

Ellie, Leila, Jack and me have tinnitus

Activity book

This is Ellie. She hears a sound like bees inside her ear.

This is Jack. He hears a crackling sound like rice crispies.

This is Leila. She sometimes hears a hmmm.

What do your noises sound like?

Maybe you can draw a picture of you and your noise.

Ellie's bees used to make her feel scared. Sometimes she couldn't get to sleep.

Jack's noises used to make him feel scared too, but now they have almost gone.

Leila hears a humming sound, but it doesn't bother her at all.

Are you more like Ellie, Leila or Jack with how your noises make you feel?

Noises can make us feel all kinds of things.

Match up the noise to how they make you feel.

Ellie went to see a doctor about her noises.

Who have you talked to about your noises?

What did they tell you?

What was your visit to the doctor like?

Why don't you write a story or draw a picture about your visit here?

Ellie has things she does to make her tinnitus feel better.

She has learned some relaxation exercises.

She listens to calming music.

She does fun stuff at home and at school.

What do you think you could do to help you feel better?

Could you draw a picture?

Or perhaps get someone to take a photo of you doing something which makes you happy and stick it here.

Some people make a card with things that make them happy on it. They can look at it when they feel sad and it helps them feel better. Why don't you make your own card to look at when you feel bad? What would you have on your card?

Sometimes, there might be times when you notice your noises are more annoying.

Can you write down when this is?

Maybe ask a grown up if they have noticed anything too.

What do you think you could do to make your noises quieter at home?

How do you think other people could help you?

It can help to tell people that your noises are annoying you.

But sometimes, like at school, you might not want to make a fuss.

Can you think of a way to tell your teacher? You might want to draw your idea:

How do you think your teachers could help you?

If your noises are bothering you, you can always talk to a grown up about them – perhaps your mum or dad, a teacher or a doctor. They want to help you.