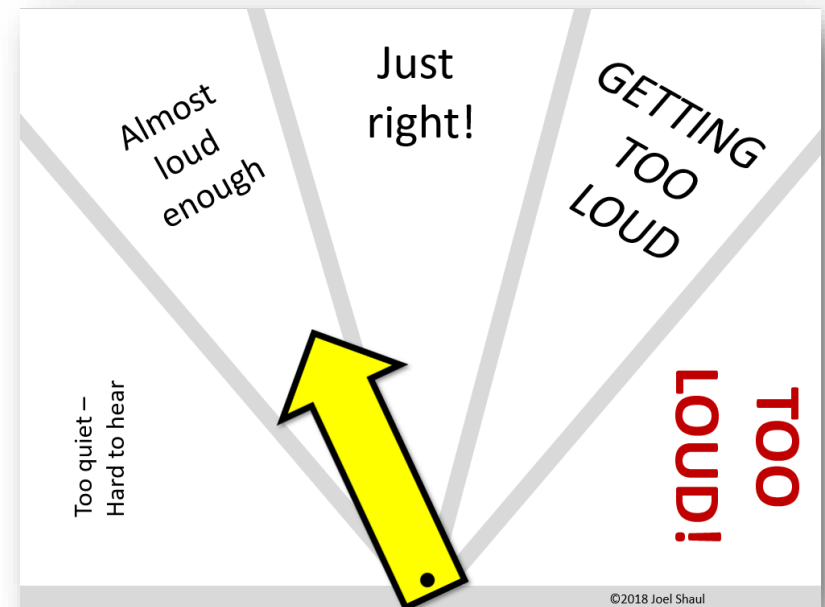
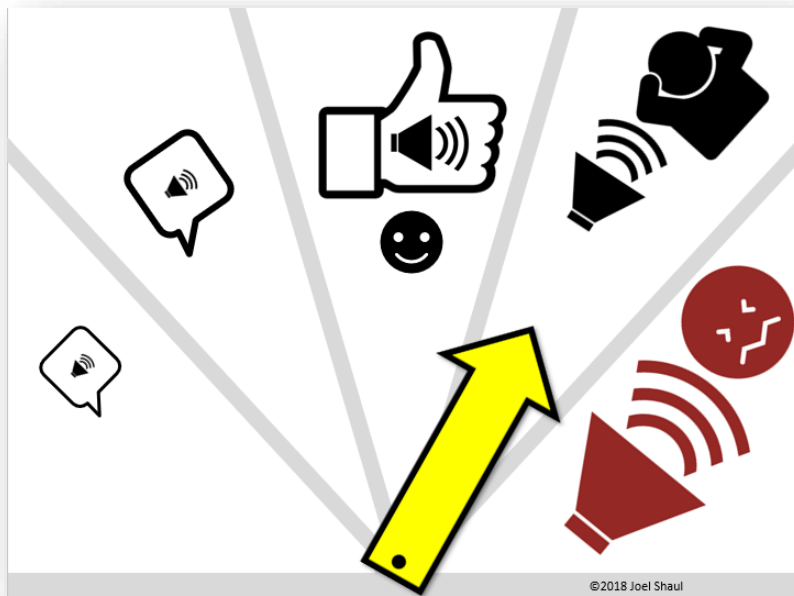


# Control-o-meters for voice volume

Joel Shaul, LCSW

Two simple devices you  
can make to help children  
modulate voice volume



## Reasons to make a Control-o-meter:

Children with ASD and other developmental conditions may experience difficulties modulating voice volume in different settings. Some children on the autism spectrum speak too quietly. Others speak too loudly. Still others do not compensate adequately for the social milieu or ambient noise level.

Children with voice volume confusion get tired and discouraged if they get nothing more than verbal prompts all the time. This project makes the learning process interesting and fun. I strongly encourage you to let the child help you make the Control o meter.

## How to make the volume Control-o-meter:

Print out pages two and three of this pdf. Cut out the arrow. Laminate everything if you can or at least use cardstock.

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 and have the child control the volume of *your* voice. "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."

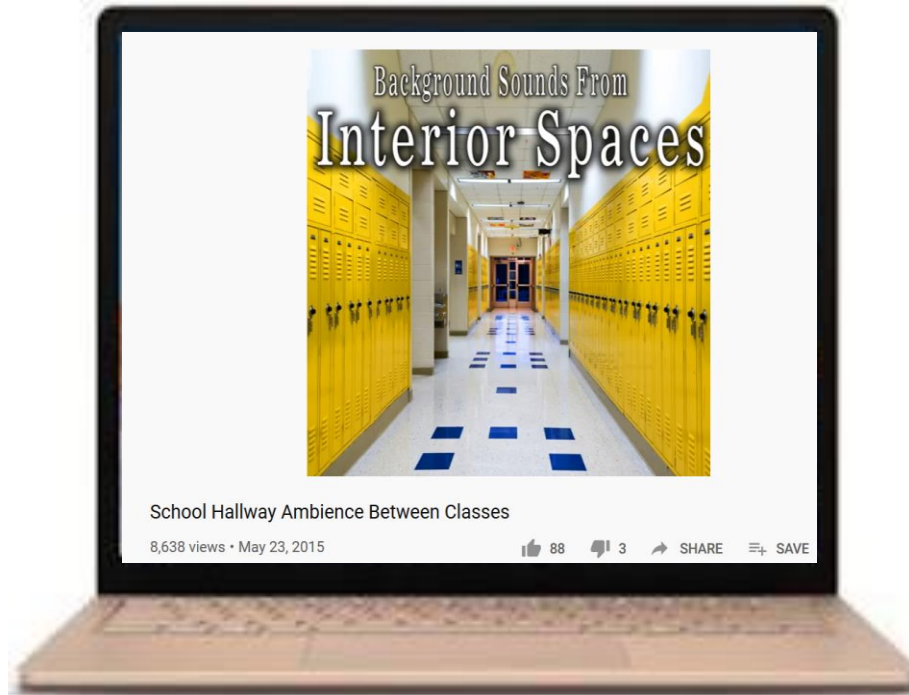
Try keeping the control-o-meter around during class or therapy sessions. Give them to families for them to use at home.

## Using the Control o meter with YouTube sound clips

It is easy to add one more accessory to this learning activity and you are strongly encouraged to try it. Go to YouTube on a computer, tablet or phone. Connect it to a speaker so you can make it plenty loud.

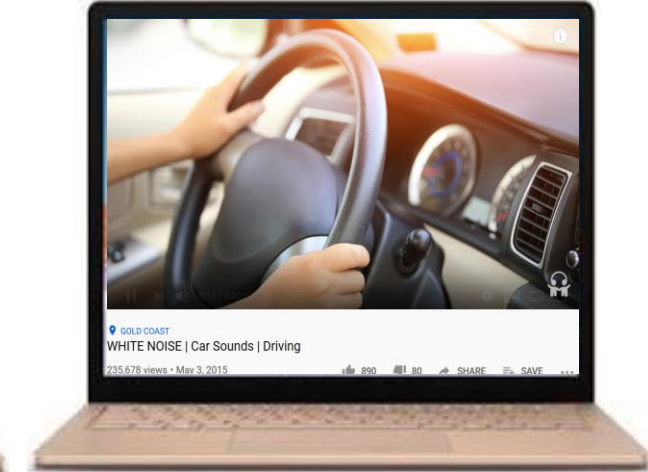
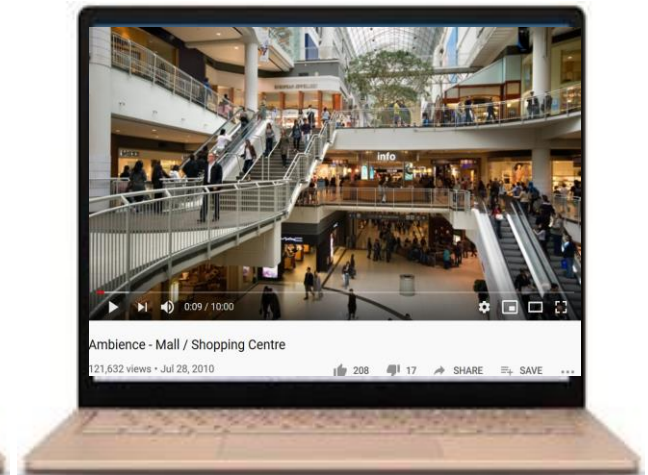
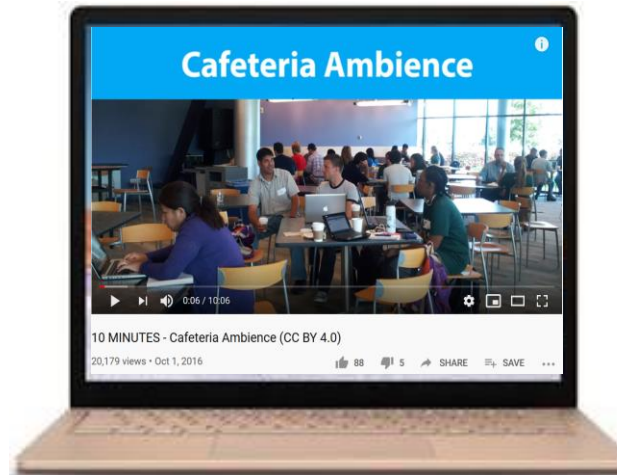
You can easily select a variety of sound ambiances on YouTube – for almost any sound environment you can imagine.

Play a variety of these sound clips – at realistic volume – and then do more role plays with the Control o meter.



The variety of sound clips on YouTube is astounding.

The control o meters are easy to make. The sound clips are easy to access.





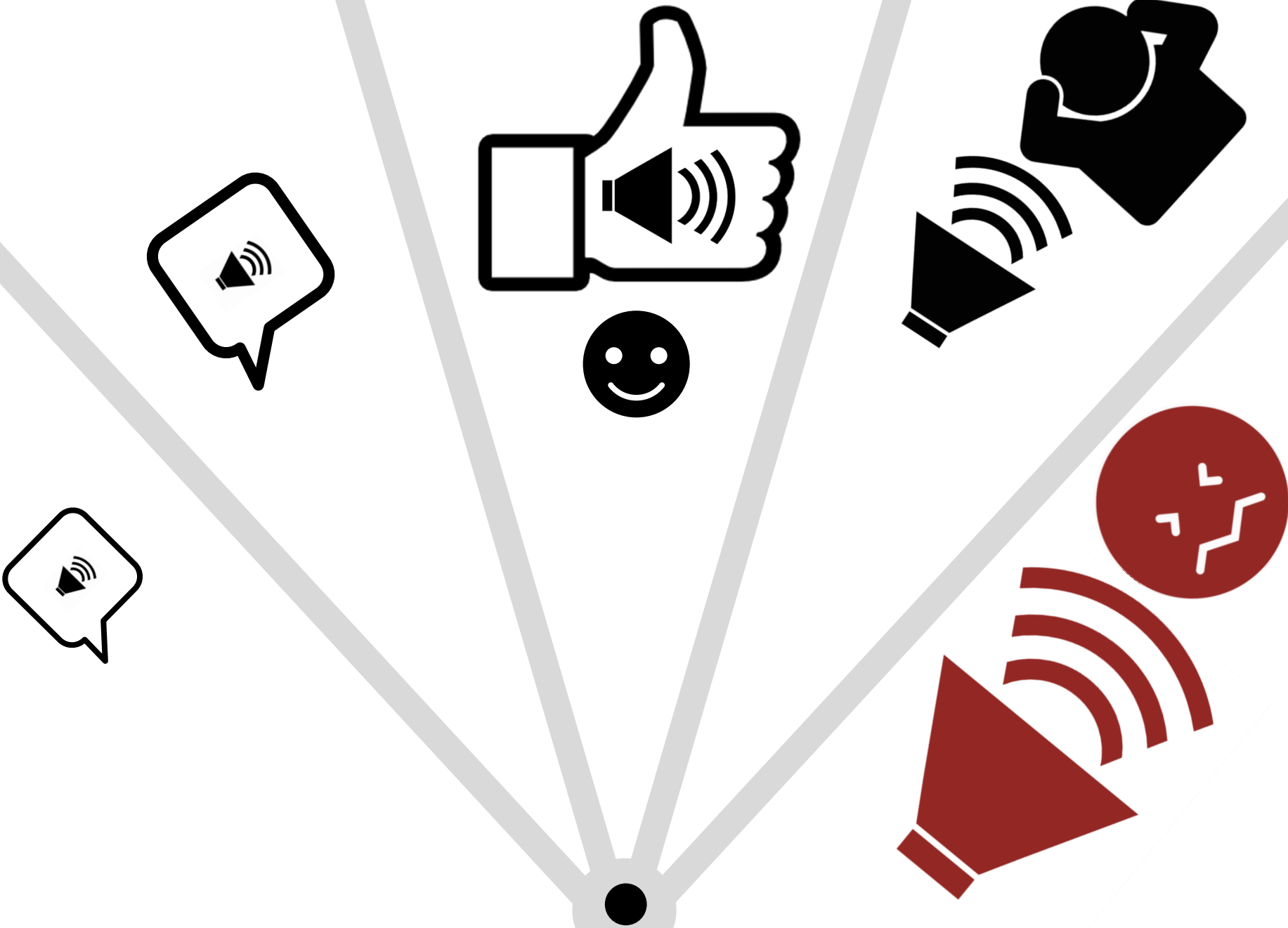
## Another free kit for that includes voice volume

A resource that combines voice volume with other dimensions of social communication is the Self Control Channel Changer. You can download it on the website via this link:

<http://autismteachingstrategies.com/autism-strategies/remote-control-channel-changers-diy-social-communication-prompts-for-children-with-asd/>

I hope these speech pragmatics tools turn out to be useful for you.

## Joel Shaul, LCSW



Too quiet –  
Hard to hear

Almost  
loud  
enough

Just  
right!

GETTING  
TOO  
LOUD

**LOUD!**  
**TOO**



