

266 Eye spy

This works best in daytime.



1. Stand by a mirror in a well-lit room and look closely at your eyes. Then, close your eyes and count to thirty.

2. Now open your eyes quickly and watch them closely. Do you notice a change?

The black parts of your eyes (called pupils) should get bigger, but quickly return to normal. This is because your eyes react to light. If it is bright, your pupils shrink to protect your eyes from too much light. If it is dark (or your eyes close), your pupils relax and open wide to let in as much light as possible to help you see in the gloom.