

Australian Primary School Educational Pack

For



21-27 August 2005



Written and Distributed by :

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Publishing & Consulting

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As Sponsors of Hearing Awareness Week.

Hearing Awareness Week (21-27 August 2005)

Primary School Information and Activity Pack

Introduction

This information and activity pack has been developed by Bilby Publishing & Consulting Pty Ltd for use within Australian Primary Schools during Hearing Awareness Week 2005.

This pack aims to explain the purpose and importance of Hearing Awareness Week to primary school children. In doing so, it is hoped that overall awareness of hearing related issues, and the significant long term effects of hearing loss will improve.

The pack is divided into Topic headings, and is intended to be implemented in the order presented. However it is not necessary to complete all topics, in fact Topic one offers an excellent introduction to the issues and can be utilized on its own, as a simple ½ class supplement, one day during the week.

Each Topic includes teachers notes, class handouts that summarise the key issues raised within the Teachers Notes, and activity ideas and/or worksheets for students.

There is also a “further reading” section for most topics that provides a number of on-line sources of information for each section and suggested activities that will enhance and reinforce the Topic.

Topic Headings:

1. **What is Hearing Awareness Week?**
Why is it important to protect your hearing?
2. **How is hearing damaged?**
How to protect your hearing.
3. **What if you can not hear what people are saying?**
4. **I Know some Australian Sign Language**

Special thanks to all those who helped in the making of this kit

This document could not have been possible without the assistance of the following members of the Bilby Publishing Board of Advisors

- Swami Guruprem Sarassavah, Hearing Impaired Adult, Author.
- Toni Crepin, AUSLAN Interpreter 25 years, Sign Language Consultant and Tutor
- Susan Fitzherbet; Teachers Aid, Special, NSW Education Department.

And without the invaluable guidance and support of:

- Brian Rope, CEO, Deafness Forum, national coordinators of Hearing Awareness Week.

Nor without utilising material previously publishing within the following:

- Lions Club International, Illinois, www.lionclub.org.au.
Special reference to “*Technological devices for people who are hearing impaired*”.
- Deafness Forum, “*Conductive Hearing Loss*” Booklet, www.deafnessforum.org.au
- “*Protecting Your Hearing*” from the Queensland Dept. of Employment, Vocational Education, Training and Industrial Relations, Division of Workplace Health and Safety
- “*How can hearing damage be avoided?*” From National Occupational Health and Safety Commission Worksafe Australia
- “*Hearing health is an important message for the community to hear*” and other fact sheets from Department of Health and Ageing, and sub department of Hearing.
- “*Hearing Aid Banks*” From Department of Health and Ageing
- “*Inquiry into Rural and remote education in Australia*” from the Aboriginal and Torres Strait Islander Commission.

Questions or enquiries regarding this pack can be addressed to
Lee Bilby, Managing Director, Bilby Publishing + Consulting Pty Ltd, Ph 1800 245 297

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Topic 1 – What is Hearing Awareness Week?

Why is it important to protecting your hearing?

Teachers Notes

Hearing Awareness Week is a national event held in the last week of August each year. It provides an opportunity to raise community awareness of hearing impairment and ways to protect your hearing.

Hearing Awareness Week also provides an opportunity for the 22 percent of Australians aged 15 years and over who have a hearing impairment to share their experience and knowledge and help to create a greater understanding of their needs and aspirations.

It is especially important to help Primary School children understand how hearing is damaged, so that we may help reduce the dramatic escalation in hearing loss in our population over 15 years of age.

Recent studies with Australian Primary Schools have indicated that 1 in every 10 children have a hearing loss of the level likely to impede normal learning, language acquisition and development. By the time the children in your class are ready to start work (approx 15 yrs), 22% of them will have a significant hearing loss. By the time they retire over 90% will have damaged hearing!

Suggested Activities

a) To highlight the number of Australians with a hearing loss

- Get 10 children to line up in front of the class.
- Get one child to sit down, tell the children this child represent the 1 in 10 “Primary” children with a hearing loss.
- Get a second child to sit down, to represent the child that will acquire a hearing loss by 15 years,
- Then get 7 more to sit down, for retirees.

Activity Aims + Objectives :

This simile activity really visualises the high number of people who “experience damaged hearing” during their lives.

It is hoped that the children will understand that “Hearing Loss” effects large numbers of people throughout their community, and begin to contemplate what that means within their social group and greater society.

~ Continued on next page ~

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Topic 1 – Suggested Activities - continued

b) To highlight why it is important to protect your hearing.

This activity is designed to help children identify how even a mild hearing loss makes it more difficult to understand speech, and how much more difficult it is to hear in normal background noise, such as traffic or speech.

What To Do :

- Split the children into pairs, or a pair of children to stand in front of class.
- Tell child 1 that the other child is going to tell them some things and that they must repeat what the other child says.
- Have child 1 place their hands over their ears and press.
- Ask child 2 (alternatively you could be child 2) to stand about 1 m away from child 1 and to say some of the following, simple phrases in a normal “classroom voice”:
- Ask the class to talk quietly (to simulate background noise) and ask the children to repeat the exercise.
 - i. She wants you to read
 - ii. Miss/Mr. (your name) wants you to go to the door
 - iii. Ron was first to the bin
 - iv. I went to the sea side on Saturday
 - v. Sally said she'd search for the sand sculpture
 - vi. Sam is sitting on the small seat
 - vii. My first friend was called Frida

Key Points :

- Hearing Awareness Week is a National Event, Every year in August
- That 1 in 10 Australian Primary Aged Children have a hearing Loss
- That 2 in 10 Australian aged 15 and over have a hearing Loss
- That 9 in 10 Australians over 50 have a hearing Loss
- That even a mild (or small) hearing loss can make understanding speech difficult.
- That background noise, such as traffic and people talking make it extremely difficult for people with a hearing loss to understand what people are saying to them.

Further Reading :

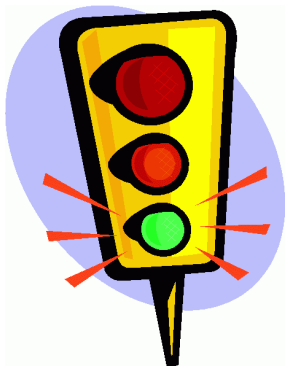
- www.hearingawarenessweek.org.au

Hearing Awareness Week (21-27 August 2005) Primary School Activity Sheet

Topic 1 – What is Hearing Awareness Week?
Why is it important to protecting your hearing?

Name : _____ Date : _____

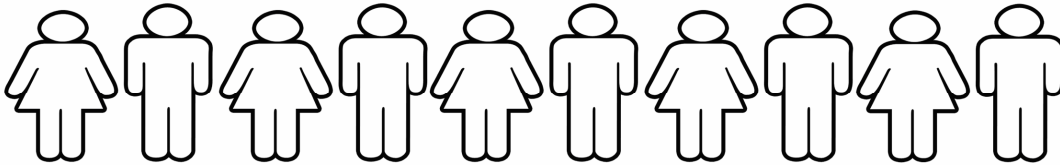
- Hearing Awareness Week is a National Event held every year in August.



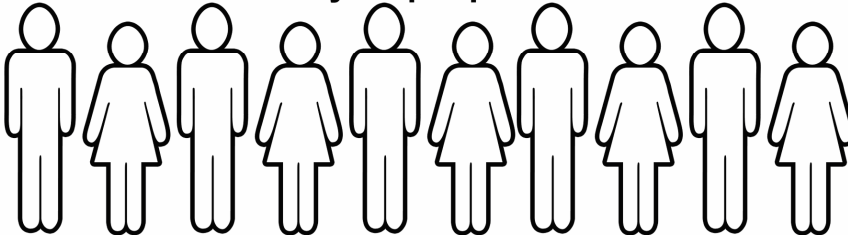
- Even a mild (or small) hearing loss can make understanding speech difficult.
- Background noise, such as traffic and people talking make it extremely difficult for people with a hearing loss to understand what people are saying to them.

Colour in the number of people in each group who would have a hearing loss

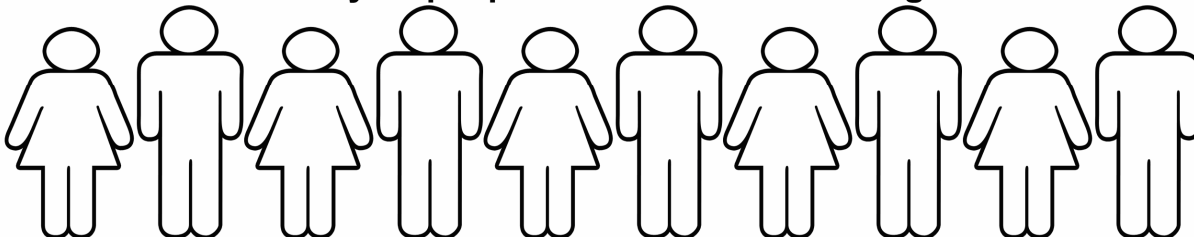
1 out of every 10 children in Primary School have a hearing loss



22% or 2 out of every 10 people over 15 have a hearing loss



90% or 9 out of every 10 people over 60 have a hearing loss



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Topic 2 – How is hearing damaged? How to protect your hearing.

Teachers Notes

There are a number of ways a persons Hearing can become “**damaged**” or “**deteriorate**”, some include:

- **Trauma/Damage** : This is where the ear is damaged from exposure to a very loud noise, or repeated exposure to loud noise, and is damaged as a result.
It can also include head injuries, from accidents and not wearing a helmet etc.. You can also discuss deep sea diving and other high pressure environments
- **Obstruction/Blockage** : This is where the ear canal or cochlear are blocked. In some cases this is temporary, from wax or a toy etc and can be remedied easily. However sometimes the “blockage” (such as a toy) can cause more serious damage and result in “**trauma**” and “**permanent damage**”.
Sometimes the “**obstruction**” can be caused by more serious conditions such as tumors and other ear “malformations”.
- **Infection** : Every time you get an ear infection your ears have to work to repair themselves again. Repeated ear infections, even ones without symptoms, can cause damage to the middle ear and cause a hearing impairment/loss.
Further reading : http://www.rivendell-peds.com/ear_infections2.htm
- **Genetic conditions** : Some people inherit their hearing loss from their parents or grandparents. Sometimes this can start at birth and in other cases the persons hearing begins deteriorating as they get older.

Hearing Loss can generally be categorised as **congenital** (or as a result of a condition at birth or at the genetic level) or **acquired**. We can not “fix” any type of hearing loss but we can minimize the chance of “**acquiring a hearing loss**”.

Glossary:

Aquired – Something you get

Congenital – Something you are born with

(Humorous side note:

If you search for “hearing” at www.Google.com.au, the automatically generated side bar ad for E-bay.com will impress upon you the “fact” that you can buy yourself some “Hearing” on E-bay. . . Just in case you were looking for some!

~See Screen capture pictured right ☺)

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Topic 2 – continued

How can we protect their hearing?

a) **We can avoid traumatizing our ears**

Our ears are sensitive, don't hurt them. Listening to loud music, especially if you do it regularly, or through head phones, can badly damage your hearing! Never yell in someone's ear, or turn the music or TV up to loud, even a short exposure to loud noise damages your hearing.

People who work in noisy environments wear ear muffs, or other ear protection to protect their hearing.

Activity Suggestion :

Can the children think of jobs/tasks where you need ear protection?

- Get the children to work in groups, or alone see how many they can come up with.
- Ask the children to explain what it is about the job/task etc that makes it "damaging to the ears/hearing. This will reinforce the concept that hearing can be damaged by loud noise etc and that they can protect their hearing. If you completed activity b) of Topic 1 you can remind the children of the side effects of "hearing loss" etc.
- Discusses some other occupations and situations that may damage hearing.

Examples include:

- i. **Airport Workers**
- ii. **Musicians and production staff**
- iii. **Construction workers**
- iv. **Handy men/women when using power tools**

b) **Don't Block Your Ears**

Don't put things, especially small things in your ear or someone else's.

Note: Because a child will ask...Earrings are ok but it is best to ask a grown up to help, so that it doesn't accidentally fall in your ear ☺

c) **We can keep our ears healthy**

We should keep our ears clean and healthy, but without sticking things in our ears to clean them.

Ears do not like being cold and having wind or water in them for a long time. That's just another reason to wear a warm hat in winter ☺ If we get a cold we might also get an ear infection. They hurt and they can damage your hearing!

Key Points:

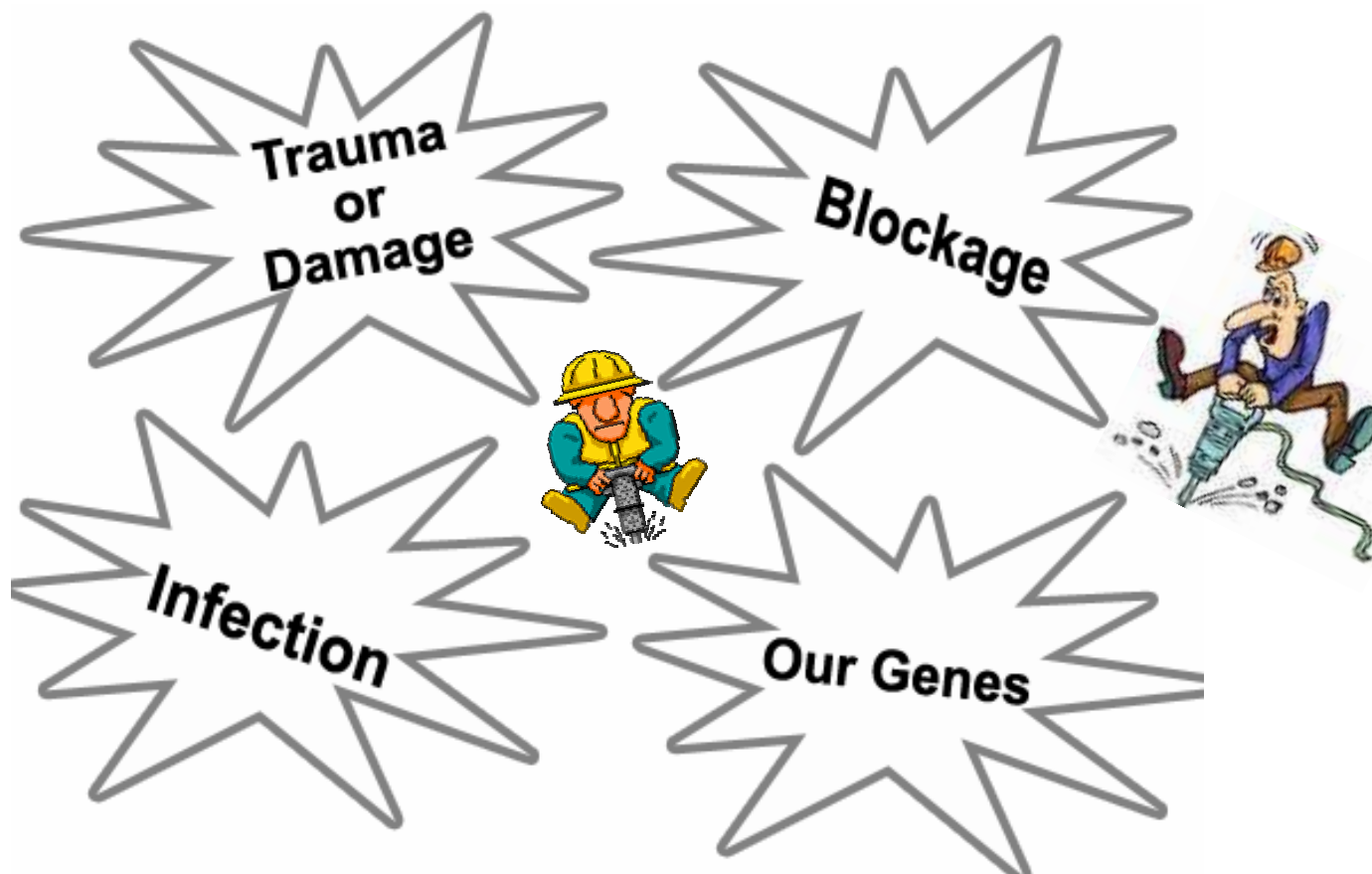
- Hearing Loss is caused by **Trauma/Damage, obstruction/blockage, Infection, Genetic/hereditary** reasons.
- Children can protect their hearing by **Avoiding Ear Trauma** (by wearing ear protection and avoiding loud noise.), **Not Blocking Their Ears**, and by **keeping their ears healthy**.

Hearing Awareness Week (21-27 August 2005) Primary School Activity Sheet

Topic 2 – How is hearing damaged?
How to protect your hearing.

Name : _____ Date : _____

Hearing loss is caused by



How can you protect your hearing?



- **Don't Traumatise Your Ears!**
(wear ear protection and avoiding very loud noise),

- **DON'T Blocking Your Ears,**
and
- **Keep your ears healthy.**



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Topic 3 – What if you can't hear what people are saying?

Teachers Notes

People with a hearing loss may use an **assistive device**, such as a hearing aid or cochlear implant to help them hear. However many people find that these devices still make it difficult to understand what people are saying. Some people do not receive any benefit from these devices at all. These devices also cost a lot of money and, in the case of hearing aids, are only available to people under 21 and who are receiving a pension for free. Usually these hearing aids are not the best available. Cochlear implants only account for an estimated 900 children every year in Australia.

What is sign language? Who uses it?

Many people with a hearing loss choose to communicate using sign language. This is because this means of communicating does not rely on the part of their body that does not work properly. Which oral speech does. Many other people also find sign language easier to communicate in as well. Many children with Autism, Downs Syndrome, Cerebral palsy, ADHD, Oral Dyspraxia and other speech impairments also rely on sign language to communicate every day.

How do I say hi?

The **Activity Sheet** for this topic includes images of Australian signs for general greetings. You may use this as you wish, as there is no copyright restriction on the use of this sheet for educational purposes.

Suggested Activities:

- With your hands over your ears, is it easier to understand what someone is saying if they are facing towards or away from you? Could you be instinctively using lip-reading to supplement your hearing?
- Get the children to practice signing greetings to each other in small groups.
- Discuss what life would be like if you could not hear your parents/friends etc.

Key Points :

- Some people wear hearing aids or cochlear implants to help them hear
- These devices do not always help you understand what people are saying
- Many Australians use sign language to communicate

Further Reading

- <http://www.dsaq.org.au/> : Down Syndrome Association of Queensland
- <http://www.acpa-inc.org.au/> : Australian Cerebral Palsy Association
- <http://www.dyspraxia.com.au/> : Australian Dyspraxia Support Group & Resource Centre Inc
- <http://www.autism.org.au/> : Autism Association of Western Australia(Inc)
- <http://www.chadd.org/> : Children and Adults with Attention Deficit Hyperactivity Disorder
- www.signswap.com.au : Australia's only Free online access point to printable images of Australian Sign language

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Topic 3 – What if you can't hear what people are saying?

Name : _____ Date : _____

Making sure you face the person you are talking to; and do not cover your mouth when talking, will make you easier to understand.

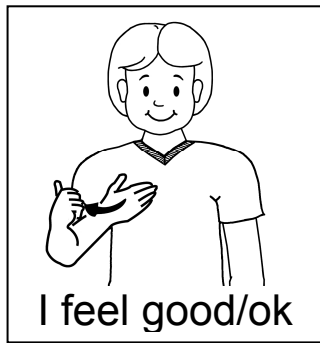
Some people can not hear what people are saying.

Sometimes hearing aids don't help and lip reading is hard.

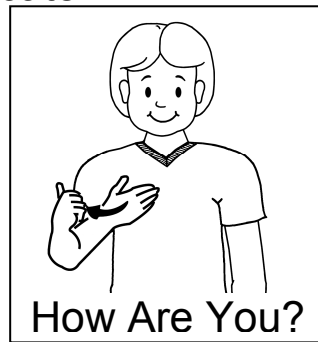
Sign language helps some people communicate.

When I meet someone who signs I can sign

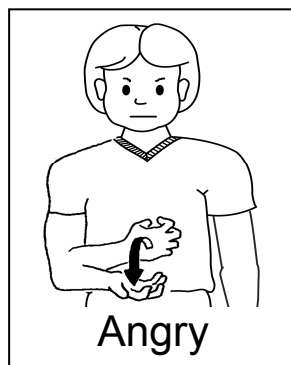
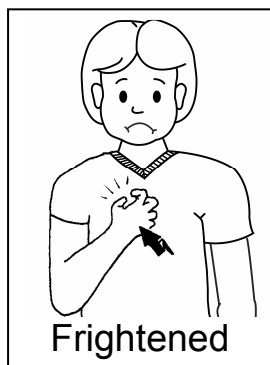
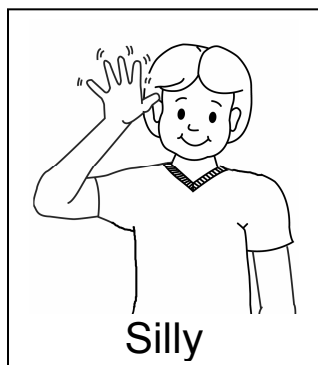
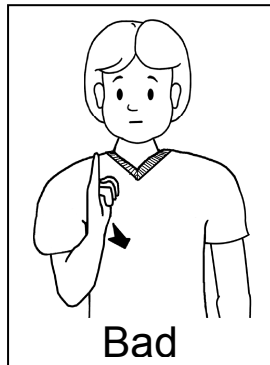
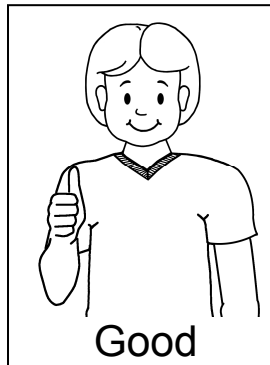
They might sign



back,



Or they might sign :



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Topic 4 – I know some Australian Sign Language

Teachers Notes

This topic aims to introduce the children to a small sample of signs only.

The following worksheets have been provided copyright free for educational use only.

- Sign Dictionary Page of Australian Birds
- Numbers 1 to 6
- Number 7-10
- Twinkle Twinkle Little Star

The worksheets are intended to act as an introduction to the language only.

We would like to strongly encourage the use of visually demonstrative teaching tools when learning/teaching sign language.

These include, but are in no way limited to:

- **Utilising local signing people.** ALMOST every community has them ☺. Your nearest “Deaf Society” or “Community Health Center” could be good places to start looking.
- There are a number of “**deaf**” and “**Signing**” theatre groups with performances especially designed for primary children.
- There is now a beautiful range of “**visual storybooks**” by the **Victorian College of the Deaf**, which include the AUSLAN (Australian Sign Language) translation, voice over text and animated pictures of some popular titles such as “Possum Magic” by Mem Fox, “There’s a hippopotamus on our roof eating cake” and many other titles by Hazel Edwards. More information is available at : www.bilby.net/keysign/visual.asp

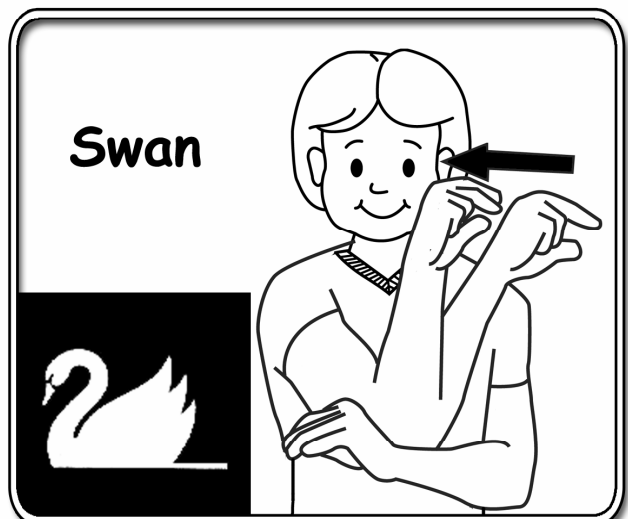
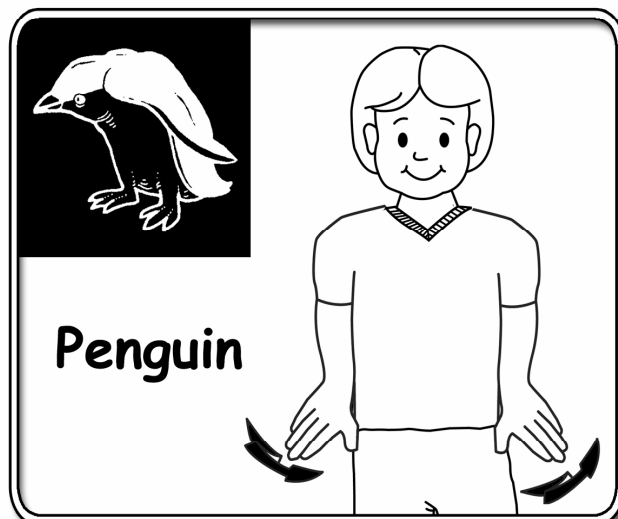
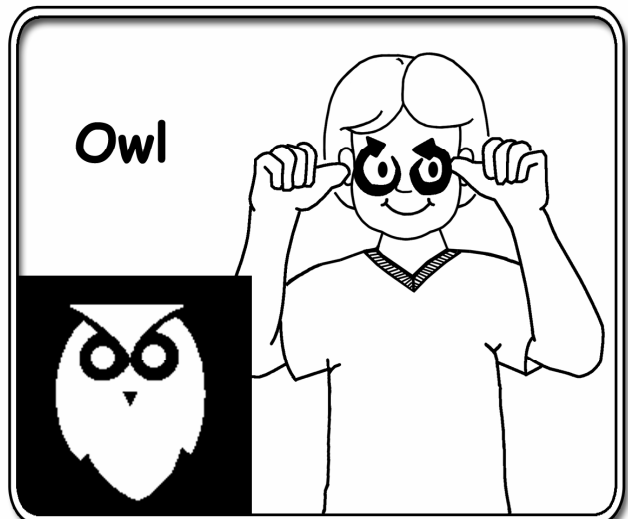
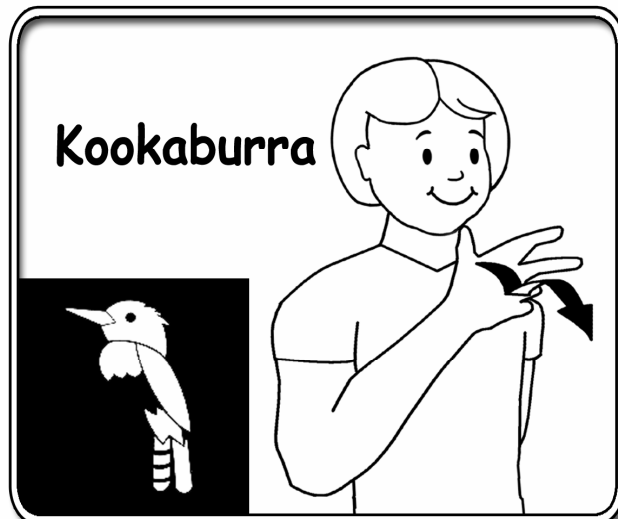
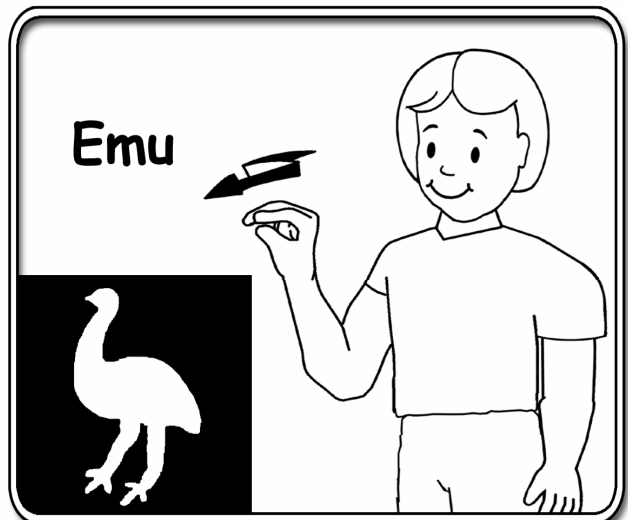
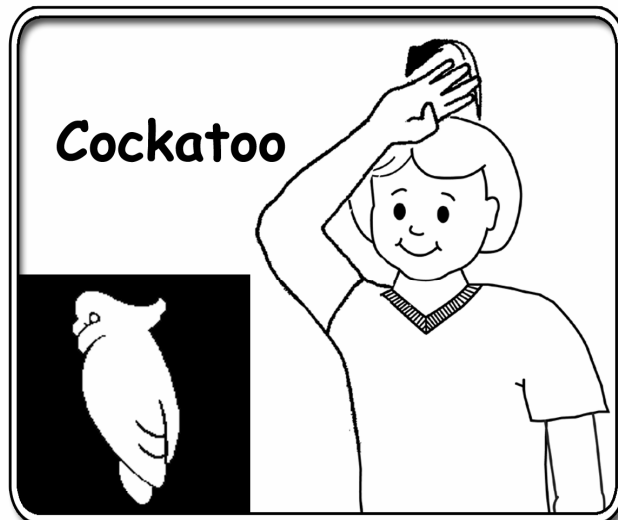
Suggested Activities:

- Sing & sign Twinkle Twinkle Little Star as a round, splitting the class into 2 or 3 groups.
- Have each student cut-up an Australian Birds sheet into a set of 6 cards. Split groups into groups of 2 to 6.
 - Put everyone’s cards together. Shuffle. Deal 4 cards to each player, turn over the top card on the deck & play snap.
 - Pair student and their cards. Shuffle. Place cards face down in a grid & play memory / pairs game.

Further Reading / Resources:

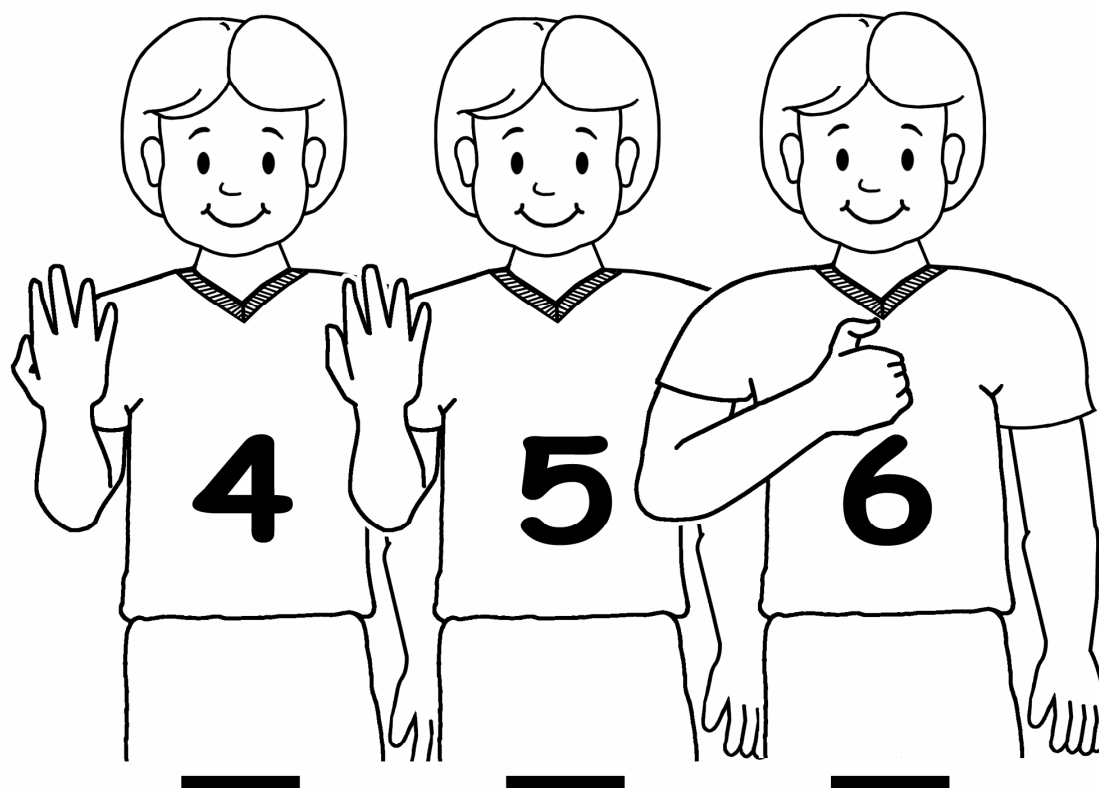
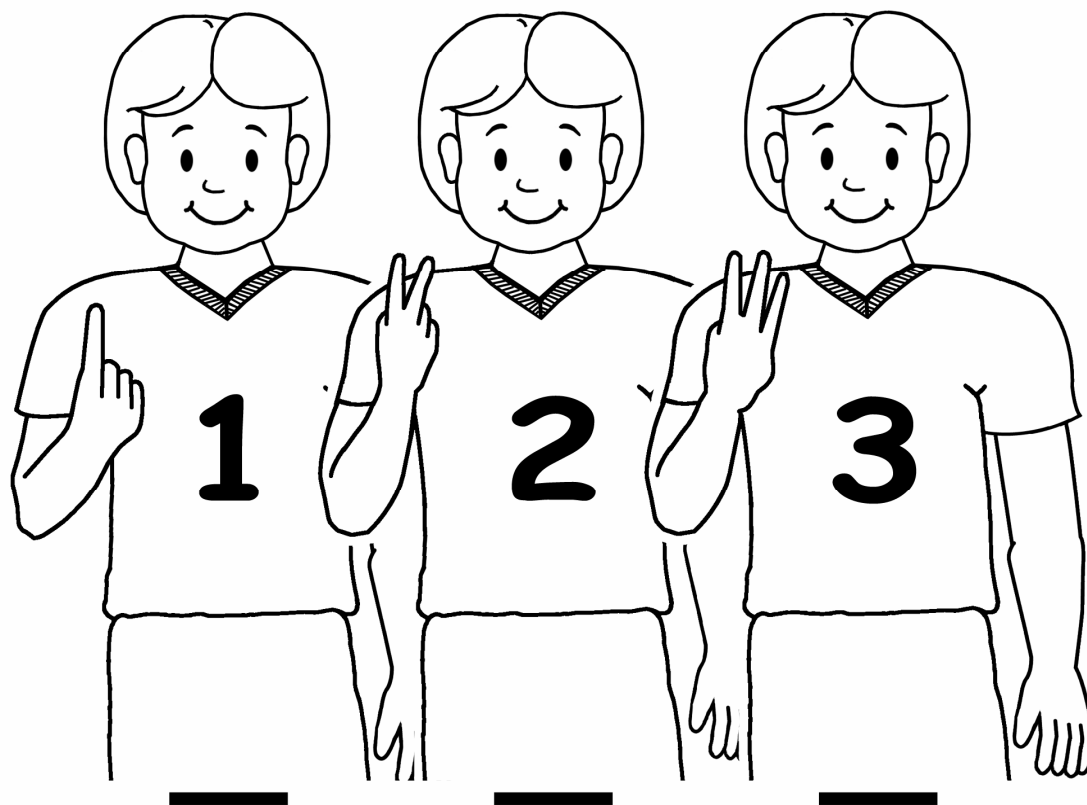
- www.bilby.net maintain a “**What’s New?**” and “**free resource**” section where you will find more free worksheets and alike to supplement classroom learning.
- www.signswap.com.au : This is a free site that allows you to search for sign for English words. You can also lookup and print signs by category.
- www.bilby.net/signspot This is a downloadable freeware game that is specifically designed to help reinforce signs previously demonstrated to children within the classroom. It is a beta version only, however it is free to download and install as you desire.

Australian Birds



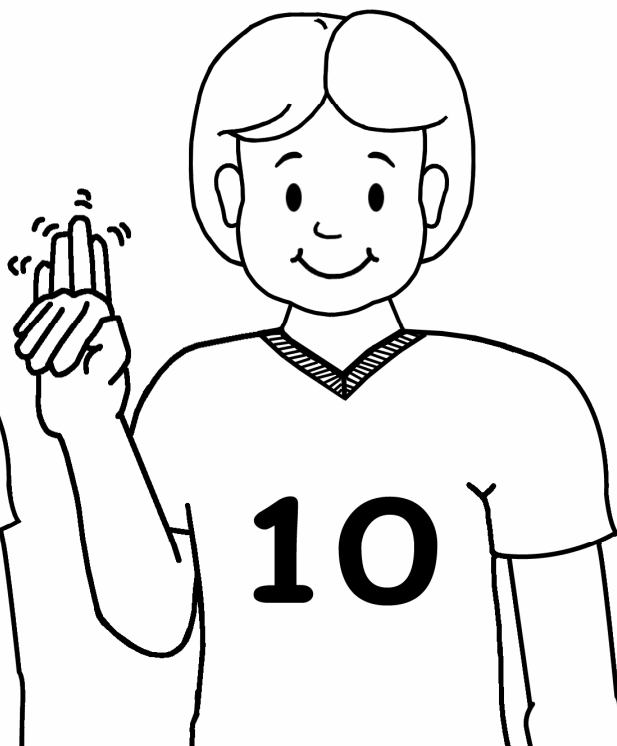
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Sign Basics: 1 to 6



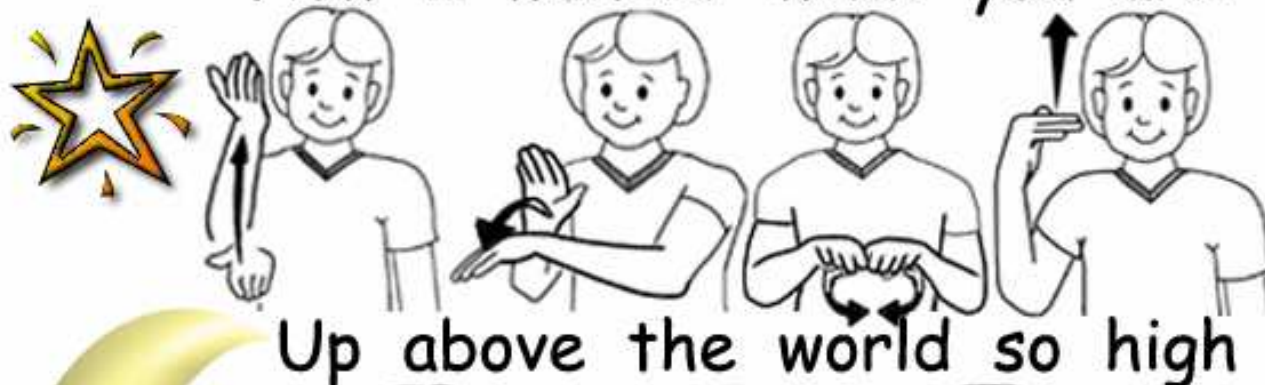
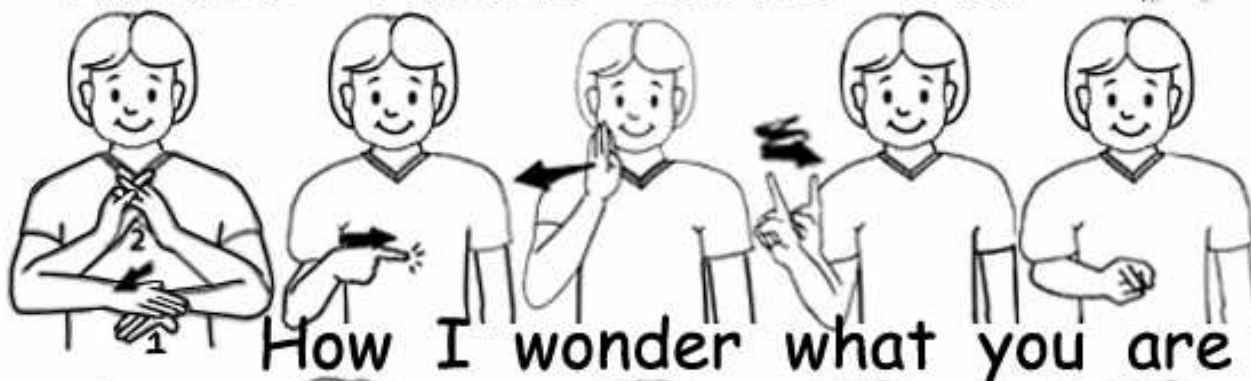
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Sign Basics: 7 to 10



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Twinkle Twinkle Little Star



Twinkle Twinkle Little Star
How I wonder what you are

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Produce your own sign resources using the "Sign With Me" PC CDROM. www.signwithme.com.au