

**1 = no words, sounds, noise out of my mouth** (when adults say I should be totally quiet; when walking in the hallways at school)  
**2 = little voice ... also called whisper** (when I am in the library, at church, or working in a group)  
**3 = normal voice ... also called inside voice, talking** (when I am eating lunch, answering questions in class, reading with my teacher, talking to the teacher or my friends)  
**4 = loud voice** (when I am on the playground)  
**5 = Way too loud voice...also called screaming** (when I am hurt and need help)