

# Whistles, Alerts, Screams, and Help Calls

Ting Tang Wallah Wallah

Oo ee oo ah ah

**“AH AH”**

In the event that we are faced with a criminal who may try to harm us, screaming can come naturally. It is also a powerful form of protection, as it alerts others in the area.

Many people can distinguish between playful sounds, such as children shouting in a pool, and a scream that signals real danger. Practicing vocalization in a controlled, non-alarming way can help strengthen these responses, making them more effective during a real emergency.

## Practice Sounds and Calls

**“HE HE”**

**“LEAP” “LEAP”**

Help

**“PA PA”**

Police

**“FA FA”**

Fire

**“RU RU”**

Run

**“SA SA”**

Safety

**“NU NU”**

No

## Repetition Practice

**AH AH HE HE PA PA FA FA RU RU SA SA NU NU**

**OO EE OO AH AH TING TANG WALLAH WALLAH BING BANG**

**AH AH HE HE HA HA FA FA PA PA RU RU SA SA NU NU**