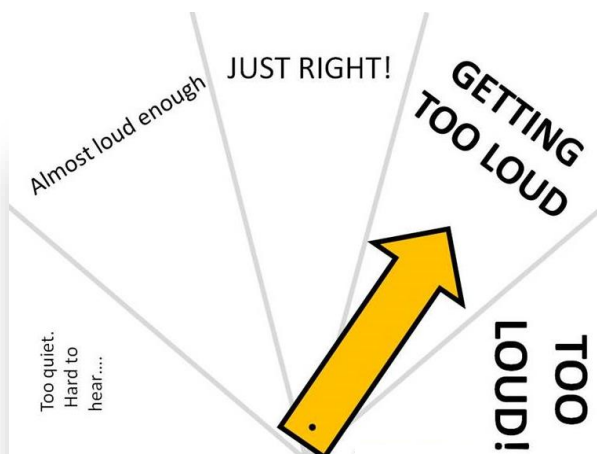


# Voice Volume Control-o-Meter



Created by Joel Shaul, LCSW

Many children experience difficulties controlling the volume of their voices in different settings. Some children speak too quietly. Others speak too loudly. Still others don't adjust their voices in accordance with the social setting or ambient noise level. This fun game can help!

## How to make the Voice Volume Control-o-Meter:

Print out pages two and three of this pdf. Cut out the arrow. Laminate everything if you can. Use a flexible metal fastener to hold the arrow.

## How to use the Control-o-Meter:

1. Use words like this to introduce the Volume Control-o-Meter: "People can make their voices louder and softer. It's an important social skill. It's like turning the volume up and down on a TV. The control-o-meter will be used now to help you with the volume control of your own voice."
2. Play with it. "Try using the control-o-meter to make my own voice louder and softer. As you move the arrow, notice how my voice gets too soft and too loud!"
3. "Now, let me try controlling your voice volume. Watch the arrow, and make your voice louder or softer as I move the arrow around."

Try keeping the Control-o-Meter around during class or therapy sessions. Give them to families for them to use at home.

Too quiet –hard  
to hear

Almost  
loud  
enough

Just  
right!

GETTING  
TOO  
LOUD

**LOUD!**  
**TOO**

