


Hearing



Use the QR Code to watch a video
of a song created with people
with FASD





Music is especially important for helping lots of people relax and calm down. Many people like making music or singing. We asked over 70 young people with FASD what kinds of things helped them to relax and then turned what they said into a song. Everyone in the pictures that you will see are people with FASD.

Is music important to you?  

Do loud sounds bother you?  

What can you do when the sounds around you bother you?

Send us a picture of how you enjoy music to hello@fasd.me



Directions

1. In the Me and My FASD Club magazine we have printed the words to the song. See if you can sing along too.
2. Look at the words from the song. Write down anything that is said that helps you to get through.
3. Look at the pictures in the video. Is there anything that you do or would like to try?

