

# Sensory/Regulation: Noise Cancelling Headphones



## What is it?

Noise-cancelling headphones reduce ambient noise using active noise control, creating a quieter environment ideal for individuals sensitive to sound or needing focus. They enhance concentration, productivity, and comfort, especially in noisy settings like classrooms.

## Why use it?

Noise-cancelling headphones in the classroom reduce background noise, helping students with distractions, sensory sensitivities, or auditory processing challenges stay focused and engaged. By creating a quieter environment, they support diverse learning needs, promoting inclusivity and enhancing students' learning potential.

## How to use it?

Using noise cancelling headphones effectively in an inclusive classroom involves thoughtful implementation to support student focus and comfort without creating isolation. Start by introducing noise cancelling headphones as an option for students who benefit from reduced auditory distractions. Provide a variety of headphone styles and sizes to accommodate different preferences and sensory needs. Encourage students to use headphones during activities that require concentration, such as independent work, assessments, or during noisy transitions. Establish guidelines for headphone use, emphasizing respectful and responsible use to minimize disruptions to others.

