

Tinnitus Activity Book

This activity book is targeted at young people in Key Stage 2

This is a workbook designed to help you manage your tinnitus.

There is space for you to write and draw, or to stick things in.

There's no right or wrong answers, and you don't have to show this book to anyone if you don't want to.

Tinnitus is when your brain hears a sound inside your head or ears that doesn't have a matching sound outside. It might sound like buzzing, ringing, whooshing or humming.

What do your noises sound like?

How would you describe them?

Perhaps you can draw a picture, or find one and stick it in.

Most people aren't bothered by their tinnitus, but some find it quite upsetting. How does your tinnitus make you feel? Do other noises make you feel something different?

Match up the noises with how they make you feel.

Does your tinnitus sometimes stop you doing something?

If you'd like to, you can write about it here:

Most people with tinnitus get it checked out. Who have you seen about it?

Your doctor probably told you lots of things about tinnitus and your ears. What do you remember?

What did they say you could do to help your tinnitus be less annoying?

Did you know...

1 in 3 young people have heard tinnitus at some time – even if only for a few seconds!

It is likely that one person in every class has tinnitus which is more longer lasting.

The first written record of tinnitus dates back to Ancient Egyptian times – they thought it was caused by bewitching the ear.

Harry Potter experiences tinnitus – it's mentioned several times in the books.

Sometimes, there might be times at home or school when you notice your noises are more annoying. Can you write down when this happens at home?

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

What do you do when this happens?

What changes do you think you could make to make things easier for you?

How do you think other people could make things easier for you?

Do you think you can write a plan so you know what to do when your tinnitus is more annoying?

What would it be?

Use the next page to write out your plan – any maybe talk about this with a grown up.

Plan for home

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.

Have you talked to a teacher or support worker about your tinnitus? If you haven't, what do you want to say to them?

If you have, what did you say to them and would you want to say something different?

How do you think you could let your teachers know that your noises are annoying you?

How do you think your teachers could make things easier for you?

What would a plan for school look like?

Use the next page to write out your plan – and maybe talk about this with your teacher.

Plan for school

There are lots of things you can do to make your tinnitus quieter, such as relaxation exercises, listening to nature sounds, or focusing on a favourite hobby.

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

Maybe you could write a list or draw a picture of what you could do to make your tinnitus quieter.

Some people make a card with things that make them happy on it which they can look at when they feel upset about their tinnitus. It helps them feel better.

Why don't you make your own collage or drawing?

You can use the next page for this if you like, and then put this book by your bed or in your school bag to look at when you feel bad.

Things that make me happy

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