Skill Tree: Color in the Boxes

TONE OF VOICE

Color in the boxes of anything you've already completed, visualize your skills and identify your skill gaps. Get inspired to try new things and tailor the skill tree to suit your own journey by swapping in your own goals.



Take a public speaking class



Practice letting

your voice reflect

your intention

Teach a friend a tone of voice skill

(set your own goal)



Try to identify

tones of voice on TV

Ask a trusted friend for feedback on your tone of voice usage

Try to distinguish

between sad, tired

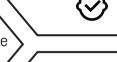
or sick tones of voice

Find differences

in cultural tone of

voice usage

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Improve the warmth in your voice

Pause or slow

down to emphasize a

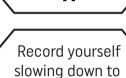
point

(set your own goal)

Know your

strengths and

weaknesses in tones of voice



emphasize a point

Q.

Watch a tone

of voice tutorial and

follow along

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Learn to ask questions in a respectful tone

> Improve your ability to sound calm when you are mad



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Try to distinguish between sad, tired or sick tones of voice

Record yourself saying "please be quiet" in an assertive tone

Be misunderstood for having the wrong tone of voice

Hear someone

say "Watch your tone"

Hear someone

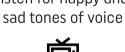
use a friendly, teasing

tone of voice

Watch TV and listen for scared or mad tones of voice



Watch TV and listen for happy and





Miss out on



Record yourself saying "please be quiet" in a respectful tone

Identify tone

of voice in writing





Play a recording

of you saying no in a

happy, sad and frustrated voice and see if they

can tell the difference

O.

Ask someone,

"Are you mad?" Hear

them replay "No!" in an

angry tone

Notice when a

friends words and tone

do not match

Record yourself

saying "no" in

happy, sad and frustrated

tones of voice

Q.

Accidentally use

a loud voice in

a quiet place



Hear someone using a sarcastic tone of voice



Speak in front of a small group



Slow your speaking pace when telling an exciting story



Hear someone

speaking in monotone

on TV

Notice a friend's sad tone of voice



Notice a friend's happy tone of voice



something because you spoke too loudly

saying "ok" in happy, sad and frustrated tones of voice

Record yourself

Practice using

a questioning tone



Miss out on something because you spoke too quietly



1 tile = 1 point

Total Score

Name:





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