# Auditory Cheat Sheet

## 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

### Activities

* Play Matching Sound Games
* Connect Movement with Sounds
* Rhymes and Chants
* Headphones
* Calming Music

### Tools

* 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.