



MY BODY Inside and Out!



My Amazing Sense of Sight



Ruth Owen

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My Amazing Sense of Sight



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Ruby Tuesday Books





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Words shown in **bold** in the text are explained in the glossary.



Seeing Your World



From the moment you open your eyes in the morning, you see the world around you.

Your **sense** of sight helps you get dressed, play sports, read books, and see your friends.

It keeps you safe by letting you look for cars as you cross the street.

You can even see your own face when you look in a mirror.

Each day your eyes see thousands of colors, shapes, and movements.

Just how does this amazing sense work, though? Let's find out!





Your body has five senses. These are seeing, hearing, smelling, tasting, and touching. Your senses help keep you safe. They also help you enjoy the world around you.





Light in Your World



In order to see the world around us, we need light.

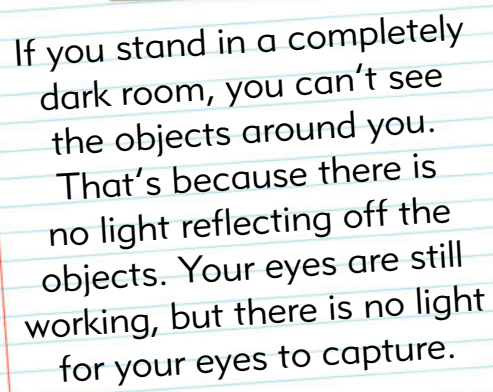
In the daytime, light usually comes from the Sun.

At night, we switch on lamps and other types of lighting.

When light from the Sun or a lamp hits an object, the light bounces or reflects off the object.

Your eyes capture this reflected light.

Then your eyes and brain work together to allow you to see the object.



If you stand in a completely dark room, you can't see the objects around you. That's because there is no light reflecting off the objects. Your eyes are still working, but there is no light for your eyes to capture.

The Sun

1 Light hits the sunflowers.

2 The sunflowers reflect the light.

3 Your eyes capture the reflected light, and you see the sunflowers.



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Learn More Online

To learn more about your sense of sight, go to
www.rubytuesdaybooks.com/mybodysight

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My Amazing Sense of Sight



When you open a book, you see words and pictures. When you play sports, you see the ball whizzing toward you at high speed. All day, every day, your sense of sight is hard at work. Find out how your eyes, nerve cells, and brain work as a team to help you see the world around you.



Titles in this series

- My Amazing Sense of Hearing**
- My Amazing Sense of Sight**
- My Amazing Sense of Smell**
- My Amazing Sense of Taste**
- My Amazing Sense of Touch**
- What Happens When I Eat?**
- What Happens When I Grow?**
- What Happens When I Move?**
- What Happens When I Sleep?**



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