



DIY Ear Defenders

Materials Needed:

- Two large disposable cups (plastic or foam)
- Cotton wool or soft foam (for padding)
- Thick elastic headband or soft adjustable headband
- Adhesive Velcro strips (optional, for securing the cups to the headband)
- Glue (strong adhesive or hot glue gun with adult supervision)
- Scissors
- Decorative materials (paint, stickers, markers, etc.)
- Duct tape (for reinforcement)

Step-by-Step Instructions:

1. Prepare the Cups:

- Give each student two large disposable cups that will cover their ears. Plastic or foam cups are great as they help block out sound.
- If the cups are too tall, the students can cut them down slightly using scissors to make them a more comfortable fit over their ears.

2. Add Padding:

- Take cotton wool or soft foam pieces and place them inside the cups. This padding will help with comfort and further reduce noise.
- Secure the padding inside the cups using glue, making sure it sticks firmly at the bottom and sides.

3. Prepare the Headband:

- Use a thick elastic headband or a soft adjustable one that can sit comfortably around the students' heads. The headband will hold the cups (the ear defenders) in place.

- If you're using elastic, make sure the headband stretches enough to fit snugly over the ears.

4. Attach the Cups to the Headband:

- Secure the cups to either side of the headband using adhesive Velcro strips or glue. Make sure the cups sit over the ears.
- Alternatively, you can poke a small hole on either side of each cup and thread the headband through, securing with glue or tape to keep the cups in place.

5. Reinforce with Duct Tape:

- To ensure the cups stay securely attached to the headband, wrap duct tape around the points where the cups and the headband meet. This makes the ear defenders sturdier.

6. Decorate:

- Let the students decorate their ear defenders! They can use paints, stickers, or markers to add their personal touches, making the project fun and engaging.

7. Test and Adjust:

- Once everything is dry and secure, let the students try on their new ear defenders. Ensure they fit comfortably and can be adjusted if needed by repositioning the headband or cups.

This project not only allows SEND students to create a useful sensory tool but also engages them in a fun, creative arts and crafts activity.

