# Anyone can enjoy the 20-20-2 Dice Challenge!

## RULES OF THE GAME

### DESIGNED TO HELP SLOW DOWN MYOPIA

The 20-20-2 rule is designed to slow down and/or prevent myopia (nearsightedness). Spending too much time looking at close distances, such as on a mobile phone (within 30 centimeters), and not spending enough time outdoors are major culprits, depriving children's eyes of the chance to develop healthily. The 20-20-2 rule is:
After every 20 minutes of close-up viewing,
Look into the distance for 20 seconds,
Spend at least 2 hours a day outdoors.

The dice game can be played by children together with (grand)parents, siblings, teachers, after-school care staff, etc., to teach everyone how eyes can grow better (up to the age of 20-25 years).

The goal is to help each other bring the 20-20-2 rule to life in the players' lives and their surroundings.
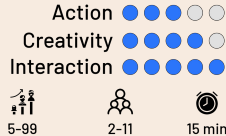
### HOW DOES IT WORK?

There are two dice, and the player rolling the dice combines the outcome of one die with the outcome of the other die.

**Example 1:** the player rolls "Play outside, for 2 hours" and "mom": then that player must share a tip with the other players on how mom can help ensure the child plays outside for 2 hours every day. For instance: mom can agree with the child that they will walk the neighbor's dog for 1 hour twice a day during the weekend.

**Example 2:** a player rolls "max 20 minutes of gaming/reading, Etc." and "dad." The player can then give the tip that dad sets a kitchen timer for 20 minutes once he has approved that the kids can play games on the iPad.
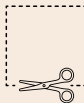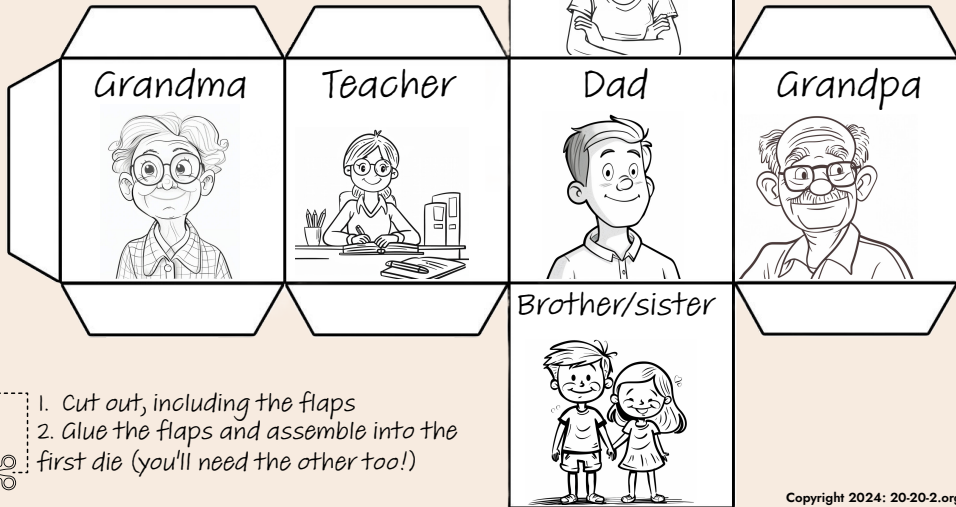
**Example 3:** a player rolls "Take a 20 second break after gaming/reading + look outside" and "grandpa." The player can then give the tip that grandpa walks to the window with the child and counts to 20 together after the child has read for 20 minutes. After a player has shared a tip with the other player(s), the next player may roll the two dice. After each player has rolled three times, the game is over.
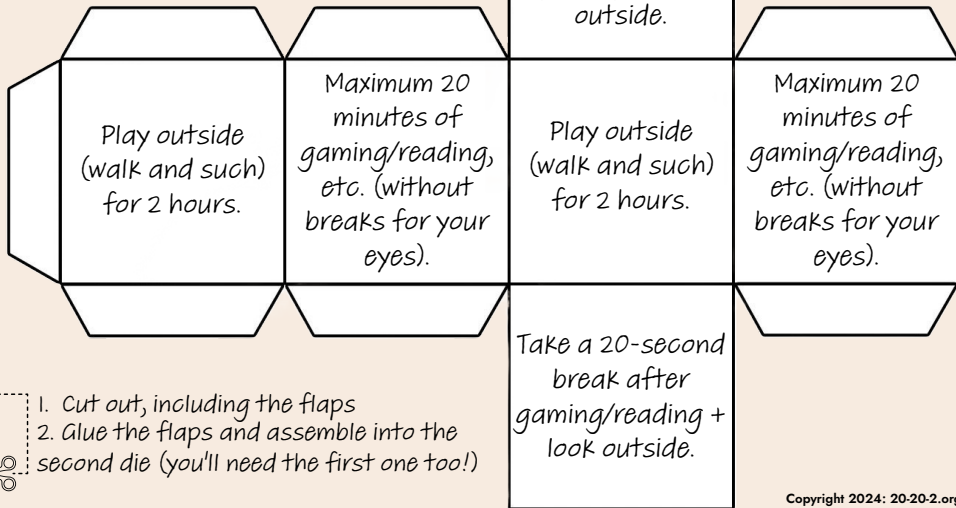
**20-20-2 DICE
Die one of two**

Mom

Grandma

Teacher

Dad

Grandpa

Brother/sister

1. Cut out, including the flaps
2. Glue the flaps and assemble into the first die (you'll need the other too!)

# 20-20-2 DICE
## Die two of two

Take a 20-second break after gaming + look outside.

Play outside (walk and such) for 2 hours.

Maximum 20 minutes of gaming/reading, etc. (without breaks for your eyes).

Play outside (walk and such) for 2 hours.

Maximum 20 minutes of gaming/reading, etc. (without breaks for your eyes).

Take a 20-second break after gaming/reading + look outside.

1. Cut out, including the flaps
2. Glue the flaps and assemble into the second die (you'll need the first one too!)