



Sound warriors

A hearing loss prevention project for young people

Activity Sheet 3 : What does Hearing Loss Feel Like?

For more information about the project
visit our website

www.Soundwarriors.org

Topic: What does Hearing Loss Feel like?

Materials Needed:

Lipreading and Listening games attached as well as Dinosaur picture for soundscapes

Any music or sounds and device to play it on. Examples attached. Paper and pencils

Learning Objectives:

Discover why sound affects us in unexpected ways. Sounds can change our mood. They can make us feel happy or sad. Hearing loss can lead to frustration, isolation, and depression.

Activity:

1. **Lipreading Games:** Ask everyone to sit where they can see you clearly. "Mouth" the phrases on the attached sheet. No whispering! Discuss – why are some phrases easier than others? Why is it easy to confuse P and B sounds? What other sounds could be misread? Would dialect affect what you could lipread?
2. Split into groups of 2 or more. Play some loud music. One person whispers random, unconnected words, whilst the others guess what they have said. Now try again, with the same words, but cover your mouth with a coat. After a few minutes, swap leaders. Discuss – what difference did the coat make? Why?
3. **Listening Games:** Split into groups of 5. Give each person a number 1-5. Tell person number 5 that they must listen for an important piece of information. People 1-4 sit with their backs to person no 5. Only one of them has that all important piece of information. To make it harder for "the listener", people 1-4 must all speak in a quiet voice all at the same time. Start the music. Hand out the sheets and give the signal to start. Discuss - Did person 5 get the important information? How did they feel when everybody was talking at the same time?
4. Play a variety of sounds from the soundscapes. How did they make you feel?

Extension:

1. Try this with an older person <https://youtu.be/WEoWIQOAQJ0>
2. Write a story about hearing and sound. Your story can be about a person, an animal, or any situation where hearing and sound play an important part.
3. Create and record a sound scape for our dinosaur picture.

Send your creations to hi@SoundWarriors.org. We will publish the best ones.



Lipreading Game

Ask the young people to sit where they can see you and "mouth" the phrases, without making a sound. Practice beforehand because even a whisper will give away your phrase.

Interesting Fact: Only about 30-40% of words can be lipread. It helps understanding if you know the context, so to make it simple the phrases below build on one another. Add your own phrases or ask one of the young people to lead the group with their own simple words and phrases. For more information see <https://www.wikihow.com/Read-Lips>

Phrase	Number of people who guessed...		
	whole phrase	Most of phrase	Very little
Hello			
Read my lips			
I have two pets			
I have a dog and a cat			
My dog is called Betsy			
My cat is called Penny			
Betsy is a golden labrador			
Try these for fun: Elephants Shoes Olive Juice Island View They can all be confused for "I love you"!			

What does hearing loss feel like?

Simulations of hearing loss can't give an exact idea of what the world sounds like to a deaf person, but they can give you an insight into the difficulties they face.

This website from the National Deaf Children's Society goes some way to describing hearing loss <https://www.ndcs.org.uk/information-and-support/childhood-deafness/what-is-deafness/what-does-hearing-loss-sound-like/>

If you would like to conduct further experiments, they have a hearing loss demonstrator for any windows pc
<https://www.phon.ucl.ac.uk/resource/hearloss/>

If you have noise cancelling headphones available, you could ask the young people to wear them for ten minutes and talk about their experience.


On the next few pages, we have devised a some activities which can be played with minimum technology. They go some way to demonstrate how difficult it is to hear in noisy situations.

We also celebrate the mood changing effects of sound through the soundscapes. These go some way to explaining how different life would be if we didn't have rich sounds around us.




Our sense of hearing enhances our communications and brings a with it a sense of shared community. Hearing loss comes in many complex ways, but even in a mild form, people express feelings of loneliness, isolation, and depression. They have lost part of their ability to communicate with those around them and to share the sounds that the rest of us take for granted.

Noise induced hearing loss can't be reversed, but it is entirely preventable.

Listening Game 1 – Important Information (i)








	<u>Information Scenarios</u>
<u>Person 1</u>	I went to the cinema last night and I watched the very latest Mission Impossible film which starred Tom Cruise.
<u>Person 2</u>	For tea tonight I'm going to go make my very favourite dish which is macaroni cheese and chips.
<u>Person 3</u>	Instead of our normal games lesson today, we got on a coach and went swimming at the local pool.
<u>Person 4</u>	The teachers said we must wear strong shoes tomorrow. This is important because we are going on a field trip.



Cut out the phrases and hand them to person 1,2,3, and 4. **The important information is in red.** As an extension to this game, ask the children to create their own scenarios to try them out.

Listening Game 1 – Important Information (ii)

	<u>Information Scenarios</u>	
	<u>Person 1</u>	I read that refugees need warm blankets so I have decided to learn how to knit squares that can be sewn together.
	<u>Person 2</u>	Please go to see the Headteacher is on Monday at 10:00am sharp. She has something very important for you
	<u>Person 3</u>	I love every kind of sport and I have decided that I would like to learn how to play tennis next summer.
	<u>Person 4</u>	My dog bit the postman last week and he says he won't deliver letters to our house anymore.

Cut out the phrases and hand them to person 1,2,3, and 4. **The important information is in red.** As an extension to this game, ask the children to create their own scenarios to try them out.

Listening Game 2 - Soundscape Resources

We don't often stop to think about the sounds around us. These soundscapes help to explain how sound (and therefore hearing) can have a massive effect on your mood. It's hard to imagine a world with imperfect sound.

Music - Uppbeat

As long as you are not going to use it for profit, you can freely download tracks from Uppbeat. All they ask is that you acknowledge them and the performer. You can also buy a premium account which will give you access to a wider variety of music. <https://uppbeat.io> Here are some examples.

Energising

<https://uppbeat.io/track/mojo/rebel>

Calming

<https://uppbeat.io/browse/artist/northwestern>

Aggressive

<https://uppbeat.io/browse/artist/trinity>

Sound Effects - BBC

The BBC have a library of some great sound effects which are available for non-commercial use. <https://sound-effects.bbcrewind.co.uk>

Menacing (Arctic Wind)

<https://sound-effects.bbcrewind.co.uk/search?q=07005204>

Calming (Water)

<https://sound-effects.bbcrewind.co.uk/search?q=NttU05013029>

Pictures - Unsplash

To inspire your soundscape, download any image from <https://unsplash.com>. Again you should acknowledge both Unsplash and the artist.

Soundscape

Bring this dinosaur picture to life by creating a soundscape. What will the creature sound like? Will it be friendly or menacing? Will there be any other prehistoric animals around in this jungle? Can you hear the wind or water cascading in the distance? Explain why you used the sounds that you chose. Sound brings such a richness to our lives. It is hard to imagine a world without sound.

You can create your sound effects using your own voice and everyday objects or use something from <https://sound-effects.bbcrewind.co.uk> Why not add background music too. It can be your own composition or anything from <https://uppbbeat.io>



Photo by [Deb Dowd](#) on [Unsplash](#)