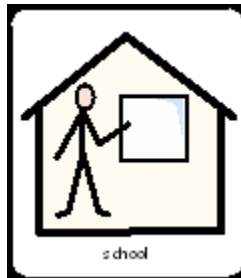
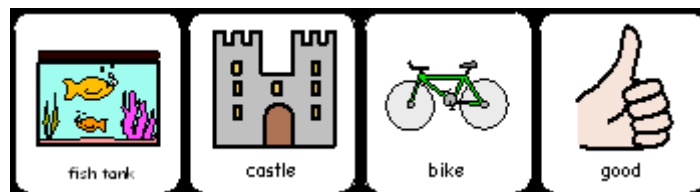


I can wear headphones when the noise hurts my ears.



My name is _____. I go to _____ School.



I do lots of things at school. I really like the fish, the castle and the bikes. This is great.

At school we have to do lots of different things. This is ok.



Sometimes we can sit on the carpet and do good listening.

Sometimes we get to choose what we want to do.

Sometimes we have snack or dinner time.

Sometimes we have PE.

Sometimes we do some work.

These are all good things to do at school and they help us learn.

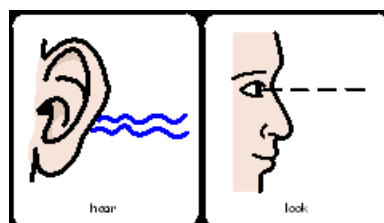


Sometimes noises hurt my ears and I don't want to do anything my teachers tell me to do. This is ok. We know your ears are super hearers.

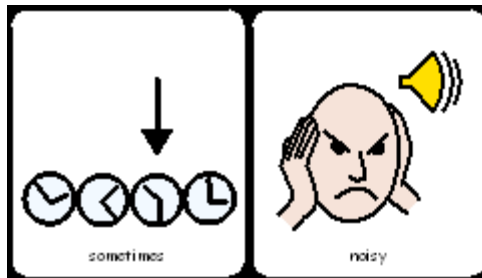


A good way to sort this out is to wear headphones sometimes.

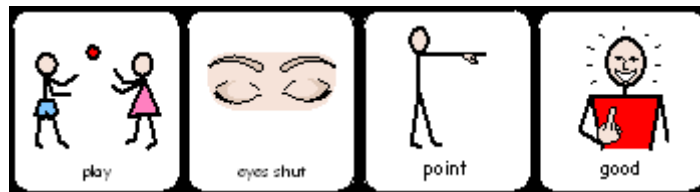
Headphones are spongy and comfortable and help my ears by stopping the loud and horrible noises hurting them.



I will still hear some important things like what my teachers are saying to me. The children in my class can help me by looking at me when they speak to me.



I don't need to wear them all the time. I can choose to wear them when it is very noisy. Then when I feel calm again I can put them back on my desk until I need them again. This is ok.



I can play a game to try them out.

If I put them on I can play a game.

Close your eyes.

Your teacher can go to a space around you and say your name. Point to where they are.

Now try again. You can play this game with other children.

You can play this game at home if you like.



Well done _____. You can stay calm in class when the noise hurts your ears. Brilliant!

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