SCIENCE

How we see

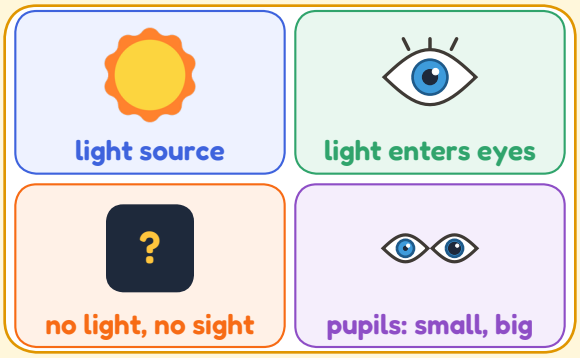


Name _____ Date _____

I can explain that we see when light goes into our eyes.

1 How it works

We see things when light bounces off them and goes into our eyes. Light comes from the sun, lamps and screens. In a room with no light at all, we cannot see anything. The black circle in the eye, the pupil, lets light in. It gets smaller in bright light and bigger in dim light.



2 Does it give off its own light? Circle yes or no.



an apple

yes no



a window

yes no



the sun

yes no



a ball

yes no



a lamp

yes no



a traffic light

yes no



the moon

yes no



a phone screen

yes no

How did I do? ☆ ☆ ☆

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SCIENCE · HOW WE SEE

Light and sight



Name _____ Date _____

I can tell when we can see something.

1 Can you see it? Circle yes or no.

1. A red ball in a sunny yard. yes no
2. A toy in a closet with the door shut and no light. yes no
3. A book under a lamp. yes no
4. A cup in a room with no light at all. yes no
5. A tree lit by the moon. yes no

2 Fill in the blanks

Use the words in the box.

smaller | sun | darkness | pupil

1. The _____ lets light into the eye.
2. In bright light the pupil gets _____.
3. The moon shines with light from the _____.
4. We cannot see in total _____.

How did I do? ☆ ☆ ☆

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Think like a scientist



Name _____ Date _____

I can explain how light helps us see.

1 Think about it

1. Why can we not see in a dark room? _____
2. Why does the moon shine at night? _____
3. Why do people wear sunglasses? _____
4. How do glasses help some people see? _____

2 True or false? Circle it.

1. A lamp gives off light.	true	false
2. The pupil gets smaller in bright light.	true	false
3. Light goes into our eyes.	true	false
4. The moon makes its own light.	true	false
5. We can see in a room with no light at all.	true	false

3 Draw the sun, a ball and an eye. Add arrows to show the path of light.

How did I do? ☆ ☆ ☆

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SCIENCE · HOW WE SEE

Try it: pupil watch

Name _____ Date _____

🎯 **I can see my pupils change in bright and dim light.**

1 You need

- a small mirror
- a lamp
- a dim room
- a pencil

2 What to do

1. Sit in a dim room for one minute. Look at your pupils in the mirror. Draw them.
2. Turn on the lamp. Do not look at the bulb.
3. Look at your pupils right away. Draw them.
4. Turn the lamp off. Watch your pupils for 30 seconds.

3 I predict

What will your pupils do in bright light?

_____

_____

4 What I see

Light	Draw my pupils	Big or small?
dim		
bright		
dim again		

How did I do? ☆ ☆ ☆

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FOR TEACHERS AND PARENTS

Answer key: how we see

1 Page 1

Answers: 1) an apple: no; 2) a window: no; 3) the sun: yes; 4) a ball: no; 5) a lamp: yes; 6) a traffic light: yes; 7) the moon: no; 8) a phone screen: yes.

The moon does not make its own light: it reflects light from the sun.

2 Page 2

Can you see it: 1) yes; 2) no; 3) yes; 4) no; 5) yes.

Blanks: 1) pupil; 2) smaller; 3) sun; 4) darkness.

3 Page 3

Think: 1) No light bounces off things into our eyes; 2) It reflects light from the sun; 3) To protect their eyes from bright light; 4) They help the eye focus the light.

True or false: 1) true; 2) true; 3) true; 4) false; 5) false.

Drawing: arrows go from the sun to the ball, then from the ball to the eye.

4 Page 4: Try it!

In dim light the pupils are big, to let in as much light as they can. In bright light they quickly get smaller, which protects the eye from too much light. When the lamp goes off, they slowly get bigger again.

5 Teaching tip 💡

Make a shoebox viewer with a small peephole and a flap on the lid. Children look in with the flap shut, then open it and see the object inside appear.

Safety: never look straight at the sun, a lamp bulb or a flashlight.

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