



**Gwasanaeth Cymorth i Blant
a Phobl Ifanc b/Byddar**
Gwasanaethau Cymorth Cyfathrebu a Synhwyrdd

**Support Service for d/Deaf
Children & Young People**
Sensory & Communication Support Service

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Listening exercises for pupils to do at home

Listening is a skill that develops over a long time and research shows that listening as a skill continues to develop up to around the age 15 in the normally hearing population. If children experience hearing loss this can impact the development of their listening skills and even when hearing returns to normal again they may need some extra practice in listening. Listening is a skill that can be helped to develop, a bit like working a muscle, it gets stronger with use. Support Service for d/Deaf Children & Young People have put together this list of activities to give parents and children some ideas of how they can improve their listening skills at home.

Music

Listen to music without lyrics first. What can you hear? Bring up a range of instruments on the internet that can be played individually and listen to those. Can you pick them out in a piece of music?

Listen to a familiar song. Can you hear the lyrics? Now listen to an unfamiliar song. Try to work out the lyrics, try for the first two lines, and build it up. Aim to know what the chorus is, word for word. Test yourself by getting someone else to try and compare your guesses. There are apps out there to check too, such as *Shazam*. You may find that you prefer male voices to female or vice versa.

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Get clues first

Ask people to tell you first what you are about to talk about. Or, if you have lost the thread of the conversation, ask them what they are referring to. For example *We are talking about that programme ... from last night*. Then try and pick up the thread of conversation again.

Use the telephone

Get talking on the phone, rather than using Snapchat, Facetime. This exercises the listening muscle. Start with people you are really familiar with, such as your parent first. Then build up the bank of people to speak to. Start with a short conversation, then build up to a longer one.

Turn off the subtitles

If you use subtitles on the television, on YouTube and so on, try now and again to listen without the subtitles. Build up your time following the speech without subtitles.

Calling up the stairs

Can you hear someone calling up the stairs? If so, ask them if you can repeat what they have said. Get them to give you one instruction, if you can do that, ask for two and build up till you can hear several things.

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Or knock on the door

Alternatively, get them to talk to you through the door. Repeat what you think they have said. If you are right, they open the door. If you missed something, get them to repeat it.

Guess the noise/sounds/sentences/words

Get your parent or sibling or friend to make a sound in another room. See if you can guess what sound it is. Suggestions are things like the oven timer chime, water running, knock on the door.

Try to get them to give you a sentence, with a topic you are told about first, then without this cue. Build up the range of sentences. Then go for a word, this is harder than listening to sentences. Start with words that are written down on a sheet of paper **e.g. write a list of 10 words down and then say these individually to see if you can identify them correctly. Next try listening** to the words without the sheet of paper. Then go for words that rhyme, which word is it?

Play theme tunes from television shows, can you guess the show? You will probably need to select them first to listen to, before asking someone to test you.

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There are lots of things out there to try, the most important thing is to have fun doing this and to try to relax when listening. Don't rush it. You are exercising your listening muscle and this takes time.

If you need any further advice, please contact the **Support Service for d/Deaf Children & Young People**

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