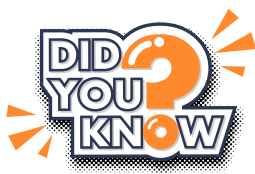




Fostering Development

Sound Exploration with Everyday Objects

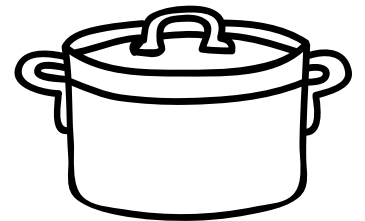


Sound exploration doesn't require fancy instruments—everyday objects can become tools for discovering different sounds! This type of play helps children develop auditory discrimination, listening skills, and an understanding of sound properties like volume, pitch, and texture.

6 Months – 2 Years (Infants & Toddlers)

Kitchen Sound Lab

- ◆ What to Do: Let kids tap, shake, or scrape different kitchen items—pots, spoons, plastic containers, or rice-filled jars.*
- ◆ What They Learn:
 - Metal vs. plastic sounds
 - Loud vs. soft noises
 - How different surfaces create unique tones.



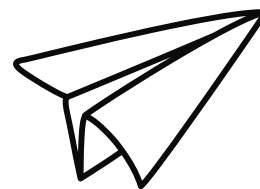
Try using words like:

Fast, Slow, Loud/Noisy,
Quiet/Soft, Big,
Little/Small, Stop, Go,
Bang, Tap, Shake, Scrape

*Safety Note: If you're using a filled jar (e.g., with rice or beans), make sure it is securely sealed and cannot be opened by the child. Always provide adult supervision to ensure safety.

Paper and Fabric Sounds 📄🧵

- ◆ What to Do: Crumple paper, tear tissue, shake a plastic bag, rub fabric together, or tap on a book cover.
- ◆ What They Learn:
 - Rough vs. smooth sounds
 - Hard vs. soft textures and how they affect noise

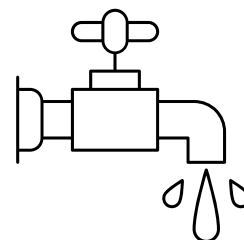


Try using words like:

Tear, Rub, Touch, Feel, Try,,
Rough, Smooth, Soft,
Scratchy, Bumpy, Flat,
Squishy, Rip, Rustle, Swish,
Crumple

Water Sounds Experiment 💧🔊

- ◆ What to Do: Fill glasses or bowls with different amounts of water and tap them with a spoon to hear different pitches.*
- ◆ What They Learn:
 - More water = deeper sound, less water = higher pitch
 - Vibrations affect sound



Try using words like:

Pour, High, Low, More,
Less, Same, Different,
Ding, Plink, Splash, Drip,
Gush

*Safety Note: Always supervise closely when using water. Use unbreakable containers and keep the water shallow to ensure safe exploration.

2 – 4 Years (Toddlers & Preschoolers)

Mystery Sound Box 🎁💡

- ◆ What to Do: Place small objects like beans, buttons, rice, or coins in opaque containers. Shake them and have your child guess what's inside by the sound.
- ◆ What They Learn:
 - Different materials create distinct sounds
 - Listening for subtle differences

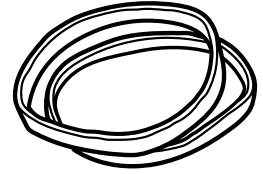


Try using words like:

Heavy, Light, Hard, Soft,
Big, Tiny, Quick, Slow,
Guess, Compare, Rattle,
Tumble, Jingle, Scratch-
scratch, Click-clack

DIY Sound Makers 🎵🔧

- ◆ What to Do: Use rubber bands around an empty tissue box to make a mini guitar, or tap pencils on different surfaces like tables, books, or windows.
- ◆ What They Learn:
 - How tension affects pitch (rubber bands)
 - Hard vs. soft surfaces produce different tones

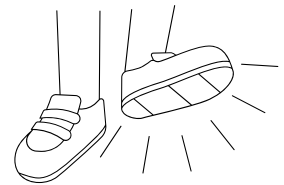


Try using words like:

Tight, Loose, Louder, Softer, Long (sound), Short (sound), Top, Side, Stretch, Strum, Careful, Twang, Buzz, Boing, Snap

Shoe Stomp & Floor Sounds 🦶🏠

- ◆ What to Do: Walk on different surfaces (tile, carpet, wood, grass) or stomp in different shoes (sneakers, boots, sandals).
- ◆ What They Learn:
 - How materials change sound absorption and reflection
 - Hard vs. soft sound environments

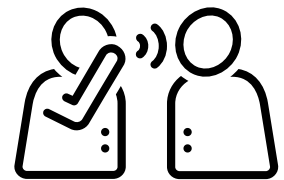


Try using words like:

Bouncy, Echo, Shuffle, Stomp, Thud, Squish, Crunch, Clatter

Whisper vs. Shout Experiment 🗣️🔊

- ◆ What to Do: Have your child whisper, speak, and shout in different rooms (bathroom, closet, open space) to hear how sound travels.
- ◆ What They Learn:
 - Echoes and how space affects sound reflection
 - How different environments change sound clarity



Try using words like:

Muffled, Clear, Still, Echo, Bounce, Noisy, Shout, Whisper, Yell, Softly,



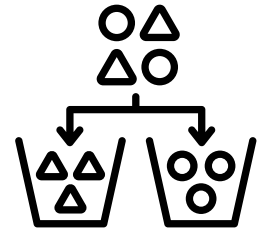
These activities help:

- Improve listening and sound differentiation
- Introduce concepts like loud and soft, rough and smooth sounds
- Encourage communication and vocabulary building

4 – 6 Years (PreK & Kindergarten)

Loud vs. Soft Sound Sorting 🔊🧐

- ◆ Gather objects that make loud and soft sounds, such as:
 - Loud Sounds: Drum, whistle, clapping hands, bouncing a basketball.
 - Soft Sounds: Whispering, tapping a spoon on a pillow, rubbing hands together.
- ◆ Play or make each sound and ask the child, “Is this loud or soft?”
- ◆ Have them place the sound into the correct category (use two bins or a simple sorting chart).
- ◆ For an extra challenge, let them create their own loud and soft sounds!
- ◆ What They Learn:
 - Sound awareness and listening skills
 - Helps children regulate their own voice volume.

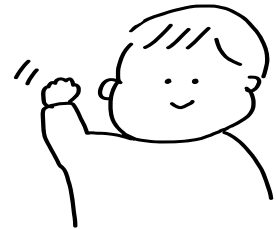


Try using words like:

Volume, Gentle, Strong, Sharp, Smooth, Sudden, Slow, High-Energy, Calming, Drum, Whistle, Clapping, Flipping, Dribbling, Brushing

Simon Says with Sounds 🎵🧐

- ◆ What to Do: The leader (caregiver or older child) gives a command using a sound instead of words.
 - Example: Clap when you hear a bell.
 - Example: Jump when you hear a whistle.
- ◆ Kids must only act if the phrase starts with "Simon says..."
- ◆ If "Simon says" is not included, they must stay still!
- ◆ Try using different tones, pitches, or rhythms to add variety.
- ◆ What They Learn:
 - Auditory attention and response skills
 - The foundation for active listening and following directions
 - Experience processing and distinguishing different sounds



Try using words like:

Listen, Wait, Hear, Tricky, Spin, Freeze, tiptoe, pitch, Beat, Follow, Attention, Switch, Good Job!

Sound Walk 🌳👂

- ◆ What to Do: Go outside (backyard, park, neighborhood) or inside (home, classroom).
- ◆ Have the child listen carefully and point out sounds they hear.
 - Birds chirping 🐦
 - Wind rustling leaves 🌿
 - Cars honking 🚗
 - Footsteps on different surfaces 👣
- ◆ Make It Interactive:
 - Use a checklist or drawing activity to track sounds.
 - Ask, “Was that a natural or man-made sound?”
 - Challenge them to mimic the sounds with their voice or hands.
- ◆ What They Learn:
 - Sound recognition and awareness
 - To focus on different layers and levels of sound



Try using words like:

Close, Far, Near,
Faraway, Steady,
Silent, Bust, Echo,
Signal, Siren, Ringing,
Rushing, Running,
Flying, Honking,
Beeping, Heavy, Light,
Barking, Chirping



These activities help:

- **Improve Communication:** Helping children understand spoken language better.
- **Language Development:** Teaching children vocabulary that compares and describes such as “high, low, rough, soft, loud, quiet”.
- **Prepare for Reading & Writing:** Strengthening phonemic awareness, a key literacy skill.
- **Support Social Development:** Encouraging better listening and responding in conversations.
- **Enhance Problem-Solving :** Teaching children to analyze sounds and think critically.

Many of these activities can be adapted to fit a child’s individual development needs or different age ranges.

🔔 Safety First!

Always supervise children during these activities. Be sure that all materials used are age-appropriate and safe. Encourage careful movement, especially during active games. When in doubt—play it safe and have fun!



Illinois Early Hearing
Detection & Intervention
Program

5.2025 TEYP Sound Exploration

