

Sounds of Spring

Listen to voices at different volumes and distances, then practice adjusting your voice so another person can hear you comfortably.

Helps Your Child Grow



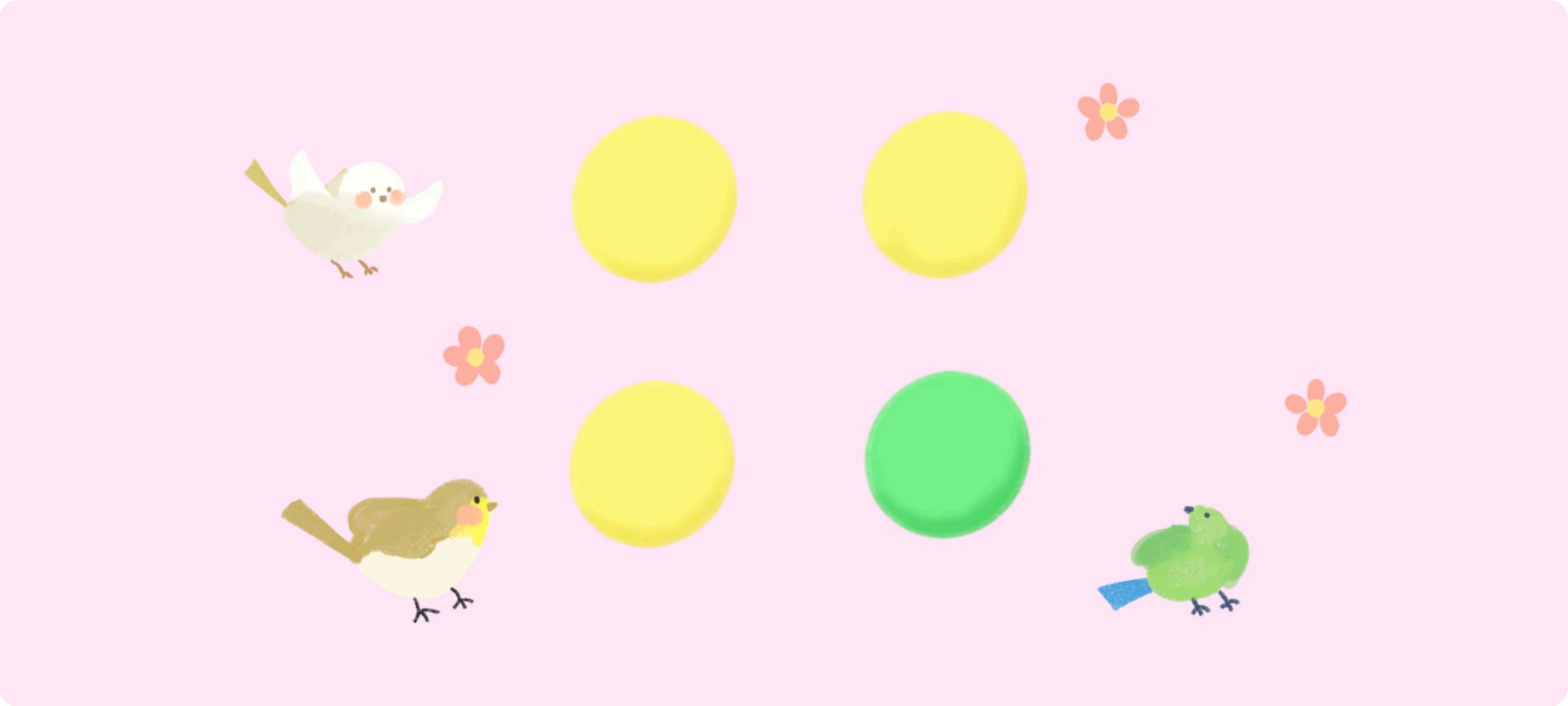
Emotional & Behavioral Self-Regulation

Taking turns and responding to another person's comfort gives your child practice choosing an appropriate voice for the situation.



Communicating and Speaking

Speaking, listening, and describing how a voice sounds helps your child communicate clearly and attend to a conversation partner.



What You'll Need

1. 4 palm-sized round stickers or colored-paper circles



You Talk, I Listen

Choose three spots - near, middle, and far - and mark each one with a round sticker. Take turns talking and listening from the different spots. Notice how your voices sound and how the distance changes what you hear.

Observations

- ◯ Describes whether a voice is loud or soft and how it changes
- ◯ Speaks from the chosen spot after hearing your instruction

Tips

- Count your steps together as you mark each distance.
- Crouch down so you and your child can talk face to face.



Loud or Soft?

Ask your child to speak from each spot and try a different volume. Describe what you hear - “That was too loud for my ears,” or “Your voice sounds as soft as a little bird” - and invite them to adjust.

Observations

- ◯ Asks how a voice level sounds or feels to you
- ◯ Changes their volume so you can hear them

Tips

- Make your feedback playful and clear. You might cover your ears and say, “That voice is too loud for my ears!”
- Invent family names for useful voice levels, such as whisper voice and outdoor voice.
- Add a gesture, such as a finger-to-lips “shh,” to show that gestures can support spoken communication.



Switch Roles and Try Again

Switch roles and play again. This time, ask your child to tell you how your different voice levels sound or feel. They can respond with words, movements, or gestures.

Observations

- ◯ Adjusts their voice volume when speaking from different distances
- ◯ Uses words, movements, or gestures to show how a voice sounds or feels

Tips

- Encourage your child to add movements or gestures to what they say.
- Offer specific encouragement: “Your volume is just right!”
- Watch your child’s interest. If it fades, switch roles or talk about a topic they enjoy.