

Name: _____

TINNITUS



ACTIVITY BOOK

(T)

**British Tinnitus
Association
YOUNG PEOPLE**

Written by Nic Wray
Illustrations & Design by Kate Smith
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.



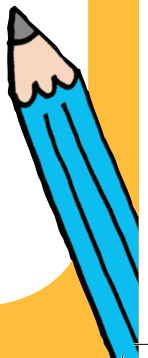


Tinnitus is when your brain hears a sound inside your head or ears that doesn't have a matching sound outside. It might sound like buzzing, ringing, whooshing or humming.

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.



MY TINNITUS



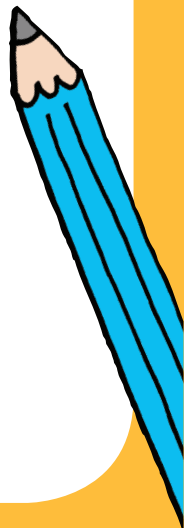
Does your tinnitus sometimes stop you doing something?

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.

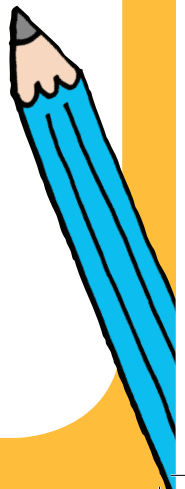


Sometimes, there might be times at home or school when you notice your noises are more annoying. Can you write down when this happens at home?

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



What do you do when this happens?

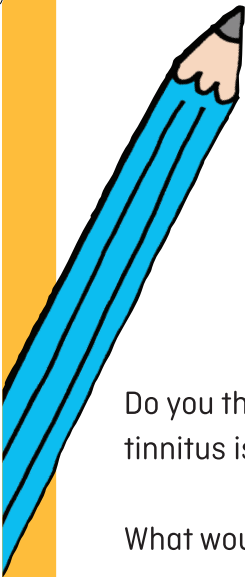




What changes do you think you could make to make things easier for you?



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?

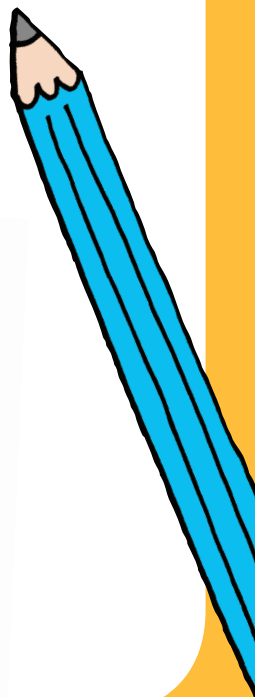
What would it be?

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





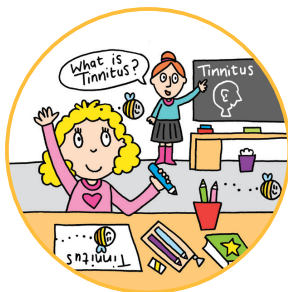
PLAN FOR HOME





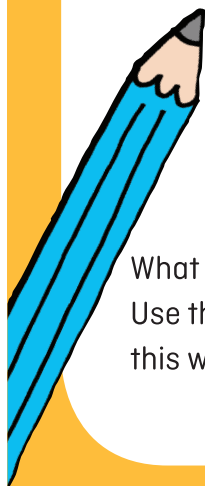
It can help to tell people that your noises are annoying you.
But sometimes, like at school, you might not want to make a fuss.

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?

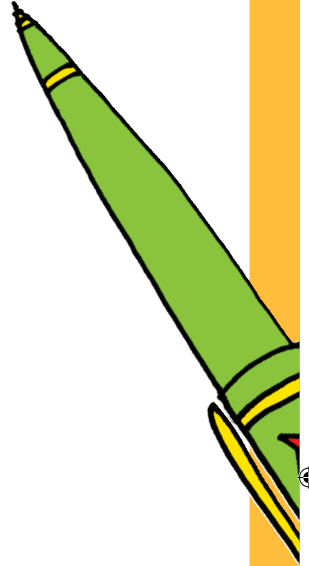


What would a plan for school look like?
Use the next page to write out your plan – and maybe talk about
this with your teacher.





PLAN FOR SCHOOL

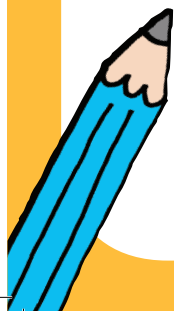




There are lots of things you can do to make your tinnitus quieter, such as relaxation exercises, listening to nature sounds, or focusing on a favourite hobby.

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.

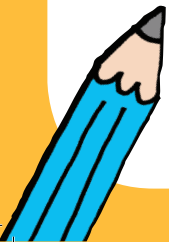




Why don't you make your own collage or drawing?



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.



TINNITUS



This activity book is targeted at young people in Key Stage 2 and accompanies the leaflet "Tinnitus". Information for young people in other age groups, with accompanying workbooks, is also available. Please contact us for copies.

Full details of all the information consulted in the production of this leaflet are available on request.

This information has been produced by the BTA and conforms to the Principles and Requirements of the Information Standard. Issued February 2018. Version 1.3. To be reviewed February 2021.

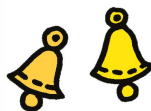
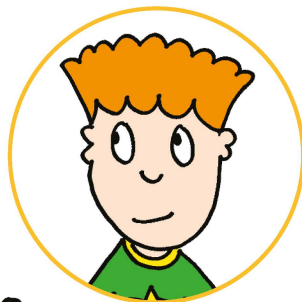
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Whilst the BTA makes every attempt to ensure the accuracy and reliability of this information, it is not a substitute for medical advice. You should always see your GP/medical professional.



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