



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

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.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

These activities will help your students learn about and protect their sense of hearing.

Related KidsHealth Links

Articles for Kids:

Movie: Ears

KidsHealth.org/en/kids/ears-movie.html

Your Ears

KidsHealth.org/en/kids/ears.html

Taking Care of Your Ears

KidsHealth.org/en/kids/ear-care.html

What's Hearing Loss?

KidsHealth.org/en/kids/hearing-impairment.html

Can Loud Music Hurt My Ears?

KidsHealth.org/en/kids/rock-music.html

What Is an Ear Infection?

KidsHealth.org/en/kids/ear-infection.html

What's Earwax?

KidsHealth.org/en/kids/earwax.html

Swimmer's Ear

KidsHealth.org/en/kids/swimmers-ear.html

Going to the Audiologist

KidsHealth.org/en/kids/hearing-test.html

Senses Experiment: Do You Hear What I Hear?

KidsHealth.org/en/kids/experiment-hear.html

Senses Experiment: Model Eardrum

KidsHealth.org/en/kids/experiment-eardrum.html

Special Needs Factsheet for Teachers:

Hearing Impairments

KidsHealth.org/en/parents/hearing-factsheet.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? How do we hear? Do you know what parts of our body help us hear?
2. 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?
3. 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 opaque, plastic containers with lids (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 the bottom of each container from 1 through 10 before the activity)
- "Let's Hear It for Hearing!" handout

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 (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. Note to instructor: Invite a hearing expert to your class, like an ENT doctor (a medical doctor who diagnoses and treats diseases of the ears, nose and throat, also called an otolaryngologist) or an audiologist (a health care professional who diagnoses and treats hearing and balance problems). Ask the expert to tell your students about the parts of the ear and explain how hearing works. After the visit, have your students write thank-you notes to your visitor, including one new fact that each student 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
- 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.”

Extension:

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](https://www.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](https://www.kidshealth.org/classroom/prekto2/body/functions/hearing_handout2.pdf)

Quiz: Hearing

[KidsHealth.org/classroom/prekto2/body/functions/hearing_quiz.pdf](https://www.kidshealth.org/classroom/prekto2/body/functions/hearing_quiz.pdf)

Answer Key: Hearing

[KidsHealth.org/classroom/prekto2/body/functions/hearing_quiz_answers.pdf](https://www.kidshealth.org/classroom/prekto2/body/functions/hearing_quiz_answers.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 mate, 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



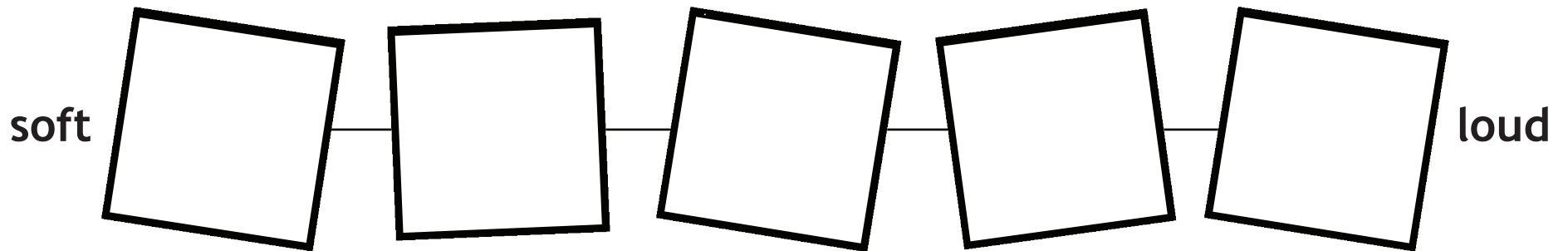


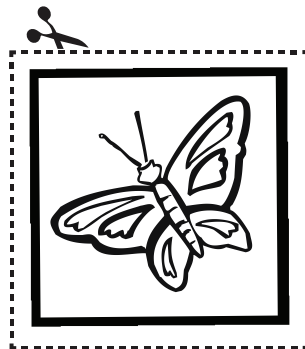
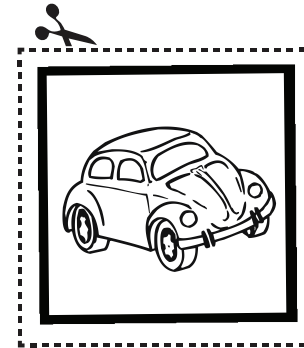
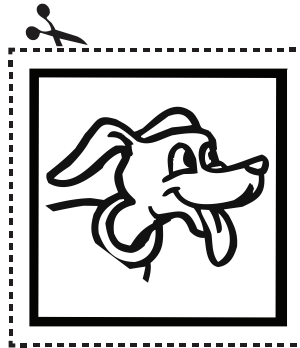
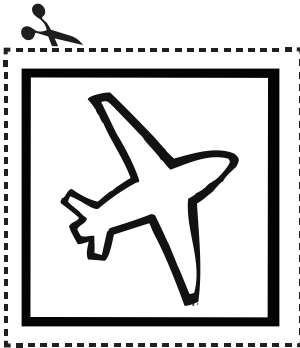
Name:

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.”







Name: _____

Date: _____

Quiz

Answer each question (can be oral or written).

1. True or false: Besides helping you hear, your ears help you keep your balance so you don't fall down.
2. If you think you have something like dirt or too much earwax in your ear, you should:
 - a) Get it out yourself.
 - b) Ask an adult for help.
3. Underline the two true things about earwax:
 - a) Earwax contains chemicals that fight off infections inside the ear.
 - b) Earwax is used to make candles.
 - c) Earwax collects dirt to help keep the ear canal clean.
4. Can listening to really loud music hurt your ears?
 - a) Yes
 - b) No
5. Draw a picture of something that makes a sound that you like:





Quiz Answer Key

1. True or false: Besides helping you hear, your ears help you keep your balance so you don't fall down.
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