



# 5 Point Noise Scale





In school we use the 'noiseometer' to help children understand the appropriate levels of noise to use in the correct environment. The children are familiar with this format as it is used throughout the school.

An example of this would be;

"Well done Timmy, I like that you are using a number 3 voice."

"Oh dear Timmy, you are using a number 5 voice. That's not an indoor voice. What number should you use inside?"

It is a useful tool to help children regulate their noise level.

5	Red voice = Yelling  Outside	
4	Orange voice = Loud  Outside	
3	Yellow voices = Normal  Inside voice public	
2	Green voice = Whisper  Inside voice private	
1	Blue voice = No talking  Inside voice Quiet	