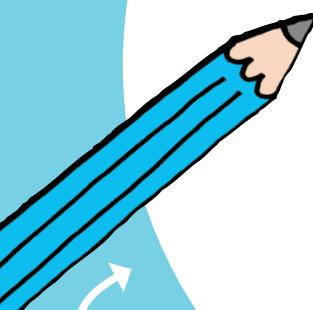


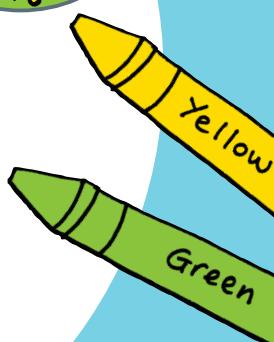
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ELLIE, LEILA, JACK & ME HAVE TINNITUS



DRAW YOU
HERE!



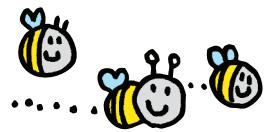
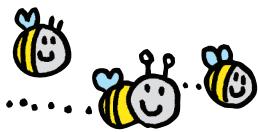
ACTIVITY BOOK

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**British Tinnitus
Association
YOUNG PEOPLE**

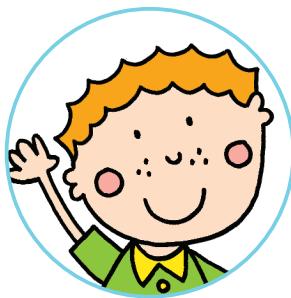
Written by Nic Wray
Illustrations & Design by Kate Smith
This activity book is targeted at young people
in Key Stage 1





This is Ellie.

She hears a sound like bees inside her ear.



This is Jack.

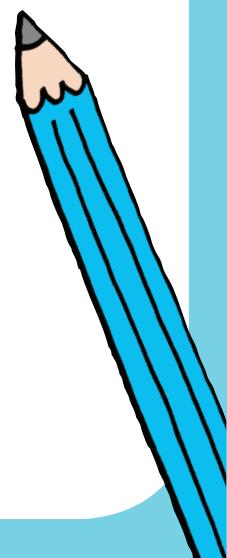
He hears a crackling sound, like rice crispies.



This is Leila.

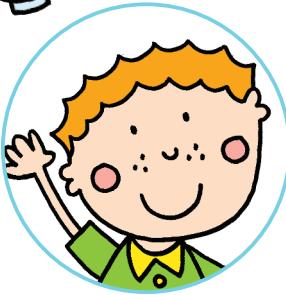
She sometimes hears a hmmmmm.

**What do your noises sound like?
Maybe you can draw a picture of you and the noise.**





Ellie's bees used to make her feel scared. Sometimes she couldn't get to sleep.



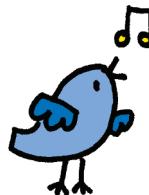
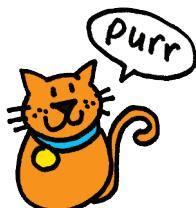
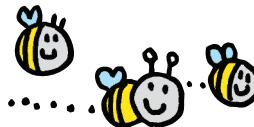
Jack's noises used to make him feel scared too, but now they have almost gone.



Leila hears a humming sound, but it doesn't bother her at all.

Are you more like Ellie, Leila or Jack with how your noises make you feel?

Noises can make us feel all kinds of things.
Match up the noise to how they make you feel.



YOUR NOISES

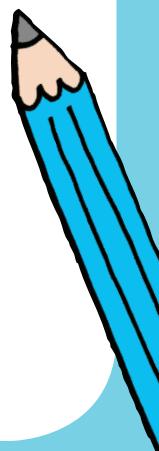
**Ellie went to see a doctor about her noises.
Who have you talked to about your noises?**

What did they tell you?



What was your visit to the doctor like?

Why don't you write a story or draw a picture about your visit here?

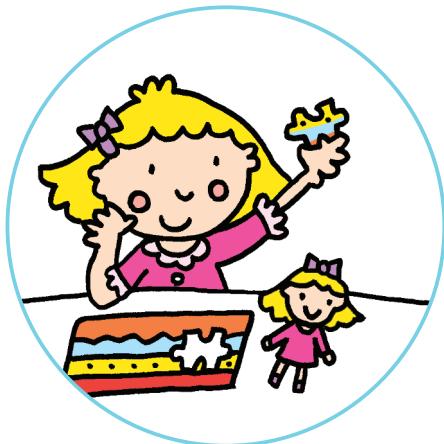


Ellie has things she does to make her tinnitus feel better.

She has learned some relaxation exercises.

She listens to calming music.

She does fun stuff at home and at school.



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

Could you draw a picture?

**Or perhaps get someone to take a photo of you doing something
which makes you happy and stick it here.**

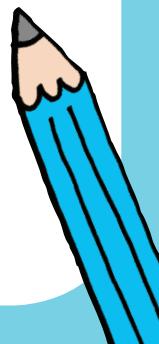


**Some people make a card with things that make them happy on it.
They can look at it when they feel sad and it helps them feel better.**



**Why don't you make your own card to look
at when you feel bad?
What would you have on your card?**

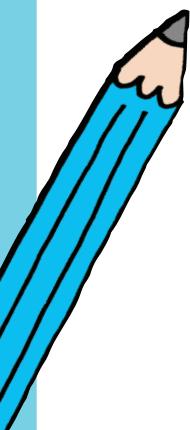
MY HAPPY THINGS:



**Sometimes, there might be times when you
notice your noises are more annoying.
Can you write down when this is?
Maybe ask a grown up if they have noticed anything too.**



**What do you think you could do to make your noises
quieter at home?**



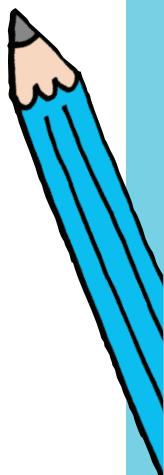
How do you think other people could help you?



**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.
Can you think of a way to tell your teacher? You might want to draw
your idea:**



How do you think your teachers could help you?



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

ELLIE, LEILA, JACK & ME HAVE TINNITUS

This activity book is targeted at young people in Key Stage 1 and accompanies the leaflet "Ellie, Leila and Jack have 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.

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The British Tinnitus Association
Ground Floor, Unit 5,
Acorn Business Park,
Woodseats Close,
Sheffield
S8 0TB
United Kingdom
Email: info@tinnitus.org.uk
Helpline: 0800 018 0527
www.tinnitus.org.uk

The British Tinnitus Association.
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Registered in England



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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YOUNG PEOPLE

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