


Reducing Your Class Noise Level

Using ASL to Create a Calm, Focused Classroom




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1


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- Louisiana School for the Deaf – 15 years
- LSU – University Lab School - 10th year
- First year for ASL for Carnegie Unit.

2




Noise affects how we feel, think, and learn.




Reducing noise – and using ASL – can create a calmer, more focused classroom.

3


How Noise Affects the Brain



- Loud noise raises cortisol, the stress hormone.



- It disrupts focus and memory.



- A quiet environment supports calm, alert learning.

4

Noise = Stress = Less Learning

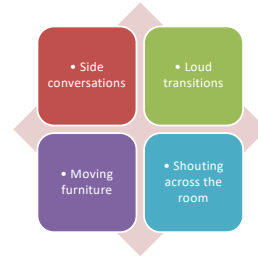
- Background noise increases tension and distraction.

- Quieter classrooms perform better.

- Teachers feel less burnout and stress.

5

What Makes Our Class Noisy?



6

The Power of a Quieter Classroom

- Improves concentration
- Reduces stress and frustration
- Builds respect
- Makes learning smoother and calmer

7

Quiet Communication Through ASL

ASL helps us communicate silently and respectfully.

Useful classroom signs include:

- | | | |
|-------------------|--------------|----------------|
| • Sit down | • More | • Hallway |
| • Stand up | • True/False | • Cafeteria |
| • Line up | • Paper | • Bathroom |
| • Listen | • Help | • Numbers 1-27 |
| • Quiet | • Understand | • Sorry |
| • Start | • Question | • Thank you |
| • Finished / Done | • Good/Bad | • Please |
| • Yes / No | • Great job! | Yoga Poses |
| • Greetings | | |

8

Making ASL Part of Daily Routines



- Teach one or two signs weekly.



- Use signs during transitions.



- Encourage signing back instead of shouting.



- Reward good nonverbal communication.

9

Quiet Classroom Practices

- Use noise meters or quiet lights.

- Add rugs or curtains to absorb sound.

- Use silent signals for attention.

- Include mindful quiet moments.

10

Everyone Can Help

- Remind each other kindly.
- Work together to keep noise low.
- Celebrate calm teamwork.

11

Small Changes, Big Impact

Less noise = less stress, more learning, and better moods.

ASL helps us communicate quietly and kindly.

“Silence and understanding speak louder than noise.”

12

Let's Start Today!

- Practice one ASL command each day.
- Be mindful of your voice level.
- Support a calmer classroom environment.

RESOURCES:

- (1) www.handspeak.com
- (2) www.signingsavvy.com
- (3) www.signasl.org
- (4) www.lifeprint.com