

# MY QUIET VOICE



## Body Awareness

This adapted book teaches how to use a quiet voice.  
A quiet voice is a voice that is low and not loud.



Quiet voice



Quiet voice



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## HOW TO USE THIS ADAPTED BOOK

What is an Adapted Book?

This adapted book is a hands-on learning tool designed for children with special needs.

It uses simple pictures, labels, and short sentences to support understanding, communication, and independence.

Adapted books help students:

- Build functional vocabulary
- Improve comprehension
- Practice making choices
- Increase attention and engagement
- Follow routines and expectations

How this book supports the student:

- Each page presents one clear idea only
- Pictures support understanding of the text
- The student interacts by choosing and placing pictures
- Repetition helps with learning and routine building

Differentiation Note:

This adapted book may not fully align with your student's routine or current learning goals. Please feel free to edit this resource according to his or her learning needs.

## HOW TO PREPARE THE BOOK

PRINT

- Print pages 3 to 9 using A4 paper
- You may print it on regular bond paper or cardboard.

CUT AND LAMINATE

- Cut each page neatly
- Cut out all mini pictures
- Laminate all pages and mini pictures

BINDING OPTIONS

OPTION 1: Wire Binding (Recommended)

- Use a wire or coil binding machine
- Bind the pages on the left side

OPTION 2: Ring Binding

- Punch one hole on the upper left corner of each page
- Use a loose ring or ring binder

VELCRO SETUP

- Add soft Velcro to the back of each mini picture
- Add rough Velcro to the designated answer spaces

BASE PAGE (LAST PAGE)

- This page holds all Velcro-backed mini pictures
- Remember to replace the word "student" with the student's name to add personalization.



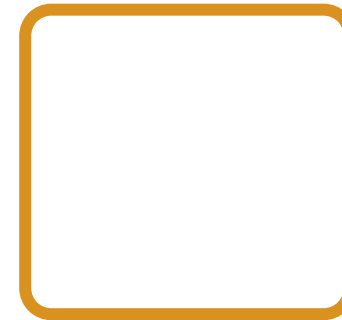
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## Body Awareness

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A quiet voice is a voice that is low and not loud.

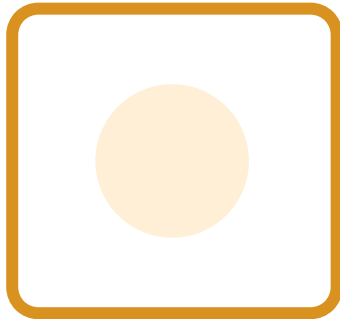
A quiet voice is low and gentle.



I use my quiet voice inside.

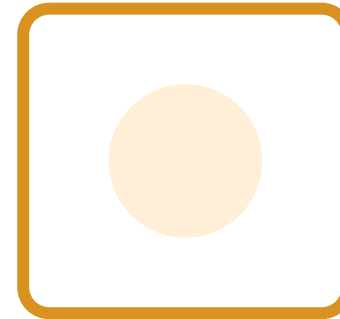


When I see my teacher talking,



I use my quiet voice.

When I see my classmates  
working,



I use my quiet voice.

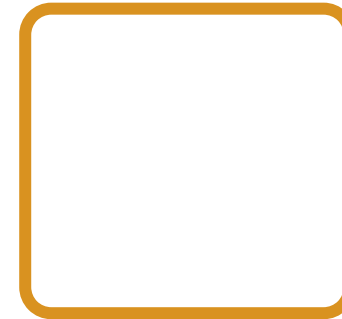


When I read a book,



I use my quiet voice.

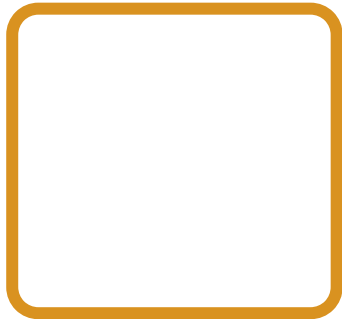
When I talk to a friend near me,



I use my quiet voice.

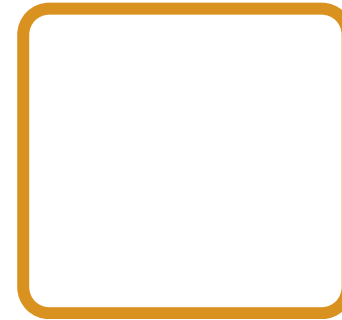


When I am in the library,



I use my quiet voice.

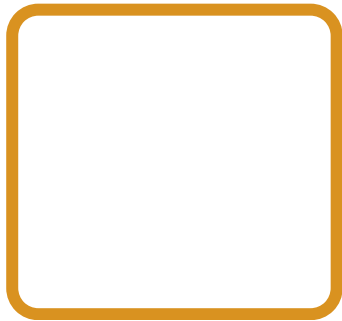
When I am doing quiet work,



I use my quiet voice.



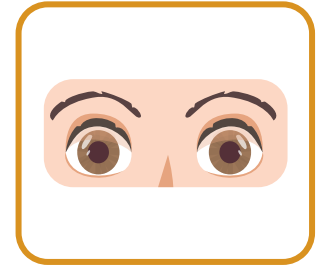
When I am drawing or coloring,



I use my quiet voice.

## ? Comprehension Questions:

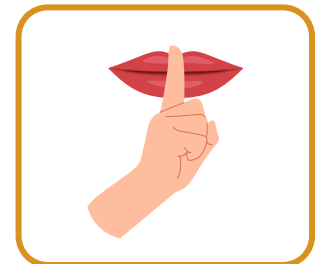
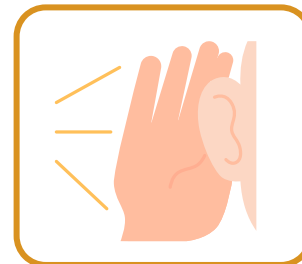
1. What kind of voice is low and gentle?



2. When I see my teacher talking, what do I use?



3. When I read a book, what do I use?





## ? Comprehension Questions:

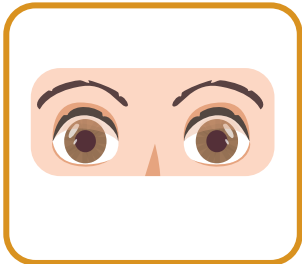
4 .When I talk to a friend near me, what do I use?



5 . When I am in the library, what do I use?



6 . When I am doing quiet work, what do I use?



## Mini picture choices :



Quiet voice



Quiet voice



Quiet voice



Quiet voice



Quiet voice



Quiet voice



Quiet voice



Quiet voice

**GOOD JOB,  
STUDENT!**



I know how to use  
my quiet voice!

