

Controlling the Volume of Your Voice

Did You Know?

Some children have a problem controlling the volume of their voice. They get in trouble because they speak too loudly when it is a quiet time in class or when they are in the library. Or they speak too softly when it is time to read in front of the class.

Does this story sound like you?

Jason talked all of the time. He had an opinion about everything! But the fact that he loved to talk wasn't the problem. The problem was that when he got excited his voice got louder and louder and that seemed to irritate lots of people. Jason's teacher was always telling him to lower his voice. Jason's mother was always telling him to "keep it down," particularly when they were in the car.

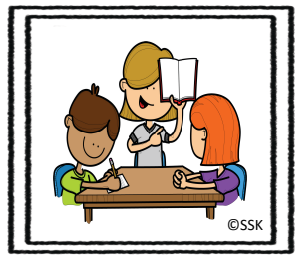
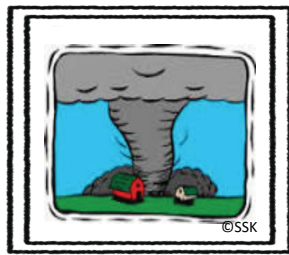
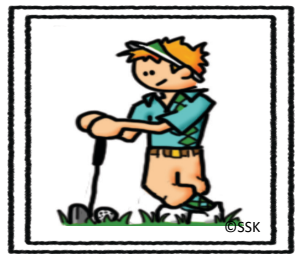
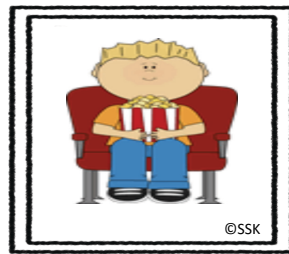
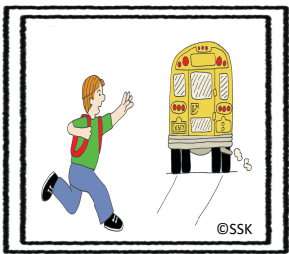
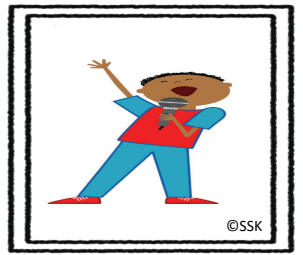
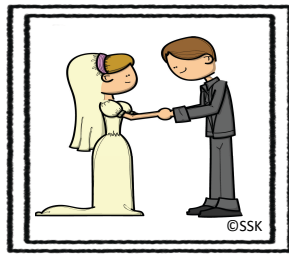
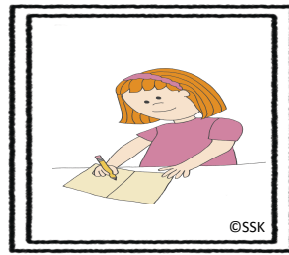
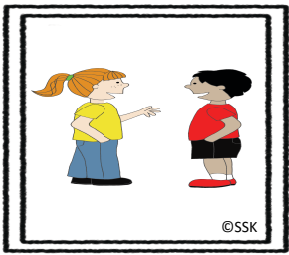
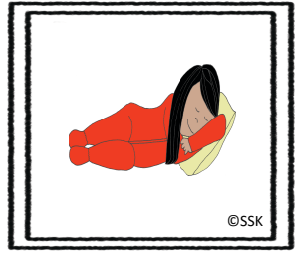
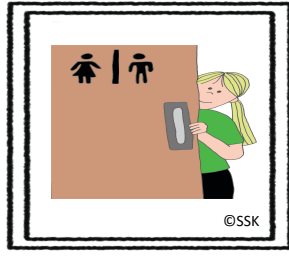
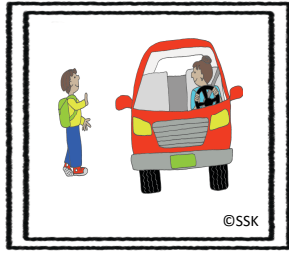
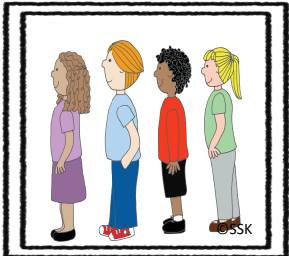
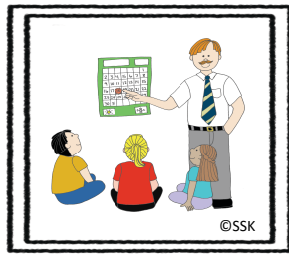
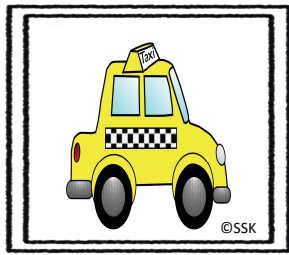
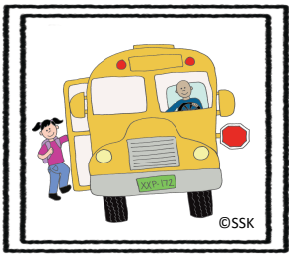
Or how about this story?

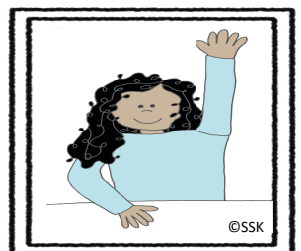
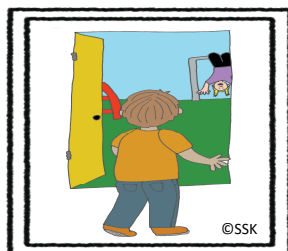
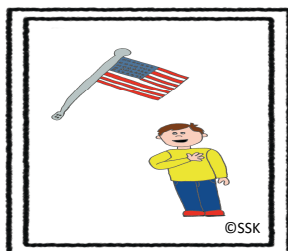
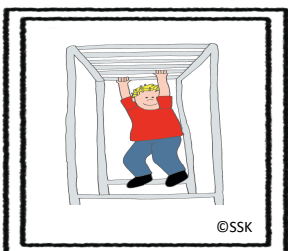
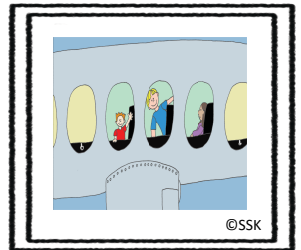
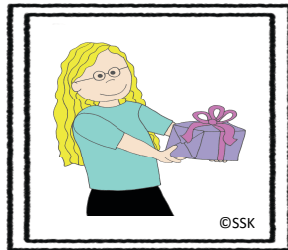
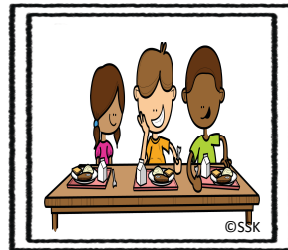
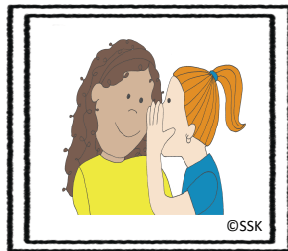
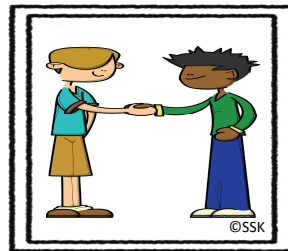
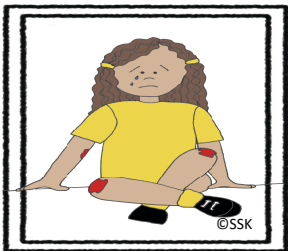
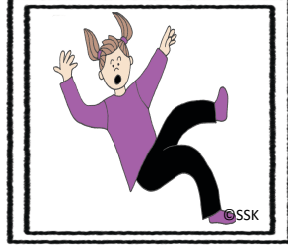
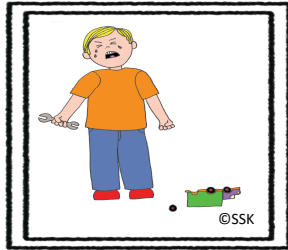
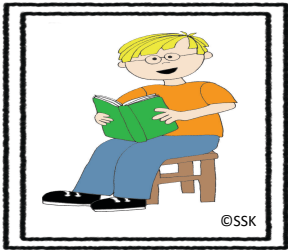
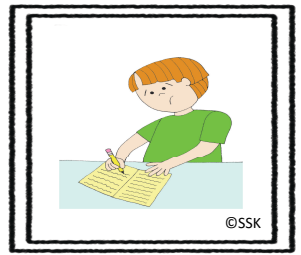
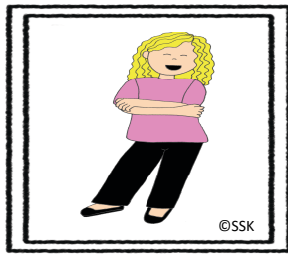
Maggie was very shy and really didn't like to talk except when she was at home with her family. When Maggie had to do a report in school, her teacher would keep saying, "Speak up Maggie, no one can hear you." Even when Maggie was with her friends, they would often say something like, "I can't hear you, Maggie," or "What did you say?"

It's important to use the right voice volume at the right time. Sometimes you have to speak loudly, sometimes you have to speak softly, but most of the time you have to speak right in between. This worksheet can help you think about how to change your voice volume in different situations.

What to Do

Cut out the pictures on pages 2 and 3. Now paste or tape appropriate pictures in the chart on page 4. There are more pictures than there are spaces, so just choose the ones you think fit the best. When you are done, show your chart to a teacher or a parent who has complained that you talk too loudly or too softly. See if he or she will give you a signal, like a "thumbs up" or a "thumbs down" to let you know if your voice is at the right level, or if you need to think about your voice being too loud or too soft.





Voice Volume Levels

Examples

0 = No Talking

1 = Whisper Voice

2 = Soft Voice

3 = Talking Voice

4 = Loud Voice

5 = Screaming