

The Auditory System

The auditory system is our sense of hearing and is also closely related to balance and the vestibular system.

Quick Wins

INSTRUMENTS

Playing music is a great way to stimulate the auditory system in a fun way.

FREEZE DANCING

Dancing and then stopping when the music stops helps kids understand sound vs. silence and supports self-regulation.

REPEAT AFTER ME

Try tapping out a beat on the table or on your knees and having the child repeat the same beat.

MOVEMENT SONGS

Pair movement with music to target multiple sensory systems at once and get kids engaged!

