



# Teacher Toolkit Instructions



*It's a Noisy Planet. Protect Their Hearing.*<sup>®</sup> offers a virtual Teacher Toolkit to guide educators in conducting presentations that teach preteens (grades 2–6) about the causes and prevention of noise-induced hearing loss. This toolkit builds on the success of classroom presentations conducted by the Noisy Planet team at schools within the Washington, D.C., metropolitan area, and offers key resources and tools to teachers, school nurses, and other educators across the country.

## What is included in this toolkit?

- Presentation (approximately 45 minutes long, although this can be modified, as needed)
- Presentation script
- Noisy Planet student activity videos and instructions for the following interactive activities:
  - ▶ **Tuning Fork Activity** demonstrates that the stronger the vibrations, the louder the sound.
  - ▶ **How We Hear Activity** demonstrates how sound travels inside our ears and then to our brain, which processes the sound.
  - ▶ **Hair Cell Activity** demonstrates that loud sounds can damage the sensitive hair cells in the inner ear needed for hearing.
  - ▶ **Blow Dryer Activity** demonstrates that by moving away from the source of loud sounds, you can protect your hearing.
- Noisy Planet free resources for you to download, print, or order:
  - ▶ **How Loud Is Too Loud?** bookmark
  - ▶ **It's a Noisy Planet. Protect Their Hearing.**<sup>®</sup> cartoon-style poster (11" x 17")
  - ▶ **Teaching Preteens About Hearing Protectors** fact sheet

## How can I use this toolkit?

The Noisy Planet Teacher Toolkit provides educators with materials to present to preteens in classroom or community settings:

- **Presentation** serves as the framework for presenting the content. You can download the presentation and script from the Noisy Planet website.
- **Student activity videos and instructions** show you how to conduct four hands-on activities as part of the presentation. The instructions outline the materials needed, the number of student volunteers required, and the estimated time for each activity.
- **Free resources** can be downloaded, printed, or ordered. They serve as additional teaching tools to reference during presentations, and can be handed out to students to take home and share with their families and friends.
- **Supplemental materials for hands-on activities** can be purchased from retailers or ordered online.

Supplemental Materials	Approximate Cost	Retailer
General Presentation Materials		
Flash drive	\$5.00	Computer store
Crank flashlight	\$15.00	Hardware store
Foam earplugs	\$5.00	Hardware store
Canal cap earplugs	\$5.00	Hardware store
Earmuff hearing protectors	\$30.00	Hardware store
Tuning Fork Activity		
Tuning fork	\$15.00	Music store
Ping-pong ball on a string	\$5.00	Toy store
How We Hear Activity		
Bike horn	\$5.00	Toy store
Eardrum model (frisbee or large disc)	\$10.00	Toy store
Regular flashlight	\$10.00	Hardware store
Hair Cell Activity		
Pipe cleaners (5 per student and presenter)	\$5.00	Craft store
Blow Dryer Activity		
Blow dryer	\$20.00	Department store
Sound level meter (2) <i>*Or, download a sound level meter phone app. If you have an Apple device, we suggest the NIOSH sound level meter (SLM) app.</i>	\$30.00 <i>*Free</i>	Online <i>*App stores</i>



The National Institute on Deafness and Other Communication Disorders (NIDCD), part of the National Institutes of Health (NIH), conducts and supports research in the normal and disordered processes of hearing, balance, taste, smell, voice, speech, and language.

For more information about hearing and hearing loss, contact:

**NIDCD Information Clearinghouse**  
 1 Communication Avenue, Bethesda, MD 20892-3456  
 Voice: (800) 241-1044  
 TTY: (800) 241-1055  
 Email: NPInfo@nidcd.nih.gov



National Institute on  
Deafness and Other  
Communication Disorders

*NIH...Turning Discovery Into Health®*