Everyone has a black dot in the middle of their eye. Do you know what the black dot is called? It is called the pupil and it is actually a hole right in the middle of our eye! We have a clear layer over our eyes called the cornea so we can’t actually put our finger through the pupil.

We also don’t want to touch our eyes because we can scratch our eyes or get sick. Colds and flus spread really easily by touching and rubbing our eyes, so try to avoid doing that.

There is also a colored part to our eyes that surrounds the black dot. It is called the iris. The iris is made out of muscle and it helps to make the pupil bigger or smaller to let the right amount of light into our eyes so that we can see.

If it is bright, the iris closes around the pupil, so it gets smaller (like the left side of this image). When we are in a dark room the iris stretches open so that the pupil gets bigger to let in more light (like the right side of this image). An eye doctor makes your pupil really big during part of the exam. The next time you are there, make sure to ask them how they make your pupil super big and why this helps them.
PUPIL SIZE CHANGE ACTIVITY

Materials needed: Flashlight, mirror (optional)

Make sure you are in a dark room. Have your child watch your eyes as you turn a flashlight on and off. The flashlight can be held below your eyes but pointed toward your pupil. Make sure to hold the light on for a few seconds so that the child has a chance to see the pupil get smaller.

Watch your child’s amazement as the pupil shrinks when the light comes on!

Note: You can also have your child look in a mirror to watch this on their own eyes. Turn the lights on and off a few times. Just like with the flashlight, allow the light to be on for a few moments so that the child has a chance to see the pupil shrink.