Day 1 Breathing Journal

List Ten Types of Voices (Talk with a partner)

1. Airy
2. Choppy
3. Bass
4. Tenor
5. Alto
6. Soprano
7. Baritone
8. Contralto
9. High pitched
10. Low pitched

What is proper breathing technique? The proper breathing technique is to begin with a standing position with your hand placed on your stomach. Then, inhale slowly through your nose so that your stomach presses against your hand. Finally, exhale in a slow and relaxed way.

Why is proper breathing important to a strong voice? Proper breathing is important because it helps you to project your voice and helps you calm your nerves.