APPROACH EDUCATION
Making Education Approachable, No Matter the Learner.

Free Edition
GRADES K–5

FREE EDITION

All About My Hearing

A Kid-Friendly Guide to Ears, Hearing, and Communication



Ears & Hearing | Everyone Hears Differently | Speaking Up

Free Edition • Grades K–5

ALL ABOUT ME

This Workbook Belongs To...

Draw a picture of YOU!
Add your favorite colors, your smile, and anything that makes you, you.

My name is _____

I am _____ **years old.**

I am in grade _____

My school is _____

My favorite thing to do is _____

Color a star when you finish each part!

☆ My Ears ☆ My Hearing ☆ Speaking Up

LET'S GET STARTED

Welcome!

Hi there! This workbook is all about **you** — your ears, your hearing, and the ways you like to communicate.

Everyone experiences sound in their own way.

Some people hear lots of sounds. Some people hear some sounds. Some people hear very little or no sound at all. **Every one of these ways is okay.**

People also **communicate** (share ideas and feelings) in different ways — with signs, with voices, with writing, or with a mix!



In this workbook, you will...

- **Learn how ears work**
- **Learn how everyone hears differently**
- **Practice speaking up for yourself**

For grown-ups: This workbook can be read aloud, signed, or explored together. Children may answer by writing, drawing, signing, pointing, or telling a helper. There are no wrong answers about a child's own experience.

How do you feel about learning about your hearing? Circle one.

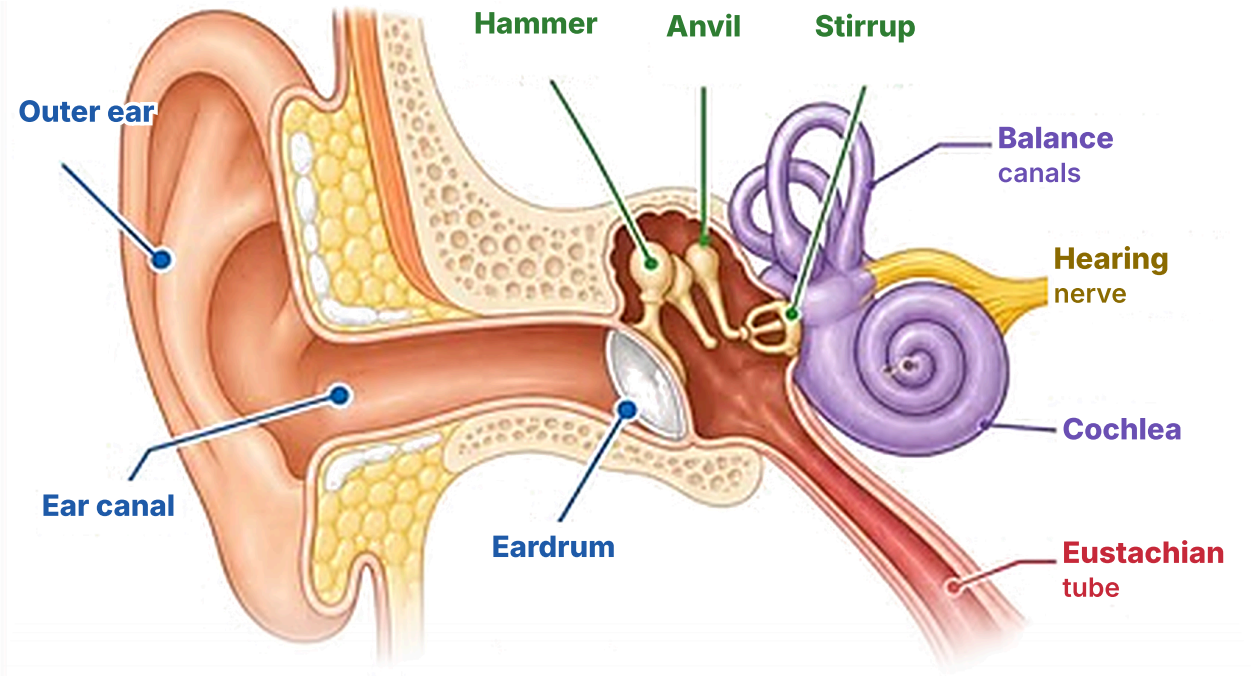
Excited Curious Not sure Nervous

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MY EARS

Meet Your Ears

Your ears have three main parts. Each part has its own job!



Outer Ear

The part you can see, plus the **ear canal** (a short tunnel). It catches sound and sends it inside.

Middle Ear

The **eardrum** (a thin, stretchy skin) and three **tiny bones**: the hammer, anvil, and stirrup. They pass vibrations along.

Inner Ear

The **cochlea** (a snail-shaped part) turns vibrations into signals. The **hearing nerve** carries them to the brain.

Fun fact: The three tiny bones in your middle ear are the smallest bones in your whole body! The **balance canals** help your body stay steady, and the **Eustachian tube** (you-STAY-shun) keeps air pressure even in your ear.

With your finger, trace the path sound takes: from the outer ear, through the ear canal, eardrum, and tiny bones, to the cochlea and hearing nerve. Then circle the part you think is the most interesting!

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MY HEARING

Everyone Hears Differently

There is no one “right” way to hear. Hearing is different for different people.



Many sounds

Some people hear many sounds, both quiet and loud.



Some sounds

Some people hear certain sounds, like loud or low sounds, but not others.



Little or no sound

Some people hear very little sound or no sound at all.

Words you might hear

Hard of hearing
Hearing some sounds, but not all sounds.

deaf
Hearing very little or no sound.

Deaf *(with a big D)*
Being part of the Deaf community, which has its own culture and often uses American Sign Language (ASL).

Hearing
People who hear most sounds.

People choose the words that fit them best. It's always okay to ask, “What word do you like to use?”

Is it true or false? Circle your answer.

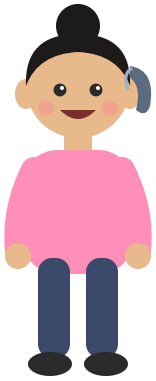
Everyone hears sounds the same way.	TRUE	FALSE
A person's two ears can hear differently.	TRUE	FALSE
There are many ways to communicate.	TRUE	FALSE
Being Deaf or hard of hearing is something to be ashamed of.	TRUE	FALSE

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SPEAKING UP

When I Miss Something

Everyone misses information sometimes! **Self-advocacy** means speaking up for what you need. It is a powerful skill.



- **"Can you say that again?"**
- **"Can you write it down?"**
- **"Can I see your face?"**
- **"Can you turn on the captions?"**
- **"Can you slow down, please?"**
- **"Can you show me?"**

You can **sign**, **say**, **write**, or **point** to these phrases. All of them count as speaking up!

Put a star ★ next to the phrases you want to try. Then write your own!

My own helpful phrase:

Cut-Out Help Cards

Cut these out to keep on your desk or in your folder. Add a picture to the blank one!

Please say that again.

Please write it down.

Please face me when you talk.

_____

CERTIFICATE OF COMPLETION

Hearing & Self-Advocacy Champion!

This certificate is proudly presented to

_____

for learning all about their hearing, sharing how they communicate, and practicing how to speak up for what they need!

- **I know about my ears**
- **I know what helps me**
- **I can speak up for myself**









Signature _____ Date _____

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About Approach Education

Approach Education creates thoughtful, accessible learning resources for students of every ability and communication style, and for the families and professionals who support them.

Website: _____

Email: _____

Social: _____

Want more?

The complete Elementary Edition (29 pages) also includes: How Sound Travels, Let's Label the Ear!, What Is an Audiogram?, How Loud Does a Sound Need to Be?, My Audiogram, My Hearing Story, Hearing Technology, My Hearing Technology, How I Communicate, My Communication Preferences, and more.

Find it at: _____

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This workbook is an educational resource and is not a substitute for advice from an audiologist, physician, or other qualified professional.