



Light up Lives

18 February - 20 May 2021

Children's activity sheet



Victory hopes for a brighter future

Unscramble and fill in the missing words to read the story of Victory's journey to better vision.

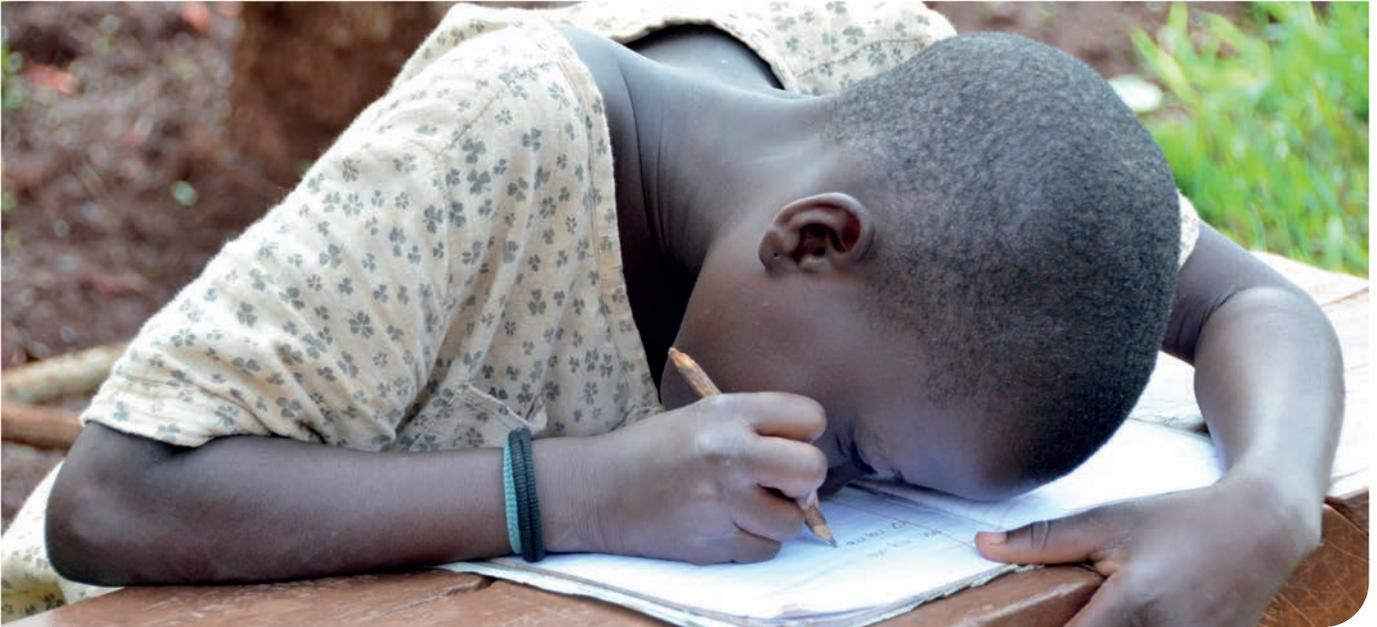
Victory is five years old and lives with her mum and older **sebrthro** and sisters in East Africa. Victory is a good little girl but unfortunately she has a **belmorp** with her eyes. Her mum first noticed when Victory started to walk, as she was **gumbinp** into things.



Victory knows her own house very well and is confident walking **uadron** it, but her eyesight is so bad that when she goes **sitdoue**, it is a scary experience. The bright light of the sun hurts her **esyse** and she has to walk slowly in case there are stones on the ground.

The good news is that recently, a team of eye **hthlea** workers visited a community centre where Victory lives. Victory went there with her mum, and they did a check-up and **tsets** on her eyes. She was diagnosed with a condition called cataracts, which is a type of **nibnedlss** that can be treated.

Luckily there are charities like Christian Blind Mission that exist to help little girls like Victory. They fund projects to train eye **octrods** and help people get surgery which can **ersoter** their sight! With help from your church such as fundraising and prayers, we can make sure Victory gets the **opetnoair** she needs to see much better and have a hopeful future.

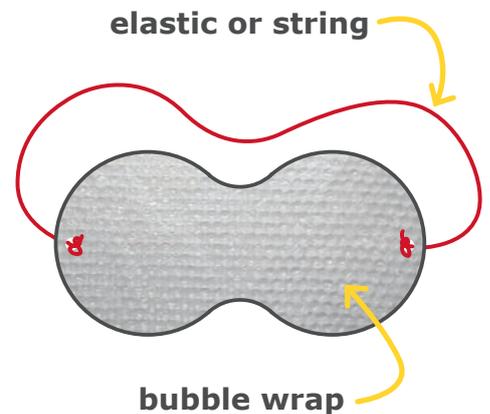


What is it like to have cataracts?

To make cataract masks you will need:

- Sheets of bubble wrap. If you don't have this you can use paper.
- Scissors
- Elastic or string

People with cataracts can see light and dark, but that is all. It's like trying to see through plastic or paper.



Now when you are wearing this mask...

...Can you see if it is light or dark? [perhaps use a torch]

...Can you read this sign? [hold up a sign saying DANGER]

...Can you see this pretty picture? [hold up a picture]

...Can you tell what this is? [hand around a ball, feather or object that can be identified through touch]

...Can you see the face of the person next to you?

...Can you hear what this is? [blow a whistle]

...Can you see what food is on this plate? [show an orange]

...Can you smell what the food is now? [cut up an orange and put it under the children's noses]

Our senses help us to interpret the world around us. Can you name all five senses? What would it be like if you lost one of these?

See the words

Can you find the hidden words in this grid? All the words are related to eyes and vision. (Words can go left to right, top to bottom or diagonally, backwards or forwards.)

HOPE

GLASSES

SCHOOL

EYESIGHT

LIGHT

BRIGHT

DOCTOR

DARK

FUTURE



Is it easy to be blind?

Use this activity to ask children about vision and sight-loss. Wait for answers before reading out any they haven't guessed, and use this as a guide for talking about why people in other countries who are blind or who have low vision need our help and support.

Q. Some of us are wearing glasses. What other things can help people see better?

A. Magnifiers, bright lights, large type, eye doctors, contact lenses, laser surgery

Q. We have all these things near where we live, but do people living in the world's poorest places have these things?

A. No, a lot of people don't.

Q. Now, what if you couldn't see *at all*, and you were blind? What could help you every day?

A. A guide dog, support worker or carer, braille, sound recordings, text to speech, a white stick to protect you and alert other people, buses and trains to travel safely, education and training, benefits and support.

Q. Do blind people in the world's poorest countries have these things?

A. No, most blind people in the world don't have *any* of these things, but many of them could see again if we train doctors and give medicine to help them. Those with untreatable blindness could manage better if they had the right equipment.

About Christian Blind Mission's Light up Lives appeal

Every day, people in the world's poorest places become needlessly blind because of conditions that can be easily treated. Learn, pray and fundraise with your church to help **Light up Lives** and fund sight-saving treatments in the poorest places of the world. Between 18 February and 20 May 2021, every £1 your congregation raises to Light up Lives will be doubled by the UK government.

Contact us:

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Registered charity numbers: 1058162 (England &
Wales and SC041101 (Scotland)

