

**Find out whether
different sounds
affect me in
different ways**

Card
14



All sounds elicit an emotional response:

- observe whether I respond differently to different sounds, and how consistent my responses are
- if certain sounds upset me, is it possible to avoid me hearing them?
- or perhaps my tolerance of them could gradually be built up
- remember, I'm most likely to be engaged emotionally through the sound of your voice
- giving me opportunities to *make* sounds may be a great way for me to show you how I feel and help me regulate my emotions
- show me that you understand how I'm feeling by copying my responses to sounds