**BACKGROUND SOUND ACTIVITY**

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| Instructions:1. Turn on a background sound as you go about your daily activities.
2. Adjust the volume so you can hear it but not be distracted by it (not loud!).
3. With the background sound turned on, notice how it fills in the quiet around you.
4. Make sure to try different sounds.
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| What sound did you try? | What did you notice? |
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Your Notes:

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