

Mix and match sound shakers

Why:

This is a listening activity for parents and children to play together. It's a good time to talk about healthy ears for strong hearing.

What you need:

- Plastic container with a lid (that you can't see through)
- Objects to put in the container – dry seeds, uncooked beans, pasta or rice, sand, pebbles, coins, cheerios, or rocks.

How to use this resource:

- Divide the objects between child and adult so they both have the same
- The adult puts one of the objects in the container and shakes it about.
- Say, "What's making that sound?"
- The child can point to which object they think it is.

Talking points:

- Healthy ears mean good hearing for listening
- If a child has middle ear disease, it may affect their hearing and make listening harder.

Example containers:



Example objects to shake inside containers:

