourage students to put down their devices and play outside as much as possible. Playing outside can significantly reduce or even prevent myopia (nearsightedness) in children, so encourage them to get outdoors whenever they can!



Every **20 minutes**
look away at least **20 feet**
for at least **20 seconds**
to vary your viewing distance and
give your eyes a break from
looking
at your screen.

Arrange your workspace so that your eyes
are a
DISTANCE
of about
23-25 inches
from your screen.



Be sure to
BLINK
frequently as you use your device
and during your 20-20-20 breaks.
You may need to use artificial tears to relieve
dry eyes.

Playing
OUTDOORS
is important for your eyes!
Natural light, multi-distance focal points, and
exercise are good for your eyes.
Spend at least an hour outside every day if you
can.



Students

Look away from your computer at something far away...and blink, blink, blink!

Teachers

Click to start the 20 second timer...and you should give your eyes a break too by looking away and blinking.

A large, dark blue circle with a thin grey border. Inside the circle, the words "BLINK20" are written in a bold, orange, sans-serif font. Below "BLINK20" is a small blue icon of closed eyes with eyelashes. Below the eye icon, the word "BREAK" is written in a bold, orange, sans-serif font.

BLINK20
BREAK



Natural light and playing outside are good for your eyes!

BLINK 20



When you're not in class, make sure you

play outside whenever you can

&

don't use devices or watch TV any more than you need to.

