



TEACHER RESOURCES
Spring 2025 (Vol. 2, No. 3)

Share: How Can We Keep Our Ears Safe?

1. Sound Sensitivity Exercise:

- o Play a variety of sounds (e.g., quiet background music, vacuum cleaner, street noise) at different volumes and ask students to pay attention to how their ears feel during each sound.
- o Afterward, discuss which sounds were comfortable and which were uncomfortable, and talk about how different sounds affect hearing.
- o *Related Activity:* Have students experiment with listening to the same piece of music at different volumes to evaluate clarity and discomfort levels.

2. Volume vs. Clarity Challenge:

- o Play a recording at a safe volume, then at a higher volume (being careful to not raise the volume to unsafe levels), asking students to describe which version was clearer.
- o Reflect on how excessive volume can distort sound, impacting listening skills.
- o *Related Activity:* Have students experiment with different volumes while practicing and evaluate how the sound quality changes.

3. Hearing Protection

- o After reading page 9 of the Spring issue, discuss sounds that are safe for our ears, and how decibels can tell us when a sound is safe or unsafe.
- o Discuss how apps like *Decibel X* can help us determine safe or unsafe sounds.
- o Go to kids.pianoinspires.com/submit to tell us how your students protect their hearing.