When it is too loud

1. When it is too loud there is more sound than I can cope with.

2. When it is too loud I may not feel OK.

3. I may also find it hard to listen to people.

4. I may also find it hard to think and do my work.

5. I may also find it hard to remember what I need to do.

6. Everyone is different. Some people are OK with loud noises and some people are not OK.
When it is too loud I can do things to help:
I can politely tell an adult that I am not OK with noise

When it is too loud I can do things to help:
I can cover my ears until I can cope better

When it is too loud I can do things to help:
If I have ear defenders I can use them

When it is too loud I can do things to help:
I can ask to move to somewhere quiet

When it is too loud I can do things to help:
I can ask to listen to music on headphones

It is OK if I do not like loud sounds. I can try to stay calm and do things to help me feel OK.

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