

## Sensory Steps — Noise



- Try to forewarn the child of any loud noises before they occur
- Minimise auditory distractions e.g. seat the child away from the door or windows where noise may come from
- Consider using ear defenders or ear plugs
- Allow the child to work in a quieter environment for activities that require prolonged focused attention
- At lunchtime allow the child to eat in a quieter room if required
- During assembly allow the child to sit at the end of the line to minimise noise
- Consider quieter spaces on the playground for the child to socialise or take part in quieter activities
- Allow the child to leave the classroom a couple of minutes early before transitions, to avoid noisy environments
- Use visual cues to support auditory instructions and minimise the number of instructions given

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