



# Ways of Protecting Oneself Against Loud Sounds





*Published by the*

**DEPED-VECO PROJECT IN DEVELOPMENT AND PRODUCTION OF SCIENCE  
SUPPLEMENTARY MATERIALS (DPSSM)  
LEARNING RESOURCE MATERIALS DEVELOPMENT SYSTEM (LRMDS)**

Department of Education  
Region VII, Central Visayas  
Sudlon, Lahug, Cebu City  
Copyright © 2011 by LRMDS

**COPYRIGHT NOTICE**

*Section 9 of Presidential Decree No. 49 provides:*

***“No copyright shall subsist in any work of the Government of the Republic of the Philippines. However, prior approval of the government agency of office wherein the work is created shall be necessary for exploitation of such work for profit.”***

This material has been developed within the Project in the Development and Production of Science Supplementary Material implemented by Curriculum and Learning Management Division (CLMD) of the Department of Education Region VII (DepED RO7) in collaboration with the Visayan Electric Company (VECO). Prior approval must be given by the LRMDS at DepED Regional Office VII and the source must be clearly acknowledged.

**AGRIPINA D. MAGALLON**

Cebu City Division  
*Writer*

This supplementary material has been edited, enhanced and produced by the DepED RO VII LRMDS for maximum utilization.

This edition has been reproduced for print and online distribution through the Learning Resource Management Development System (LRMDS) Portal by Region VII under Project STRIVE for BESRA, a project supported by AusAID.

**Overview:**

Soft sound is music to one's ears. Very loud sound is unpleasant and unwanted. It distracts our attention and creates noise.

One of our country's problems is noise pollution. It has harmful effects to people particularly to our sense of hearing.

This supplementary material enhances the pupils to think on how to avoid excessive noise.

**I. Objectives**

- A. Tell the harmful effects of excessive loud noise to people; and
- B. Practice ways of protecting oneself against excessive loud sounds.

**II. Subject Matter, References, and Materials**

- A. Topic: "Practices or Ways of Protecting Oneself Against Excessive Loud Sounds"

- B. References:

PELC, Energy, 10.  
Science for Better Living 3, Ella Dacian, et. al, p. 17.  
Science Spectrum 3 Worktext, Rebecca Fallaria, et al p.199.  
Science Health & Environment, Lilia Villanueva, pp. 49-50.

- C. Materials:

- 1) pictures showing effects of noise pollution and reducing noise pollution
- 2) manila paper
- 3) pen marker

- D. Concepts:

- 1) People exposed to loud noise for long periods may suffer loss of hearing.
- 2) Constant noise can cause a person fatigue, headache, hearing loss, nausea, irritability and tension.

- E. Processes: Observing, Describing, Comparing, Inferring, Communicating

### III. Procedure

#### A. Motivation

Do you love to listen to a very loud sound? (Yes. /No.)

Why? (Yes, I enjoy listening to loud music. / No, I don't because it is disturbing. It is noisy.

#### *Teaching Hints:*

- The topic on pleasant and unpleasant sounds was already discussed in the previous lesson.
- Preparation/Production of activity sheets and other materials is done in advance.
- Pupils' active involvement should be encouraged.

#### B. Activity (See separate sheets)

1. Divide the class into groups of 7 to 8 members.
2. To ensure that each group member has specific task to do, use role cards (See separate role sheets.)
3. Distribution of role cards and other materials.
4. The teacher mills around while the activity is going on.
5. Publishing and reporting of output by each group.

#### C. Analysis

(Processing the outputs by the teacher, taking note of its commonalities and differences.)

What sound is not pleasing and disturbing to our ears?

- Is noise considered pollution? Is it a problem? (Yes/No) Why?
- What are its bad effects?
- Can we avoid too much noise? How?

#### D. Abstraction

What are the harmful effects of excessive loud noise to people?

How can we protect ourselves against excessive loud noise to maintain good health?

#### E. Application

Read the situation carefully and answer the question that follows:

Your younger brother is viewing his favorite TV show, Noah, in a full blast volume. While in the other room, your parents are already sleeping.

- 1) What will you tell to your brother?

#### IV. Assessment

Put a check (✓) mark on the blank if the statement shows proper ways of protecting oneself from excessive loud sound and a cross mark (X) if it does not.

- \_\_\_\_\_ 1. Lower down the volume of your TV or radio.
- \_\_\_\_\_ 2. Talk in a very loud voice always.
- \_\_\_\_\_ 3. Observe silence whenever it is needed.
- \_\_\_\_\_ 4. Plant more trees to help absorb noise.
- \_\_\_\_\_ 5. When the surrounding is noisy, cover your ears.

#### V. Assignment

Make an interview with a relative or anybody who has a problem due to noise pollution. Find out what these problems are and how can these be minimized.

#### VI. Resource List

1. Activity sheets
2. Textbooks in Elementary Science( Refer to references under Subject Matter)
3. Readings
4. Teacher's Guide/Manuals/PELC in Science and Health 3

### Activity 1

#### **HARMFUL EFFECTS OF NOISE POLLUTION**

Time Frame: 10 minutes

Objectives: Tell the harmful effects of noise/very loud sounds

Materials: 1. pictures on harmful effects of noise  
2. manila paper  
3. markers

Procedure:

Study the pictures carefully and list down the harmful effects of noise pollution as shown in each picture.

### Activity 2

#### **PROTECTING ONESELF AGAINST EXCESSIVE NOISE**

Time Frame: 10 minutes

Objectives: Give tips on how to lessen noise pollution

Materials: 1. Pictures on protecting oneself from pollution  
2. manila paper  
3. marker

Procedure:

Look at each picture and write in your manila paper the proper way to protect oneself from excessive noise.





pictures are taken from [www.google.com/harmful](http://www.google.com/harmful) effects of noise









(pictures taken from [www.goggle.com/](http://www.goggle.com/) ways of reducing noise pollution)

Answer Key:

Activity Sheet 1      Harmful Effects of Excessive Noise

- Fatigue
- Headache
- Irritability
- Ear damage (loss hearing)
- Sleepless
- Tensions

Activity Sheet 2      Ways of Protecting Oneself against Excessive Loud Sounds

- Cover both ears with your hands.
- Place the symbol “No blowing of horns.”
- Use pillows to cover your ears during rest or bed time.
- Plant more trees.

Teaching hint:

Trees serve as sound barriers. It can block excessive noise.

Readings (Science Spectrum 3, Worktext in Science and Health for Elementary, p.199 )

Teaching hint:

Unlocking of difficult words prior to the readings should be done to ensure easy and meaningful learning.

## **How To Avoid Excessive Noise**

Excessive noise is not good for us. People exposed to loud noise for long periods may suffer loss of hearing. It may be temporary or permanent.

Loud sounds such as the noise of a gunshot or a firecracker can also damage the ear even if they are of short duration.

Constant noise can cause a person fatigue, headache, hearing loss, nausea, irritability and tension.

To avoid these problems, avoid having much noise in a room. Use soft material to cover hard surfaces. You may hang soft curtains on the walls and the glass windows to muffle the loud noise coming from the outside.

In some classrooms and offices, noise absorbers may be fixed in the ceilings and walls. These materials prevent the sound from bouncing back so much.

People exposed to intense noise should wear an ear protector to help prevent hearing loss.

Do not develop the habit of listening to loud music/sounds. You may ask a responsible adult to turn down the volume of radio or television when you forget to do so.

## ROLE CARDS

**CREATOR** – as your group thinks of answers to the given task, it is up to you to actively try to think of new ideas or new ways to present the points made by the group.

**DECISION MAKER** – if it seems that members of the group are unsure of whether or not to include some items, it is up to you to try to clarify the ideas and help the group to come to a decision.

**ORGANIZER** – your job is to collect, distribute and retrieve the role description cards and materials to be used in the activity from the facilitator/teacher.

**RECORDER** – your job is to accurately write down the points your group makes in the response to the given task.

**TIMEKEEPER** – your job is to remind your group of the time so that they will finish the task on time.

**RAY OF SUNSHINE** – your job is to find the good points in the ideas being presented e.g. why something will work or why a particular goal or process is necessary.

**CLARIFIER** – listens carefully when a person presents an idea and, if necessary, expresses what you heard to make sure you have accurately understood the points being made

**DEVIL'S ADVOCATE** – your job is to make people think more deeply about what they say. Sometimes you may need to point out reasons why something may not work. At other times you may need to present an opposing point of view.

**REPORTER** – your job is to report the group's ideas to the whole group and to accurately present the ideas of the group.