

# HearO Saves the Day!

By Adele Sandberg & Sherilyn M. Adler, Ph.D.

## SEL Picture Book Companion



**AN ADVENTURE IN MUSIC, HEALTH, AND HEARING PROTECTION**



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# WHAT IS INCLUDED IN THIS RESOURCE:

Intended Audience: Grades K-4



Digital Integration: The digital world is where education is heading. Teachers are expected to incorporate digital components into their classrooms. This resource has it covered! With interactive activities, writing prompts for students to type their responses, and the ability for the teacher to assign the pages of the resource to his/her students and review/grade their submitted assignments makes this resource is even more valuable.

## SEL Components:

Teaching to the WHOLE child and not just focusing on academics is so critical. There are life lessons, character traits, and important social-emotional learning virtues woven within HearO Saves the Day. An example of these would be: Caring about others, safety, taking care of oneself.

## STEAM / STEM Incorporation:

HearO incorporates STEAM / STEM activities and standards such as: science, anatomy, body senses, measurement, physics of sound, etc.

## Standards-Based:

No matter what state you teach in, the activities and lessons in this resource are standards-based. Just SOME of the standards that are covered are:

Predicting

### Story Concepts:

Main Characters

Setting

Problem/Solution

Summarizing

Theme

Text Connections

Writing Prompts

Character Traits

Quote Analysis

STEAM / STEM Activities

Open-ended Questioning

Self-Reflection

Activities and

Information on Hearing

# Predicting

What do you predict HearO Saves the Day is going to be about?





# Predicting

What do you predict HearO Saves the Day is going to be about?

A large rectangular writing area with a hand-drawn border. It contains 12 sets of primary-ruled lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

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# Story Concepts



Characters:

Setting:

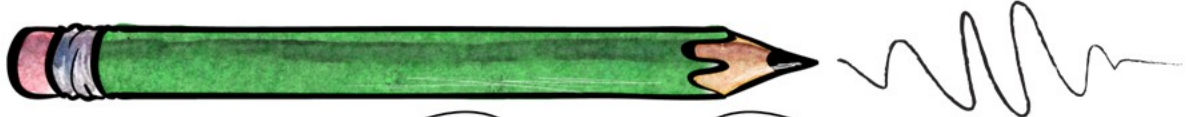
Problem:

Solution:

Favorite Part:

You can draw your favorite part or write about it.

What is the theme or message of the story?



# Theme / Message





# Summarizing

Write a couple of sentences from the beginning, the middle, and the end of the story. Put it all together, and you will have the summary of the story.

Beginning:

B

Middle:

M

End:

E



# Character Traits / Superpowers

What are HearO's different superpowers?  
List them in the spaces below.

Diagram illustrating the character traits and superpowers of HearO. The character is shown in a dynamic pose, with lines connecting to seven empty oval shapes for listing superpowers.

# Character Traits / Superpowers

What are HearO's different superpowers?  
List them in the spaces below.

Flying

**SUPER**  
strength

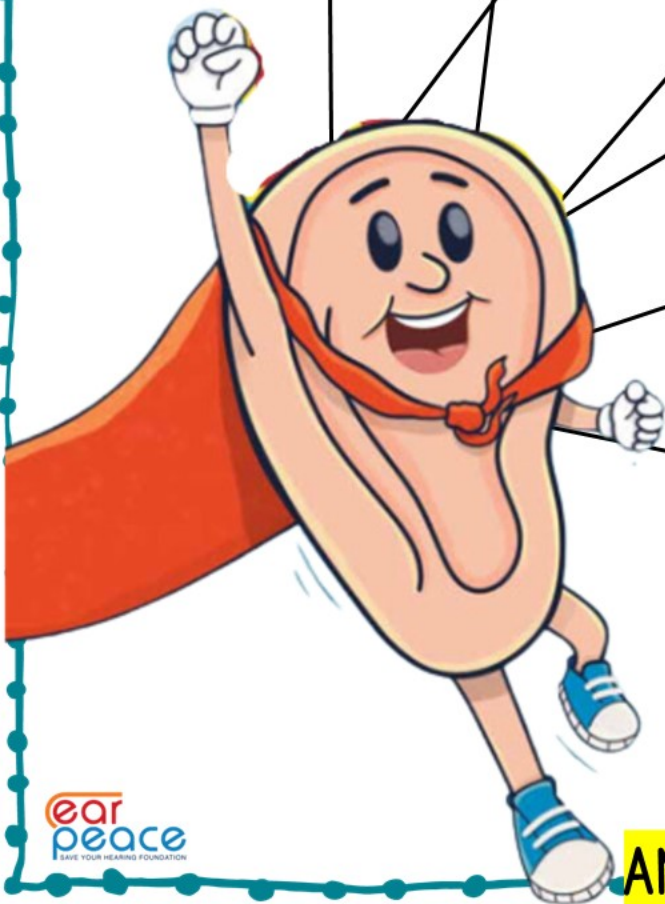
Teleporting  
Superpowers

Size-changing  
superpowers

Superpower  
Underwater  
Skills

**SUPER**  
hearing

Protecting  
People  
Superpowers



**ANSWER KEY**

# HearO Comprehension Maze

Directions: Start at "START HERE" and answer the questions to get through the maze to the "FINISHED!" space.

**START HERE!**

Who is the main character in the story?

HearO

Who can HearO hear?

The ice cream truck

The ear canal is short and wide. True or False?

False

What is HearO's main superpower?

Hero

Fish swimming

Cries for help

The orchestra

True

Climb the highest towers.

Night Vision

None of us are different. True or False?

False

Who was playing the music that was way too loud?

The marching band

The powerful \_\_\_\_\_ from that loud sound could be harmful.

Vibrations

What was at the end of the ear canal blocking HearO's path?

True

Tiny hairs

The choir

A hat

feelings

snail

Ear drum

The loud sound was harming the \_\_\_\_\_

worms

What did HearO cover the outer ear with to block the strong vibrations and keep the tiny hairs safe?

Ear muffs

The inner ear looks like a small \_\_\_\_\_ shaped maze.

snake

**FINISHED!**

If you could rename HearO's character, what name would you choose? Why?

# HearO Comprehension Maze

Directions: Start at "START HERE" and answer the questions to get through the maze to the "FINISHED!" space.

**START HERE!**  
Who is the main character in the story?  
HearO

Who is the main character in the story?  
Hero

What can HearO hear?  
Cries for help

The ice cream truck  
False

The ear canal is short and wide. True or False?  
True

What is HearO's main superpower?  
Night Vision

None of us are different. True or False?  
False

Who was playing the music that was way too loud?  
The marching band

The powerful \_\_\_\_\_ from that loud sound could be harmful.  
Vibrations

What was at the end of the ear canal blocking HearO's path?  
Ear drum

The loud sound was harming the \_\_\_\_\_  
Tiny hairs

What did HearO cover the outer ear with to block the strong vibrations and keep the tiny hairs safe?  
Earmuffs

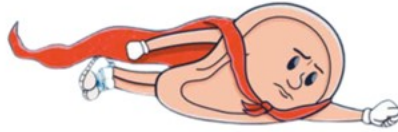
The inner ear looks like a small \_\_\_\_\_ shaped maze.  
snake

**FINISHED!**

Other paths and options: Fish swimming, The orchestra, Climb the highest towers, A hat, feelings, snail, worms, The choir, A hat, feelings, snail.

If you could rename HearO's character, what name would you choose? Why?

Answers will vary.



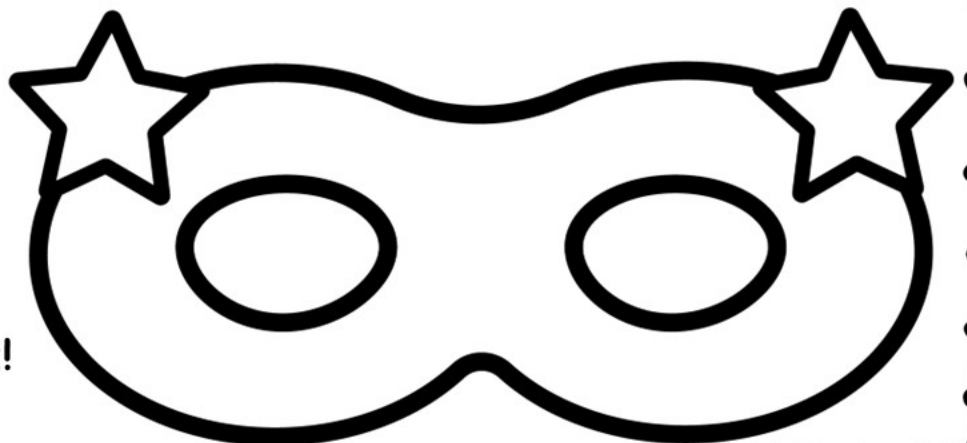
"Look at me! I can fly!" shouts David.  
"It would be cool to be able to fly!" says Maya.

If you could be a superhero, who would you be? What would your name be?

Your superhero's superpowers would help others in some way.  
What superpowers would you have?  
How would you help others?

Practice sketching  
out what you would  
want your mask to  
look like.

On the next page, you  
can make your real mask!



# SUPERHERO MASK

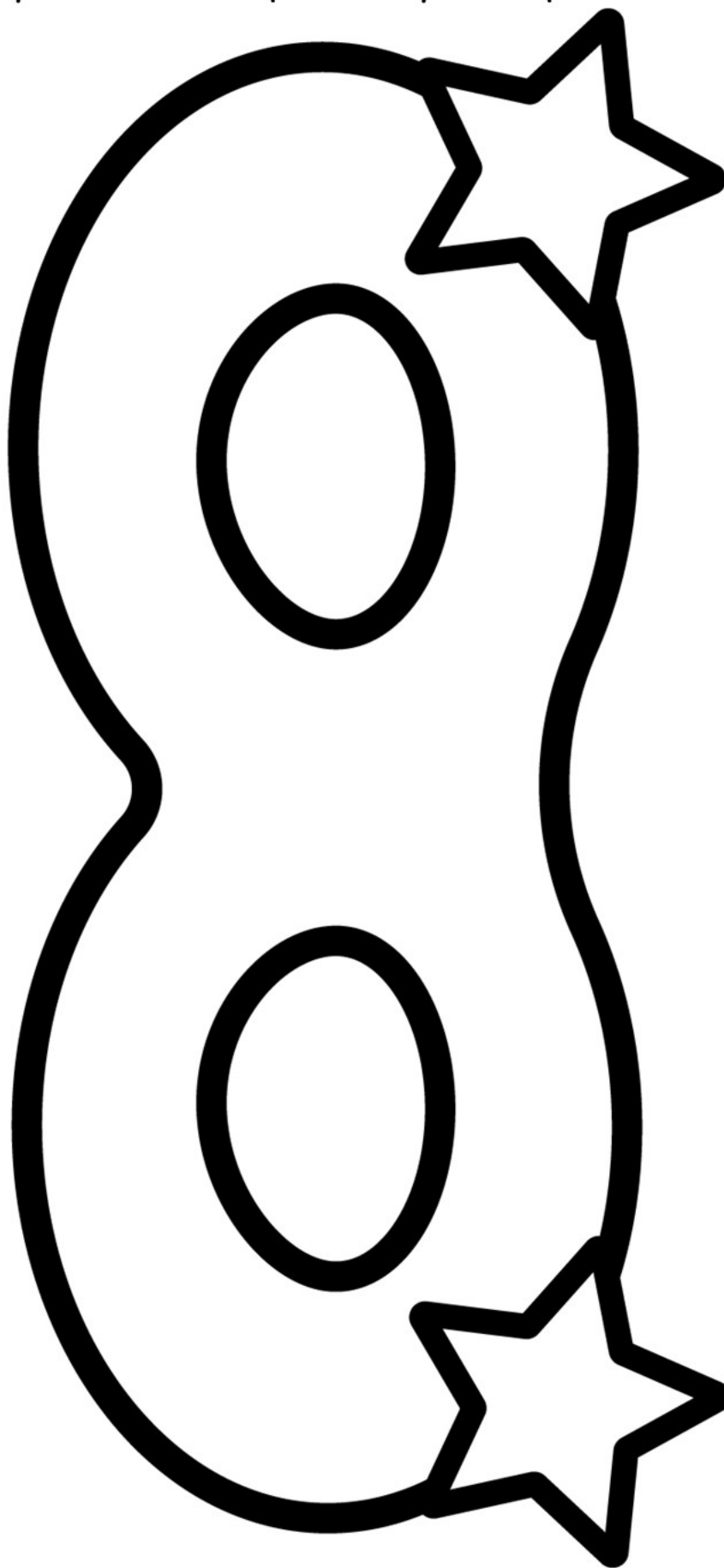
## Teacher Directions:

Optional ideas:

- Run the masks off on cardstock and hole punch the stars. Connect a piece of yarn or string so your students can wear the masks.
- Have your students create specific symbols that represent what kind of superhero he/she is AND what the colors represent on the mask.
- Use the masks as a display in the hallway or classroom.
- Have students present their masks and superhero choices to the class.

# SUPERHERO MASK

Directions: Create your own superhero mask with certain colors and symbols that represent your superhero.



# My Hero

Just like HearO is a hero in the book, we all have people in our lives who we consider to be heroes.

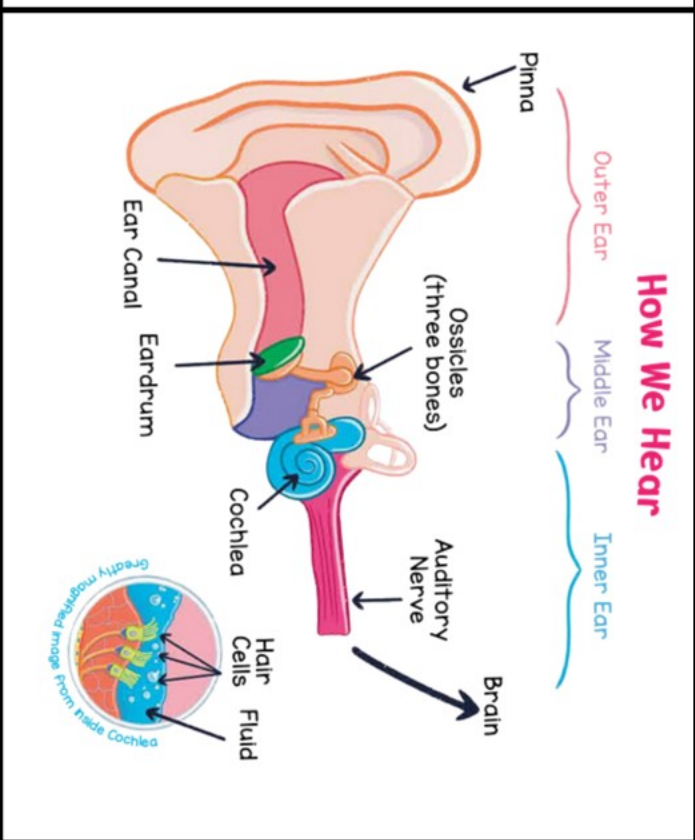
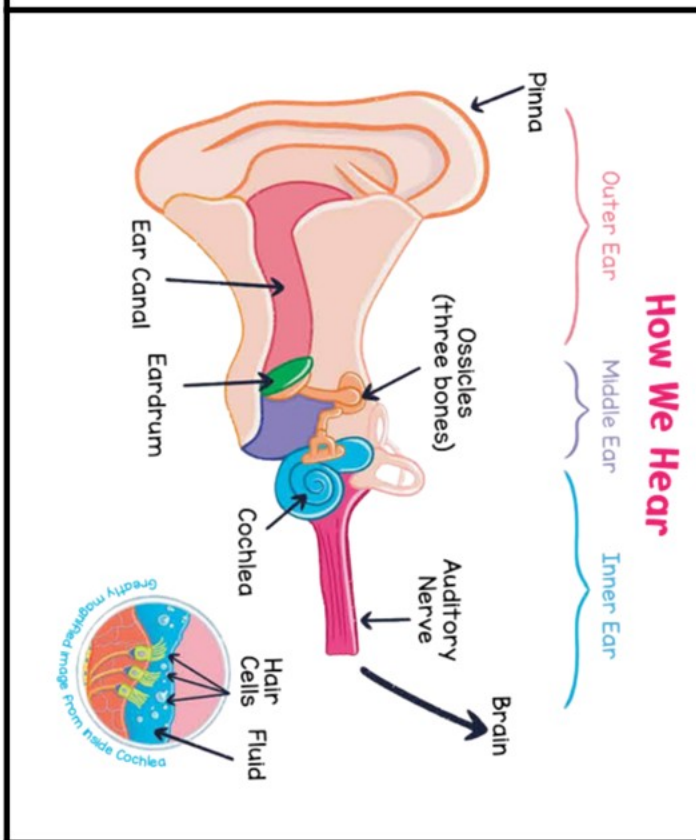
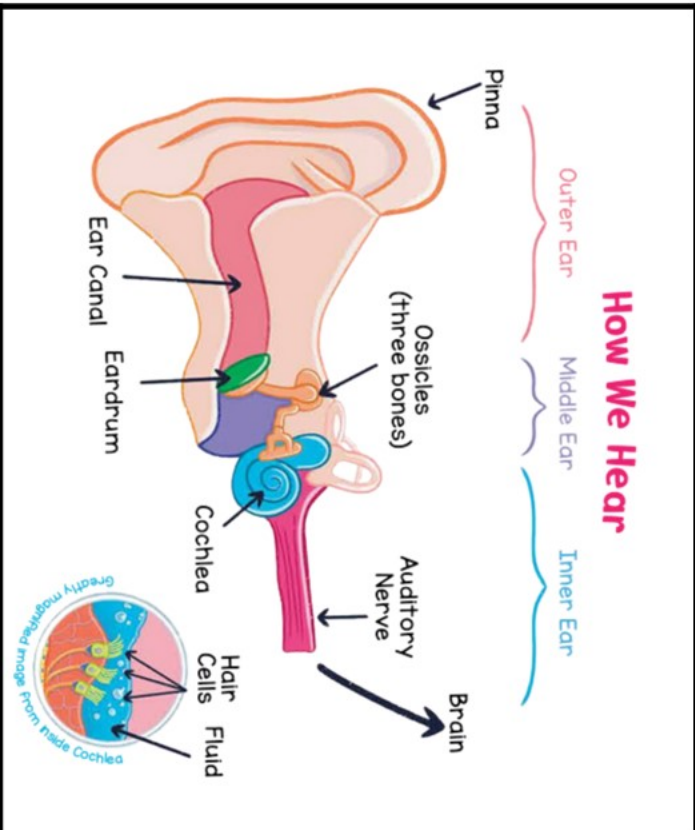
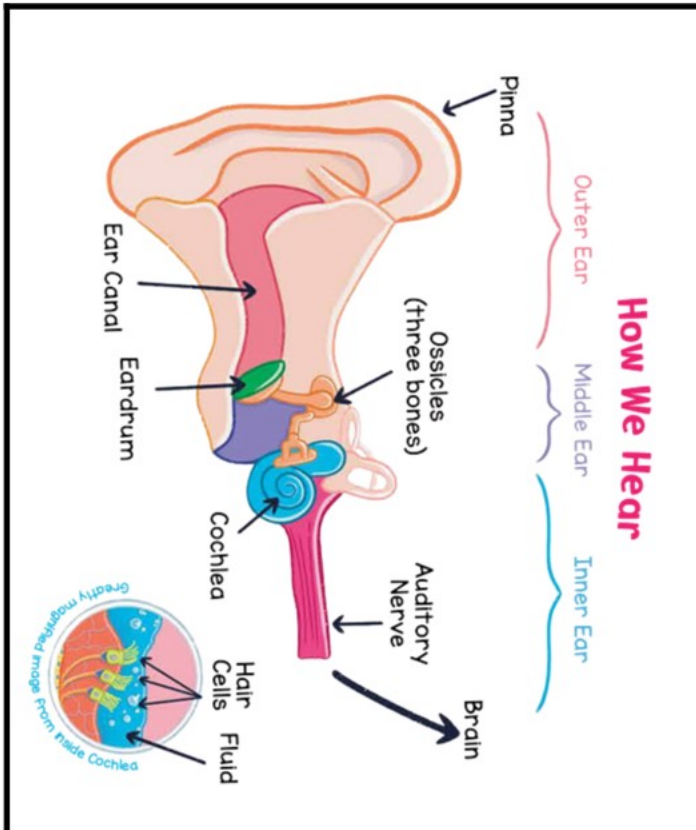
**Who is your hero?**

Describe this person below and why he/she is your hero.

In your opinion, what are the character traits of a hero?  
List them below.

Draw a picture of your hero here:

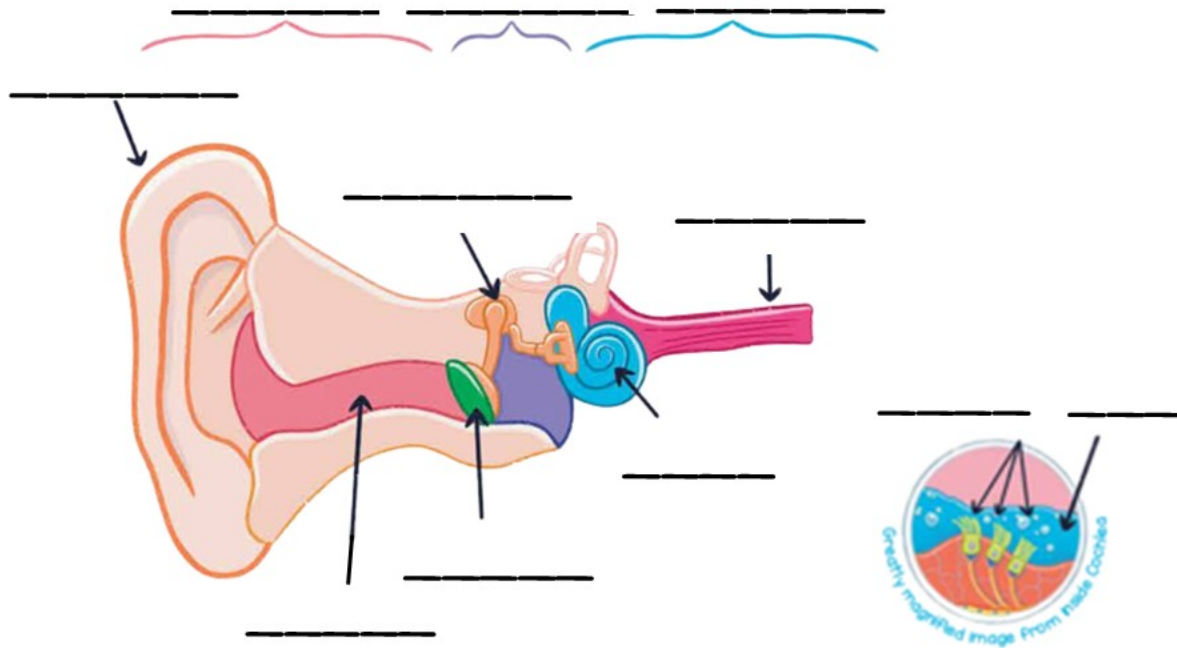
# How We Hear: Ear Anatomy Cards



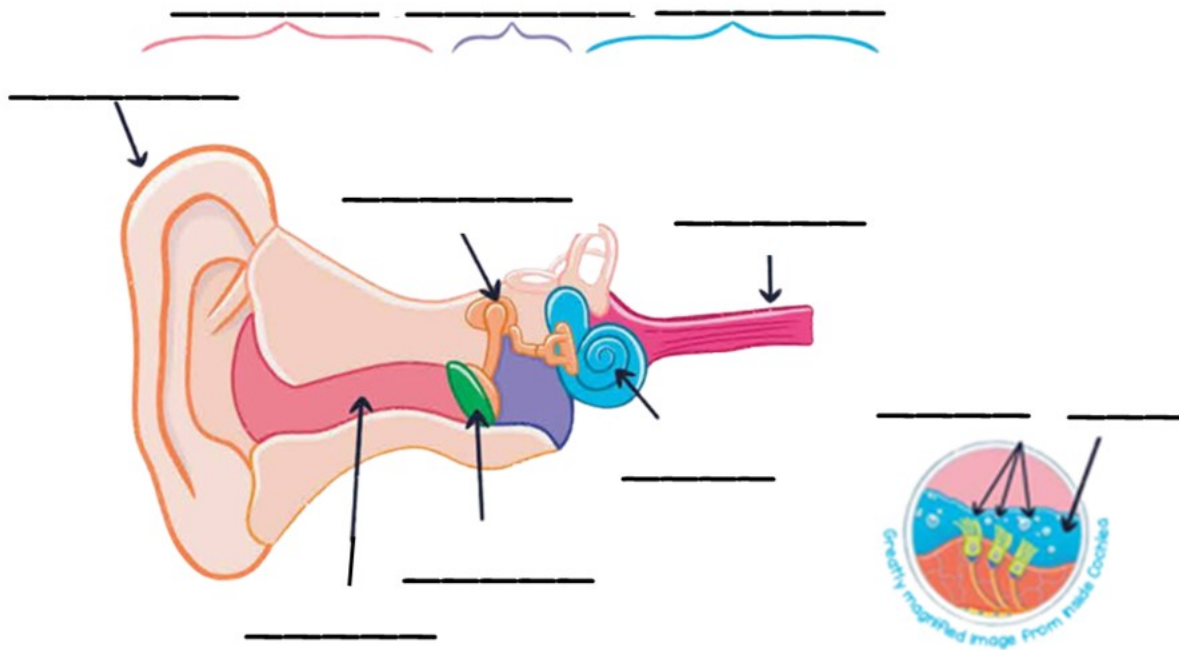
# How We Hear: Ear Anatomy

## Fill in the Blank

### How We Hear



### How We Hear



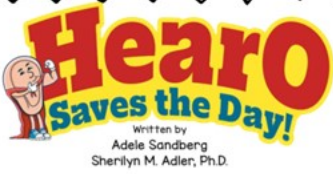
# Sounds at the Playground



Make a list of the possible sounds that you would hear if you were playing at the park or on a playground.

When you are done, compare your list with a partner. Cross out any sounds you have that are the same. Whoever listed the most sounds that are different WINS!

Seven blank, lined notepad pages arranged vertically. Each page has a torn, hand-drawn edge and is held in place by two small, simple drawings of hands or fingers at the top and bottom center. The pages are intended for students to write down sounds they hear at a playground.



# Hearing Simulator Activity

Teacher page for **after** the following hearing simulator video activity.


**Class Discussion:** What did you notice?

You probably heard the sound get softer but, did you also notice that it sounded garbled and harder to understand?

That's something that people don't often realize about hearing loss.

It's not only that speech gets quieter; it also becomes more difficult to comprehend what's being said.

# Hearing Simulator Activity

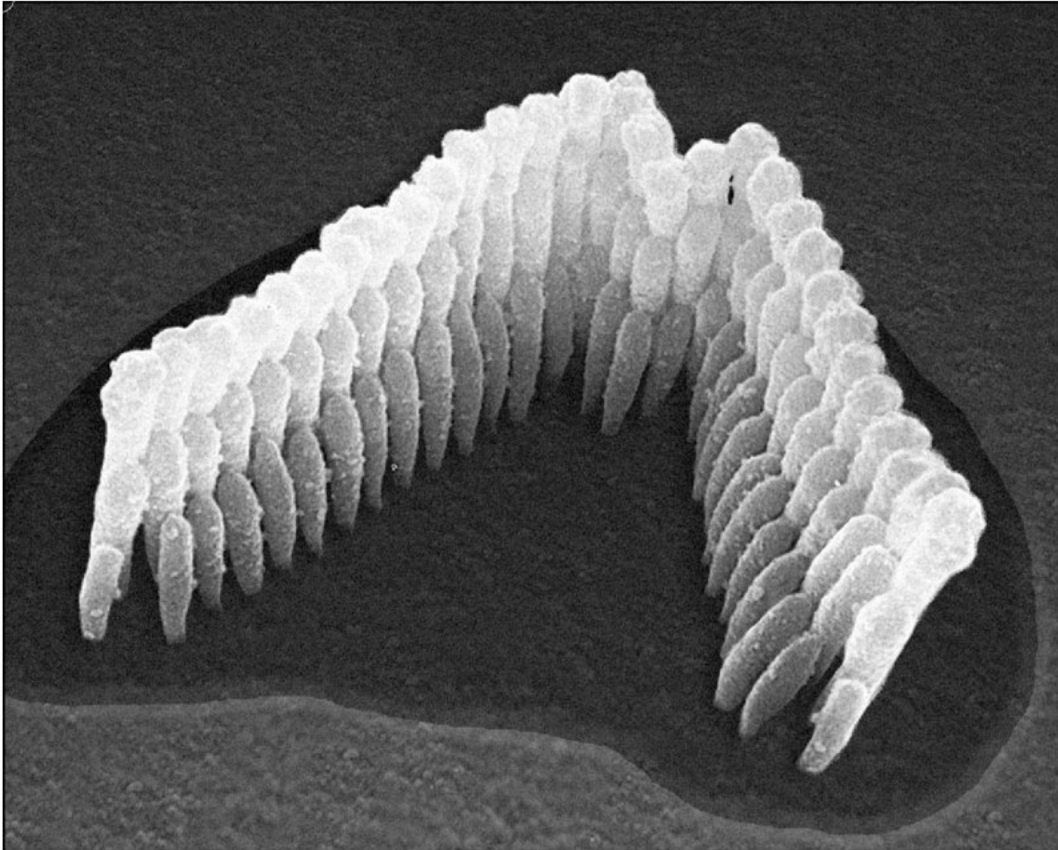
1. Click on this megaphone first to hear the narration to the video. 
2. Next, click on the video below to watch the hearing simulator video.



**Class Discussion:** What did you notice?

# Healthy Hair Cells

I. CLICK HERE

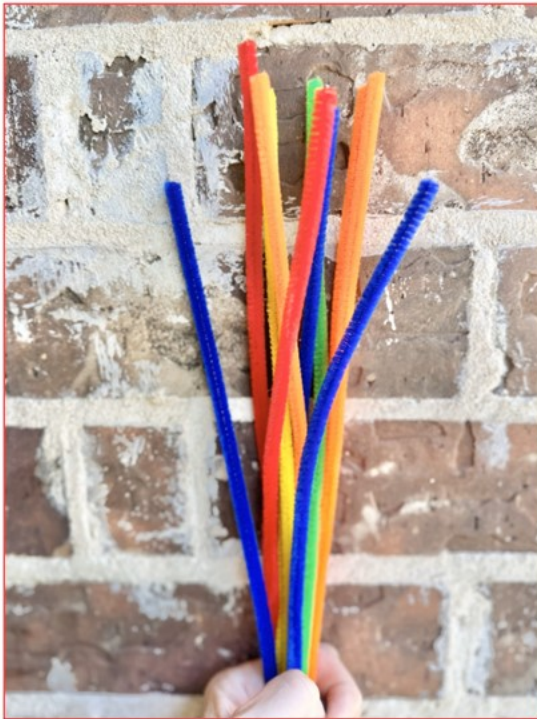
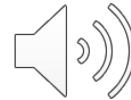


Healthy Inner Ear Hair Bundle

[www.dangerousdecibels.org](http://www.dangerousdecibels.org)

# Demonstration: Pipe Cleaners

I. CLICK HERE



If you're watching virtually, observe the demonstrations closely and participate in your imagination!

# Video Demonstration: Pipe Cleaners

I. CLICK HERE  



 2. Click Video

# Soft Music - Activity

1. CLICK HERE  

2. Click videos for demonstrations  

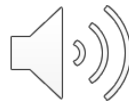


3. CLICK HERE  

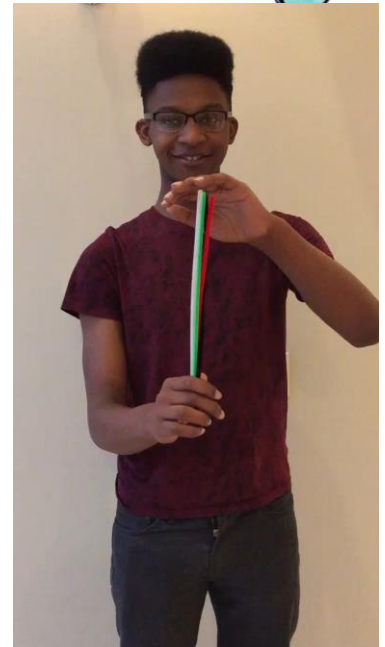
If you're watching virtually, observe the demonstrations closely and participate in your imagination!

# Loud Music - Activity

1. CLICK HERE



2. Click videos for demonstrations



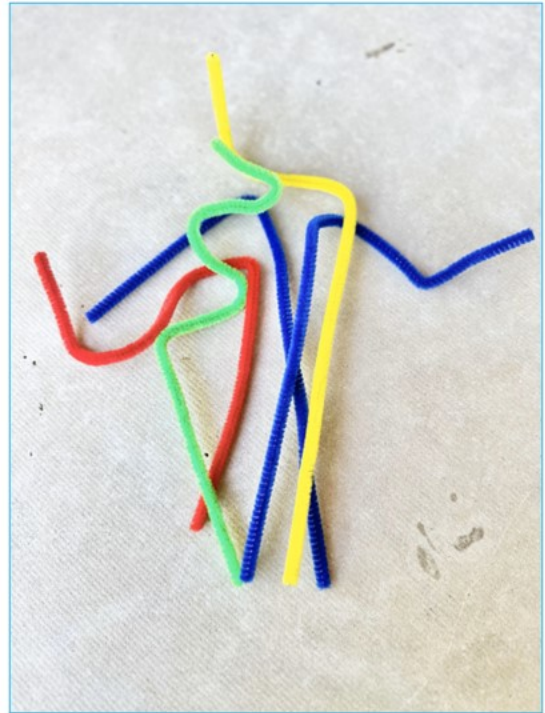
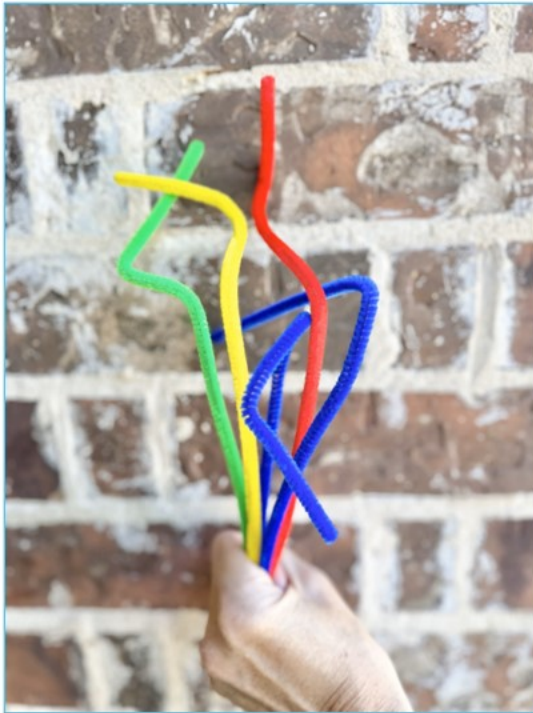
3. CLICK HERE



If you're watching virtually, observe the demonstrations closely and participate in your imagination!

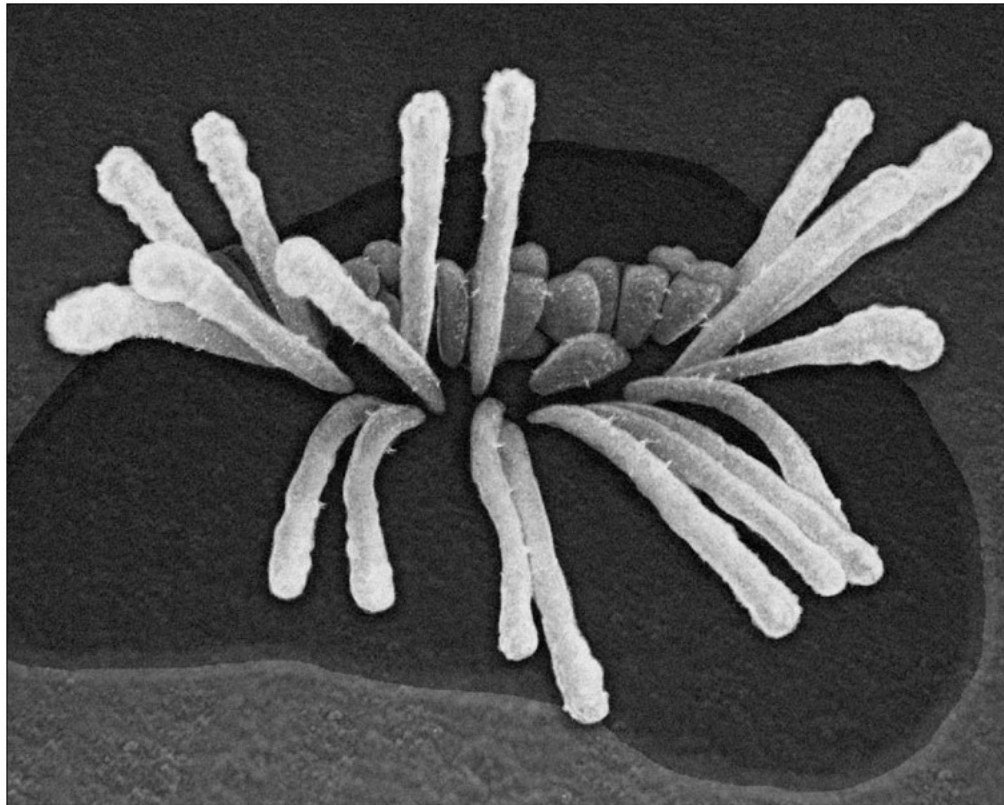
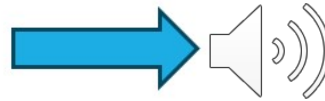
# Damaged Pipe Cleaners

I. CLICK HERE



# Damaged Hair Cells

I. CLICK HERE



Inner Ear Hair Bundle – After Noise Exposure

[www.dangerousdecibels.org](http://www.dangerousdecibels.org)

# Types of Hearing Protection

1. [CLICK HERE](#)  

## Earmuffs- for children and adults



2. [CLICK HERE](#)  

## Ear Plugs- for teens and adults.

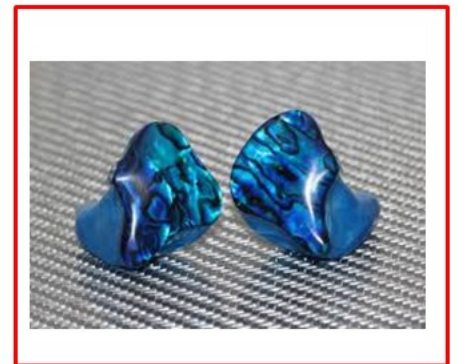
\*not for kids younger than 13.



Foam



Silicone



Custom

# Discover the Noise Level Scavenger Hunt



Free APP for  
iOS

**NIOSH SLM**

**NIOSH Sound Level Meter**

I. CLICK HERE  

**Teachers:**

To complete the following  
“Noise Level Scavenger Hunt  
Activity,” you will need to  
download the FREE NIOSH SLM  
app on an iOS device.

# Discover the Noise Level Scavenger Hunt

Use the NIOSH Sound Level Meter App to complete the following Scavenger hunt.

A normal decibel level (dBA) for conversation is around 60 dBA. Sounds at or below 70 dBA are generally considered safe for hearing.

Measure the decibel level for the following sounds:



A car driving by

\_\_\_\_\_ dBA



A dog barking

\_\_\_\_\_ dBA



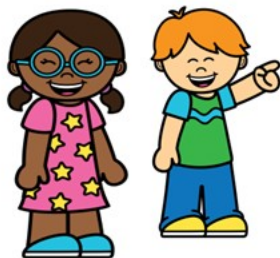
A bird(s) chirping

\_\_\_\_\_ dBA



A school bell ringing

\_\_\_\_\_ dBA



People laughing

\_\_\_\_\_ dBA



A teacher talking

\_\_\_\_\_ dBA



# Wordsearch

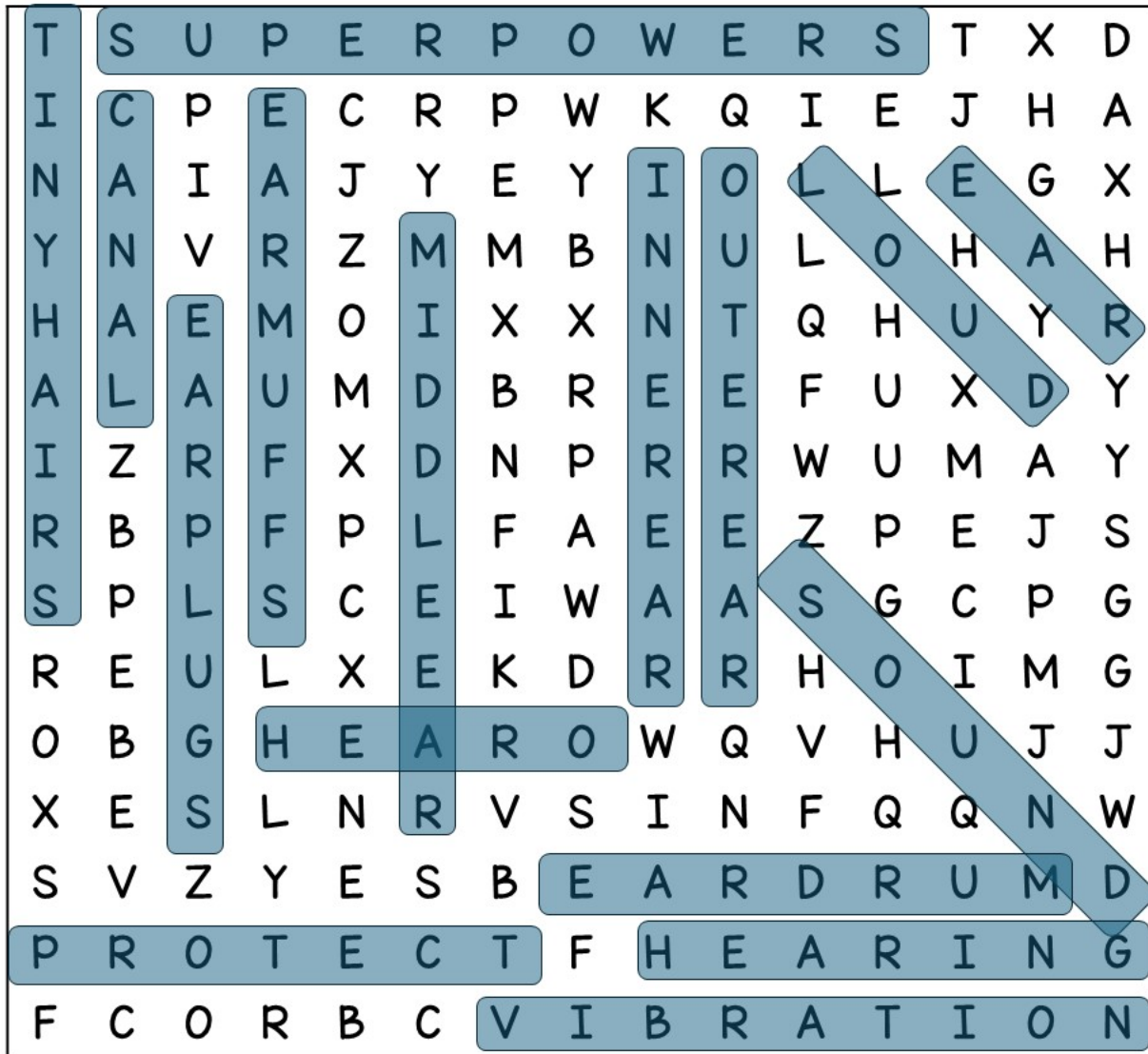
Look for different vocabulary words from the story.

T	S	U	P	E	R	P	O	W	E	R	S	T	X	D
I	C	P	E	C	R	P	W	K	Q	I	E	J	H	A
N	A	I	A	J	Y	E	Y	I	O	L	L	E	G	X
Y	N	V	R	Z	M	M	B	N	U	L	O	H	A	H
H	A	E	M	O	I	X	X	N	T	Q	H	U	Y	R
A	L	A	U	M	D	B	R	E	E	F	U	X	D	Y
I	Z	R	F	X	D	N	P	R	R	W	U	M	A	Y
R	B	P	F	P	L	F	A	E	E	Z	P	E	J	S
S	P	L	S	C	E	I	W	A	A	S	G	C	P	G
R	E	U	L	X	E	K	D	R	R	H	O	I	M	G
O	B	G	H	E	A	R	O	W	Q	V	H	U	J	J
X	E	S	L	N	R	V	S	I	N	F	Q	Q	N	W
S	V	Z	Y	E	S	B	E	A	R	D	R	U	M	D
P	R	O	T	E	C	T	F	H	E	A	R	I	N	G
F	C	O	R	B	C	V	I	B	R	A	T	I	O	N

MIDDLE EAR	SOUND	EAR
EAR PLUGS	OUTER EAR	CANAL
HEARO	SUPERPOWERS	HEARING
LOUD	VIBRATION	EARMUFFS
INNER EAR	PROTECT	EAR DRUM
TINY HAIRS		

# Wordsearch

Look for different vocabulary words from the story.



MIDDLE EAR	SOUND	EAR
EAR PLUGS	OUTER EAR	CANAL
HEARO	SUPERPOWERS	HEARING
LOUD	VIBRATION	EARMUFFS
INNER EAR	PROTECT	EAR DRUM
TINY HAIRS		

**ANSWER KEY**



Dear Customer,

I am the passionate owner of [The Bright Cookie](#) , where I create professional week-long comprehensive lesson plans, classroom activities, and customized resources for educators and authors alike.

My experience is diverse and extensive, spanning 21 years of teaching in Title I and affluent schools. This breadth of experience has equipped me with a deep understanding of the unique needs of students across the educational spectrum. I am ESL and GT certified, hold a bachelor's degree in Elementary Education, and have undergone numerous digital and curriculum training sessions.

My priority focuses on the WHOLE child and targeting state curriculum frameworks and standards to help empower teachers to have creativity, fun, and diversity in their classrooms.

All resources are designed to be engaging and fun, incorporating cross-curricular components, SEL (social-emotional learning) aspects, creative writing, academic concepts, creative/art opportunities, and more!

Also, there is an option to include digital integration through Google Classroom or other platforms to each resource. This enables teachers to combine digital components into their lessons, including an exciting new game option, Blooket, to accompany the themes, vocabulary, story development, characters, etc.

Learning can be engaging, fun, and memorable for all students. I believe that the more engaged students are in lessons, the more they will retain the message or concepts taught.





# GOOGLE SLIDES LINK:

FOR THE DIGITAL SECTION OF YOUR RESOURCE:

## WHAT YOU NEED TO DO TO GET STARTED:

1. Download link for the Google Slide product (by clicking the star icon at the bottom of this page and make a copy.
2. Have access to the internet and a Google account. (FREE)
3. Open this file in your own Google Drive and engage while in the edit mode.

## THIS IS YOUR MASTER TEMPLATE!

Click the **STAR** below to make a master copy on Google.

2. Once you make your master copy and rename it to the title of your choice, you can assign it to your students in Google Classroom, on their Google Drives, on Canvas, etc.

\*There are multiple platforms that you can use this digital file with.

\*\*To show and/or explain how to complete the assignment to your students, download it as a PowerPoint from your Google doc.

If you notice an issue with your file or notice an error, please contact me at:

[kristen@thebrightcookie.com](mailto:kristen@thebrightcookie.com)

I will be more than happy to sort it out!

**CLICK HERE**  




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[Kristen@thebrightcookie.com](mailto:Kristen@thebrightcookie.com)



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