

How-To Templates

Voice Chart



Understanding abstract concepts, such as the volume of one's voice, can be difficult for children with autism spectrum disorders (ASDs). Adding a visual component to the otherwise abstract concept can often be very helpful for individuals with ASD. A voice level chart is one simple way to visually explain the concept of volume.

Voice volume charts can be very simple (with 3 volume levels) or more complicated (with 5 or more levels) depending upon the understanding and functioning of the individual. A sample of both a simple and a complex volume chart are provided.

To Make:

1. Begin by deciding whether a simple or complex voice level chart is more appropriate for the individual.
2. Use one of the templates provided here (or create your own).
3. If possible, label each voice level with examples of where that volume is most appropriately used (e.g., red = dinner table, green = outside).

To Use:

1. Explain the voice chart to the individual.
2. Practice using each voice level with the individual to help him or her learn how to match his/her volume with the colors on the chart.
3. It is important to first practice in situations/settings that are not stressful and when the individual is calm.
4. Keep the volume chart available. When s/he is using an inappropriate voice volume, show him/her the chart and where s/he is on it (by pointing or using a paperclip that can be moved up and down). Remind him/her which volume level is appropriate.
5. Consider hanging volume signs (see samples) in each area as well. The volume signs can help the individual remember which voice level is appropriate for use.
6. Remember to use specific praise for positive behaviors.



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Select option "0"



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Autism Treatment Center

Christian Sarkine Autism
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For referrals, call 317-274-8162

For research, call 317-274-8162

Other resources: call 317-274-8162

Option "0"

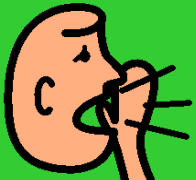
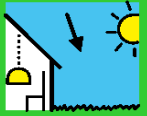








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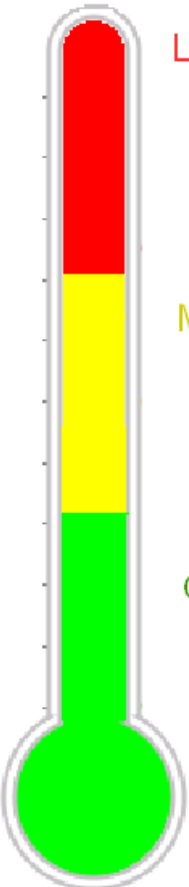
Materials provided are samples only!
They may need to be individualized to meet the particular needs of a person with an ASD!

Simple Chart Templates

Complex Chart Template

<p>Okay to be loud!</p> 	 <p>outside</p>
<p>Medium voice</p> 	 <p>playtime</p>  <p>art time</p>
<p>Use quiet voice</p> 	 <p>car</p>  <p>TV time</p>  <p>meals</p>  <p>bedtime</p>

<p>Way Too Loud!</p> 
<p>Too Loud!</p> 
<p>Just Right!</p> 
<p>Too Quiet!</p> 
<p>I Can Barely Hear You!</p> 



LOUD VOICE

- yelling
- screaming
- crying

MEDIUM VOICE

- talking loudly
- singing
- talking from room to room

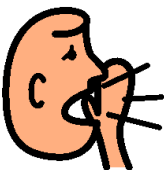


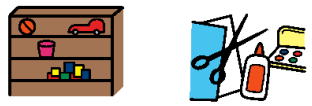


QUIET VOICE






- talking in calm voice
- talking next to a person
- whispering

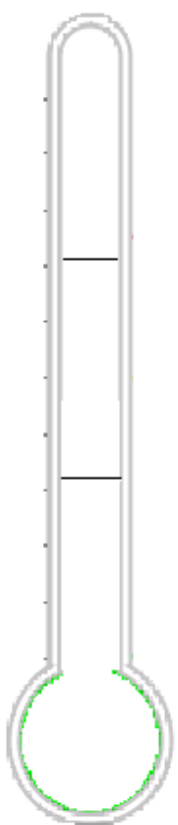
Simple Chart Templates

Complex Chart Template

For use on black and white printers, don't forget to color them in!

<p>Okay to be loud!</p> 	 <p>outside</p>
<p>Medium voice</p> 	 <p>playtime art time</p>
<p>Use quiet voice</p> 	 <p>car TV time meals bedtime</p>

<p>Way Too Loud!</p> 
<p>Too Loud!</p> 
<p>Just Right!</p> 
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Room Sign Templates

