## Staying quiet games to try at home

### Musical traffic lights

| You will need: | • An instrument such as bells or a shaker  
|               | • A stop/go sign |

- Encourage your child to play their instrument when they see the “go” sign
- When you turn the sign to “stop”, they must stop playing and try to keep their instrument quiet
- You can then count to 3 before you turn the sign to “go” again
- Gradually try to count higher to see how long they can keep quiet

### Loud and quiet instruments

| You will need: | • An instrument such as bells or a shaker  
|               | • Mr Loud and Mr Quiet pictures |

- Tell your child about Mr Loud (who likes loud noises) and Mr Quiet (who likes everything to be quiet)
- Give your child an instrument.
- Put the Mr Loud and Mr Quiet pictures behind your back and bring one out to show your child
- Encourage your child to play the instrument loudly when they see Mr Loud and then quietly when they see Mr Quiet

Adapted for Worcestershire Speech and Language Therapy with permission from “Teaching children to listen in the Early Years” Spooner & Woodcock

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