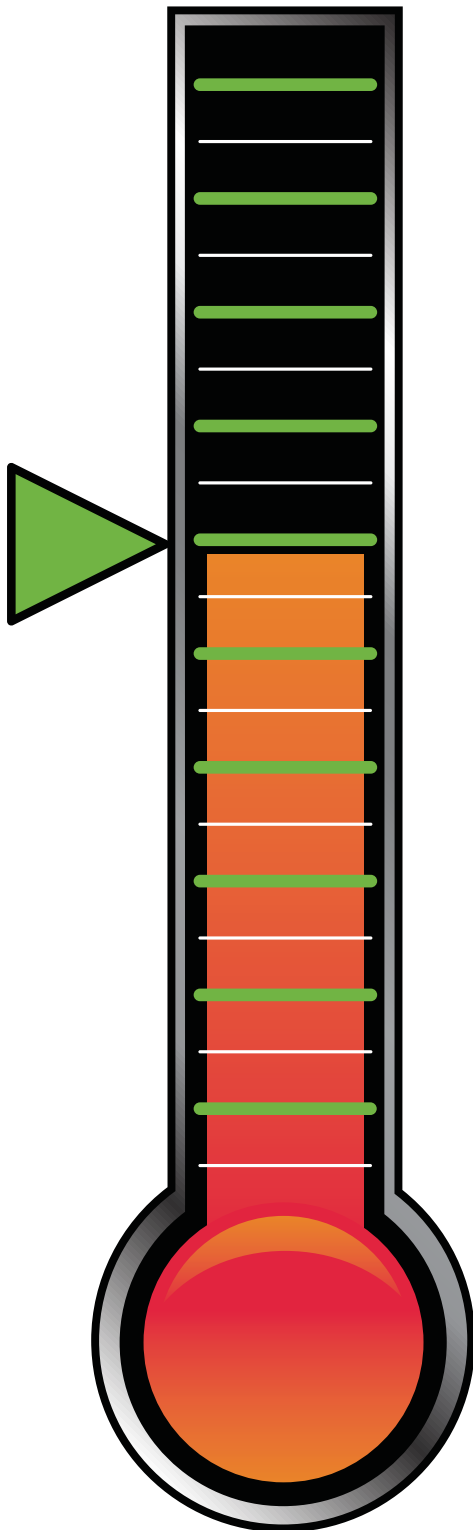


# Voice and Volume Control



Your voice is unique. It has a sound like nothing else. It also has the ability to go from a very soft, quiet level to a very loud level. If you talk too quietly, it can be difficult for people to hear or understand what you are saying. But, if you talk too loudly, it can bother other people and make it difficult for them to listen to you.

It is important to have good voice control. This means that you try to keep the loudness of your voice at a good level. Sometimes, it helps to think of your voice as a thermometer. When you are calm and cool, your voice volume is low. But, as you become upset or excited, your voice volume tends to rise just like a thermometer.

It is helpful to practice having good volume control. Develop a “signal” with your parent or teacher, so that when your voice is getting too loud or too soft, they can “signal” you. This will help you to know how to adjust your voice to an appropriate volume level.