



Volume Level Card

Use a visual voice-level card to help your child hear, imitate, and choose different volumes during play and everyday routines.

Helps Your Child Grow



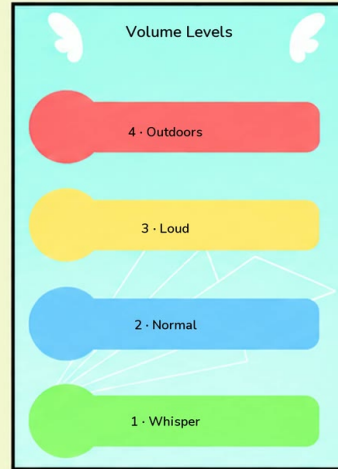
Cognitive Self-Regulation (Executive Functioning)

Using a visual volume card during games and daily routines helps your child connect a level with the expected loudness and adjust their voice.



Attending and Understanding

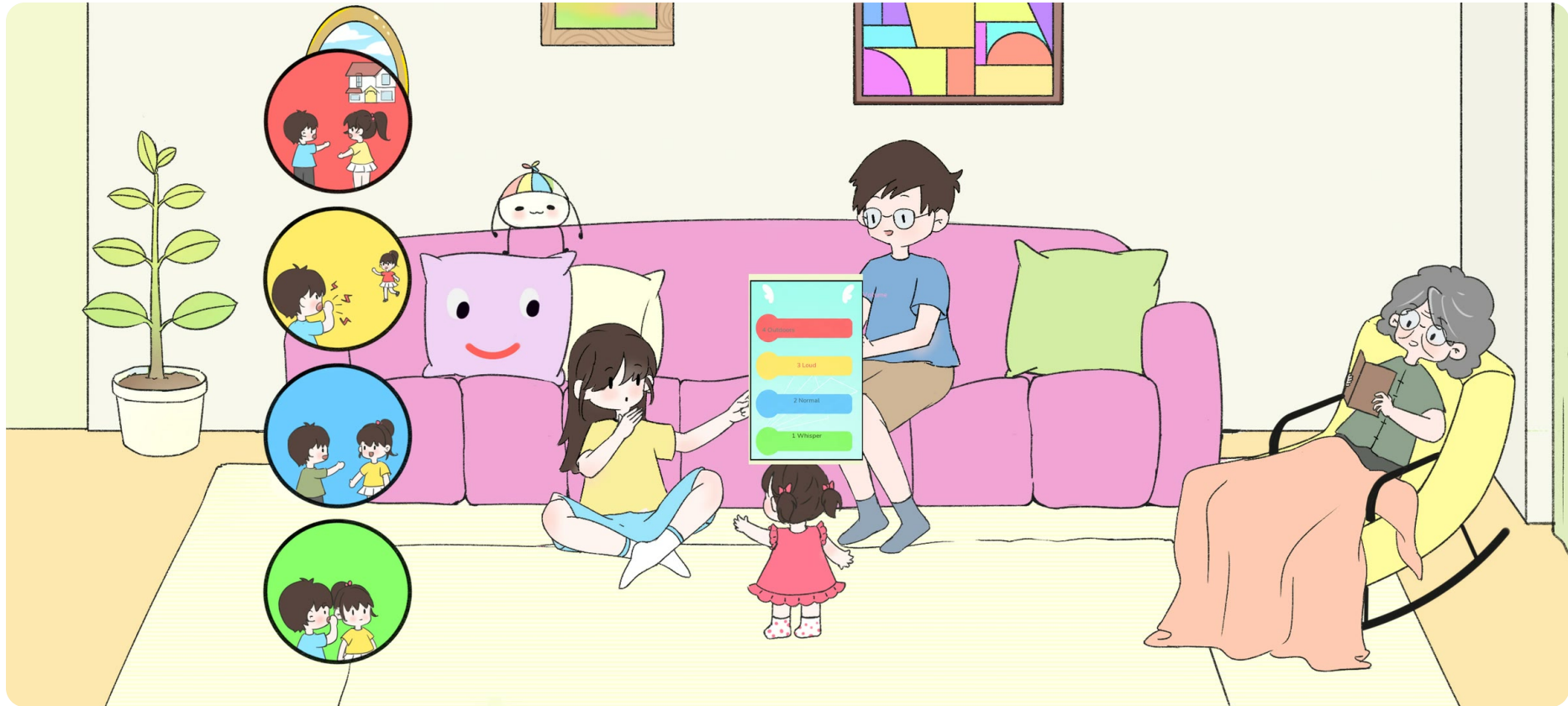
Hearing and seeing each volume level demonstrated helps your child understand what the levels mean during conversation.



Volume Level Card

What You'll Need

1. A volume-level card



Meet Four Voice Levels

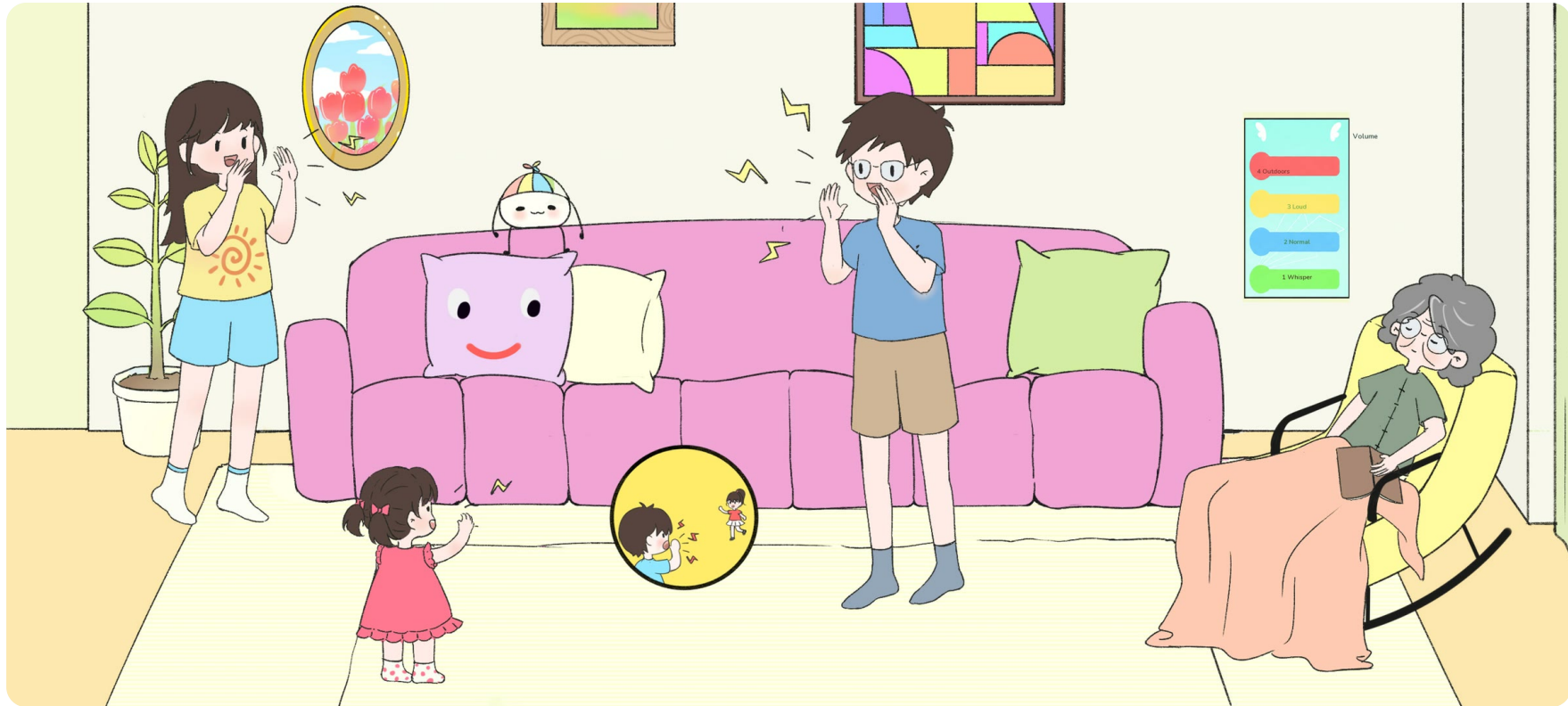
Show the voice-level card and demonstrate each of the four volumes. For level three, for example, speak as though addressing a group so your child can clearly hear how it differs from the other levels.

Observations

- Speaks loudly with you after hearing your level-three voice
- Points to level 3 on the volume card after hearing “level 3”

Tips

- Level three - a loud voice - can fit a presentation or a noisy environment.
- Level two - a regular speaking voice - fits most conversations.
- Level one - a whisper - fits quiet places such as a library.
- Level four - an outdoor voice - is for calling or shouting in an open outdoor space, not indoors.



Pass the Voice Around

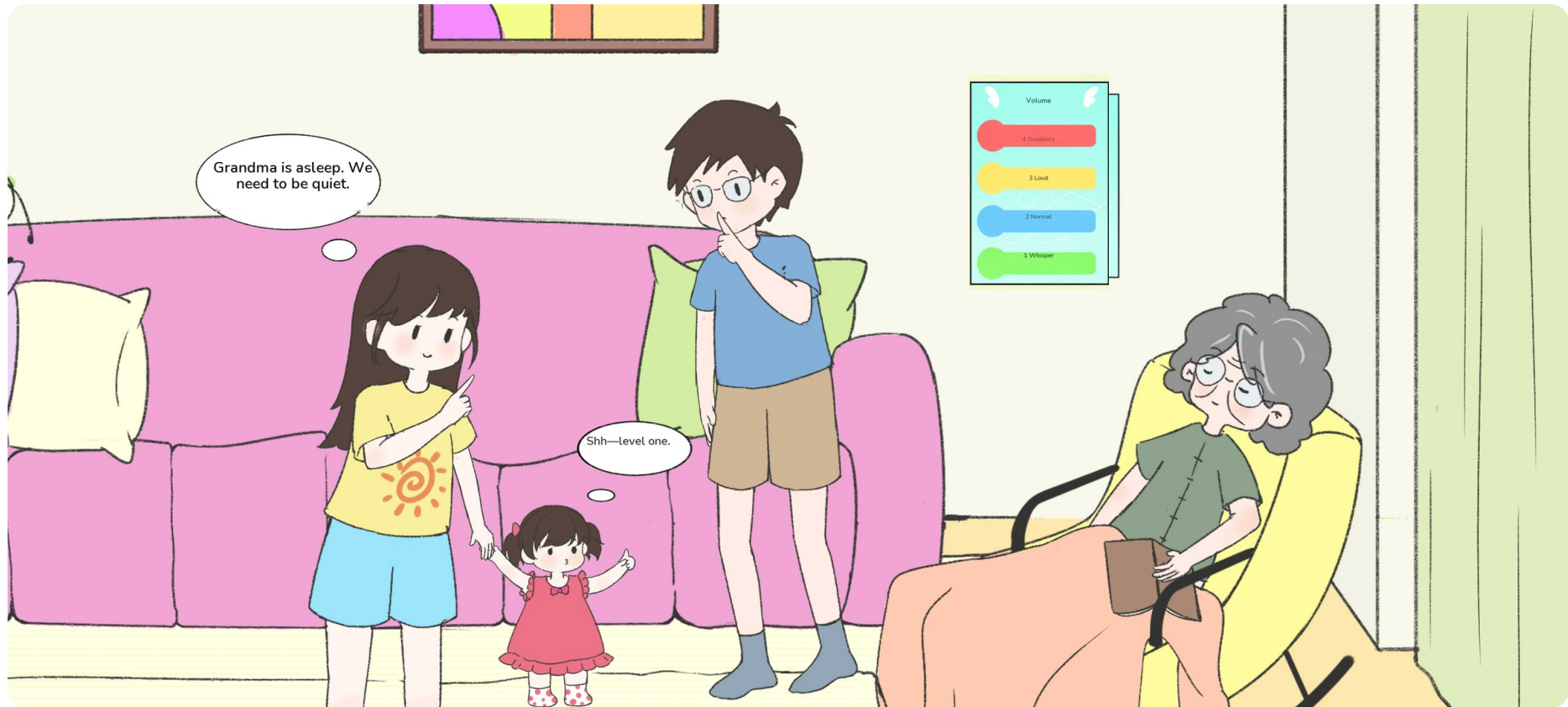
Sit in a circle and take turns saying a short message to the person beside you at the chosen volume. The listener responds playfully to what they hear - for example, covering their ears and saying, "That's loud!" Choose a different volume for each round.

Observations

- Attempts to change their volume after your reminder
- Covers their ears after hearing your level-four voice

Tips

- Begin with everyone using the same level. This keeps the focus on copying one volume and noticing how it feels and sounds.
- Changing levels too quickly may shift attention to the excitement or whose turn it is before your child understands the scale.
- After several rounds, compare the reactions: Which voice felt too loud, too soft, or just right for the situation?
- For example, one adult can use a level-four voice and the next person can cover their ears and say, "That's loud!" Then pass the message to your child.



Use the Volume Scale Every Day

Use the volume scale in everyday moments. When someone is sleeping, reading, or working, say, “Shh - this is a level-one voice.” Demonstrate the volume, then invite your child to copy it and notice how the situation changes the voice they use.

Observations

- Lowers their voice to avoid waking Grandma
- Copies you speaking in a very quiet voice

Tips

- Use the same card in other settings so your child can practice matching a voice level to the situation.
- The card makes a reminder specific: “Let’s use a level-two voice,” or, “A level-one whisper fits here.”