

Play Ideas: I love Listening to Sounds



They play the same sound over and over...when they're listening to a sound they like, they can't seem to focus on anything else.

<p>How the listening sense helps us in everyday life</p>	<p>Being able to hear and understand sounds is very helpful in every day life. This sense helps us make friends, stay safe when there is danger, and learn to communicate and play. This sense can help us get awake and alert, and to calm down, and get ready for changes like games finishing.</p>
<p>Why does my child love listening to the same sounds?</p>	<p>Everybody has different likes and dislikes in sounds. Some people find lots of background noise uncomfortable, and find it hard to ignore a whirring fan or loud alarm nearby. Some people find it very difficult to focus on one sound when there are lots of noises. Other people like background music like the radio on all the time. Choosing one sound that someone likes, and which is predictable to them, can be very calming to listen to.</p>
<p>What is the listening sense?</p>	<p>When we listen, we use our <u>AUDITORY</u> sense. Inside the ears is a complex system that notices, filters out unneeded sounds, process sounds and make sense of the sounds we hear, like turning sounds into words in the brain.</p>

If your child seems to show you with their body that they love to use their listening sense, think about ways to add more listening sensory play into their daily routine. This could be through items you have at home, or through extra toys available to buy.



Top Tips for Music Play with your child:

- When singing with your child, follow their lead, copy their pace, volume, and pause and wait to see if they will ask for more or fill in the gaps in the song - this is a great opportunity for them to feel in control of the sounds.
- Explore a wide variety of instruments to find what they like.
- Use instruments that resonate, such as guitar, harp, wind chimes and piano (not electronic keyboards). Encourage them to play and watch and listen for the resonance to stop.
- Sing for your child, encourage them to put their hands or head onto your throat or chest to feel the vibrations of the singing.



- Try to avoid too much time on screens as these sounds can become very repetitive and are not as interactive. If you think your child is too attached to a particular video, instead try to play with them by singing yourselves, or having the music playing in the background but not watching the screen, so they can watch you instead of the screen.
- Google 'intensive interaction with music' for video examples of copying and communicating with your child using music.



Sounds that wake me up and give me energy:

loud, unpredictable, quick changes in the music, fast pace.

Sounds that slow me down and make me calm: deeper sounds,

rhythm and beats, slower pace, explore rainforest, ocean, and rain sounds.

Everyday home activities for the Listening Sense

Homemade Rain Stick



<https://www.youtube.com/watch?v=kOC-KOVxMMk>

Drumming Games

Red light green light, hold up colours or signs to show when to play and when to stop. Someone is conducting. Play rhythms and copy one another.



Frozen Statues

Play the music and when it pauses, everyone needs to freeze! If anyone moves, they're out of the competition. Listen carefully!



World Music and Playlists:

Choose a country in the world, with your child or for them, and play music from that place. Create a playlist of songs that increase your child's energy and songs that slow and calm them down. If they can, get them to help you build these playlists.



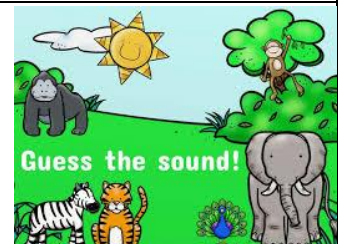
Musical Chairs





Music is playing and people walk together in a circle, once the music stops, race to sit down and get a chair! If you're too slow to get a chair, you're out of that round.



Guess the Sound



One person closes their eyes, the other plays sounds. Guess what the sound is, like which animal or which instrument it is.








<p>Mirror image Face your child, both holding the same or a similar instrument. Copy your child's movements and sounds as closely as you can, letting them know that they are in charge. Extend this activity by seeing if they can in turn copy you.</p> 	<p>Wake up! Pretend to fall asleep – you child then has to play an instrument loudly to 'wake you up!' Vary the game by swapping roles, or one person playing 'sleepy music' to put the other person to sleep before waking them up again. You could allocate one instrument the 'sleepy' instrument and another the 'wake up' one.</p> 
<p>Movement songs Combine music and movement by singing songs that involve moving together, such as;</p> <ul style="list-style-type: none"> • <i>Row Row row your boat</i> – row together back and forth • <i>Zoom zoom zoom</i> – lift your child up in the air after the countdown • <i>Ring a ring a roses</i> – hold hands and go round in a circle, then fall down on cue • <i>The grand old duke of york</i> – march around the room together 	<p>Hide and seek Hide an object so your child has to look for it. Play an instrument to direct them to it – play loudly if they are getting close and quietly if they are moving away from it. Vary the game by swapping roles.</p> 

Toys available to buy for the Listening Sense

Instruments Play!
Explore & play together. Find instruments from your culture to teach your child, or other cultures to explore.




Ideas for specific toys	
<p>Drums</p> 	<p>Ocean drums are great for exploring resonant sounds. They can be tapped, tipped, shaken, dropped and played whilst resting on the body. Observing the beads is a good way to increase a child's joint attention. You can make this a joint activity by engaging your child in tipping all the balls to one side, then all the balls to the other, tipping the balls in circles round the drum, playing it above your child's head, playing it resting on their legs, trying to stop all the balls quickly etc</p>
<p>Guitar</p> 	<p>Guitar strings can be plucked or strummed and the wooden body can be tapped or knocked. Children can rest their face, hands or body against the wood to feel the vibrations of the strings being plucked. If an adult can play some chords the child can strum whilst the adults changes chords.</p>
<p>Wind chimes</p> 	<p>Wind chimes have many multi-sensory properties – they are shiny, cold to touch, and react to even the smallest movement. Children can run their hands along the chime bars and wait for them to stop sounding, or play the chimes very rapidly to create a wall of sound. Make this interactive with 'stop and go' games, or sing songs such as 'Twinkle twinkle' to accompany your child's playing.</p>
<p>Pop Tubes</p> 	<p>Pop tubes make a satisfying sound when pulled open, and are very good for building hand strength and coordination. Practice saying 'ready...steady...and encourage your child to say or indicate 'go' before opening the tube.</p>
<p>Whistles, kazoos</p> 	<p>Instruments that use breathing to make music can be wonderful to encourage children to take deep breaths. Often if they are not breathing deeply they can become heightened, and deep breathing can be calming.</p>