



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Listen up! Our sense of hearing enables us to hear and interpret the sounds in the world around us. Thanks to our ears, we can hear waves crashing on the shore, our favorite songs on the radio, and the alarm clock ringing in the morning! The following discussion questions and activities will help your students understand and protect their sense of hearing.

Related KidsHealth Links

Articles for Kids:

Let's Hear It for the Ear!

KidsHealth.org/kid/body/ear_noSW.html

Taking Care of Your Ears

KidsHealth.org/kid/stay_healthy/body/ear_care.html

What's Hearing Loss?

KidsHealth.org/kid/health_problems/sight/hearing_impairment.html

Going to the Audiologist

KidsHealth.org/kid/health_problems/sight/hearing_test.html

Can Loud Music Hurt My Ears?

KidsHealth.org/kid/talk/qa/rock_music.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Why is our sense of hearing important? What does it help us do?
2. How do we hear? Do you know what parts of our body help us hear?
3. Sounds are all around us! What are your favorite sounds to hear? Why? What do they sound like? How do they make you feel? What are your least favorite sounds? Why?
4. We need our ears to hear, so we have to take care of them. Can you think of ways to take care of your ears and your hearing? What do you think might be dangerous to your sense of hearing? How can you stay away from those things?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Let's Hear It for Hearing!

Objectives:

Students will:

- Learn how the ears help them hear
- Explore their sense of hearing

Materials:

- Empty film canisters or yogurt cups (10 per student completing the activity at a given time)
- Materials for inside the containers (rice, beans, pennies, sand, cotton balls)
- Permanent marker (for numbering each container)
- Let's Hear It for Hearing! handout (available at: KidsHealth.org/classroom/prekto2/body/functions/hearing_handout1.pdf)

Class Time:

30 minutes

Activity:

You use your ears to hear sound, and now's your chance to see how well yours are working! You have 10 containers in front of you. Your job is to guess what's inside each container, using just your ears! Each container has a mate, or another container with the same contents. Shake each of the containers, and use your sense of hearing to try to figure out what's inside. Can you find the containers that sound the same? Using the Let's Hear It for Hearing! handout, record which containers you think contain each item. Write the number that's on the bottom of each container on the correct line on the handout. Then talk with a friend about your results. Which container made the loudest sound? Why do you think so? Which container made the softest sound? Why? Which was the most difficult to figure out? Why?

Extensions:

1. Invite a hearing expert to your class, like an ENT doctor (otolaryngologist, or a doctor who takes care of ears, noses, and throats) or an audiologist (a specialist trained to understand how hearing works). Ask him or her to explain the parts of the ear and to tell about how hearing works. After the visit, write a thank-you note to your visitor, including one new fact that you learned about hearing.
2. The best way to protect your hearing is to take good care of your ears. Think of one way you could take better care of your ears. Write your idea in words and/or pictures. How are you going to meet your goal? Do you need an adult's help in meeting your goal?



Loud and Soft Sounds All Around

Objectives:

Students will:

- Explore the differences between loud and soft sounds
- Sequence loud and soft sounds in the correct order

Materials:

- Loud and Soft Sounds All Around handout (available at: KidsHealth.org/classroom/prekto2/body/functions/hearing_handout2.pdf)
- Glue
- Scissors

Class Time:

45 minutes

Activity:

Think of the loudest sound you've ever heard. What made the noise? What did it sound like? How did it make your ears feel? Think of the softest sound you have ever heard. What made the sound? What did it sound like? Was it hard for your ears to hear it? Now you're going to put sounds in order from the softest to the loudest. Take a look at the pictures on the Loud and Soft Sounds All Around handout. Cut out the picture squares, and think about the sounds that each of the objects makes. Find the picture that makes the softest sound. Glue it on the handout where it says "soft." Glue the next loudest sound next to it, and keep gluing pictures of things that make louder and louder sounds until you glue the picture of the loudest-sounding object next to the word "loud." Now you're an expert in the sounds all around you!

Extensions:

1. Some kids have hearing loss or a hearing impairment, which means that they have a problem with their ears or hearing. Some people with hearing loss communicate using American Sign Language (ASL). Learn several signs in ASL to discover a new way of communicating without speaking or hearing.

Reproducible Materials

Handout: Let's Hear It for Hearing!

KidsHealth.org/classroom/prekto2/body/functions/hearing_handout1.pdf

Handout: Loud and Soft Sounds All Around

KidsHealth.org/classroom/prekto2/body/functions/hearing_handout2.pdf



Name: _____

Date: _____

Let's Hear It for Hearing!

Instructions: Ten containers each have different objects inside, and your job is to guess what's inside each container - using just your ears! Each container has a match, or another container with the same contents. Shake each of the containers, and use your sense of hearing to try to figure out what's inside. Can you find the containers that sound the same? Record which containers you think contain each item. Write the number that's on the bottom of each container on the correct line on the handout.

Item

Container 1

Container 2



rice



beans



pennies



sand



cotton balls





Name:

Date:

Loud and Soft Sounds All Around

Instructions: Cut out the picture squares, and think about the sounds that each of the objects makes. Which ones make loud sounds? Which make soft sounds? Find the picture that makes the softest sound. Glue it on the handout where it says "soft." Glue the next loudest sound next to it, and keep gluing pictures of things that make louder and louder sounds until you glue the picture of the loudest-sounding object next to the word "loud."



