



Auditory Cheat Sheet



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Auditory Avoiding Behaviors

- * Cries, screams, or becomes angry at sudden noises
- * Has strong emotions when noise volume increases
- * Covers ears or hides in social situations
- * Avoids everyday noises such as toilet flushing or water flowing
- * Bothered by high pitched noises such as whistles, chalk, and violins
- * Distressed by metallic sounds such as silverware clinking or noises from a xylophone

Auditory Seeking Behaviors

- * Prefers loud music
- * Seems to always use an "outside voice"
- * Puts musical instruments right next to the ears
- * Makes loud noises in quiet settings
- * Enjoys loud noises
- * Craves common noises such as an air conditioner, a fan, or water running
- * Seems to be calmed by noises or certain music

Auditory Activities & Tools

- * Play Matching Sound Games
- * Connect Movement with Sounds
- * Rhymes and Chants
- * Headphones
- * Calming Music
- * Quiet room or space to retreat
- * Sounds machines
- * Musical Instruments
- * Pre-recorded books
- * Earplugs

*All information is merely a suggestion and should be used as a resource. Please consult with a certified OT before starting any sensory diet.