

Using the Noise-O-Meter



Those who are drawn to using the noise-o-meter often do so because they are working or living with someone who finds voice regulation hard.

When using this noise-o-meter, we approach it with this in mind - that this individual may have a different perception of what is 'acceptable' volume or may not be able to accurately encode the volume of what they produce.

This tool is to be used as a gentle exposure tool to help children develop gauge, titration and develop interoceptive awareness of what different volumes can sound like.

Sample scripts can look like this:

- *“What volume do you think that was at? Oh that’s interesting, my brain pegged it at this!”*
- *My brain heard this volume so thought this was true. Is that right?”*
- *“Hmmm, that volume may be a little too loud for where we are right now. Would you like to _____ (e.g. change environment to match) or _____ (e.g. change output of volume)?*

It’s important that while we’re learning this, adults can also model ways of coping so the burden of change is not just on the child.

Sample script: “Oh wow, you’re so excited, I love it! That feels a bit too loud for my brain at the moment so I’m going to put on headphones and that will make it better for my brain to listen”

Noise-O-Meter



See if you can match your voice to the level! Sometimes we need to change our voice depending on where we are and what the people around us need.

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Generally used when:

- Playing outside with few to no people around
- Emergencies, like when somebody needs help
- Expressing big feelings

Screaming

Generally used when:

- Raising our voice to say something if nobody is listening
- Outside play
- Excitement or upset
- Singing

Loud

Generally used when:

- Speaking to another person
- Telling people our thoughts and wonderings

Speaking

Generally used when:

- Talking in movies or libraries
- Telling secrets
- Saying things that are hard

Whispers

Generally used when:

- Quiet/rest time to regulate our bodies
- When feeling sad or sick
- When your body or mind is uncomfortable

Quiet

