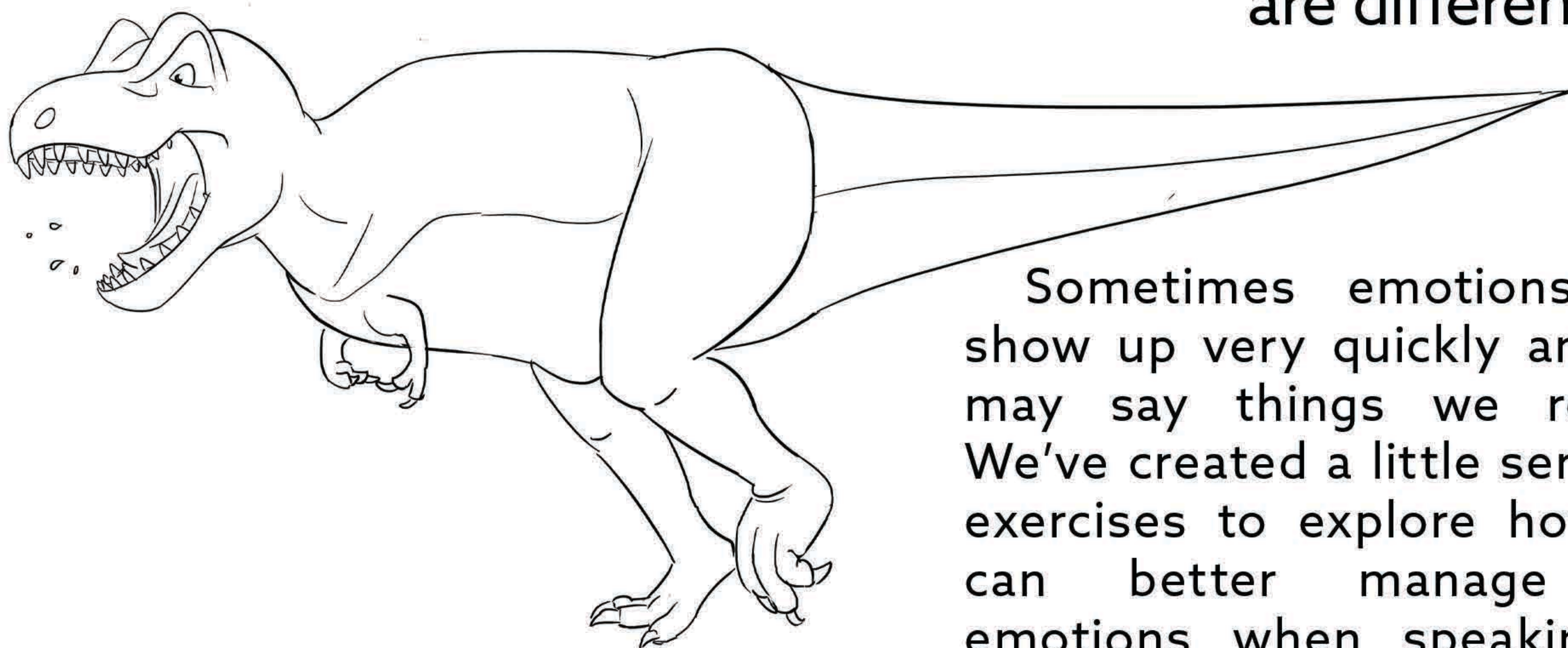




USING YOUR VOICE

Part 1

All of us have a powerful tool - our voice. Voices express our emotions, and all voices are different.



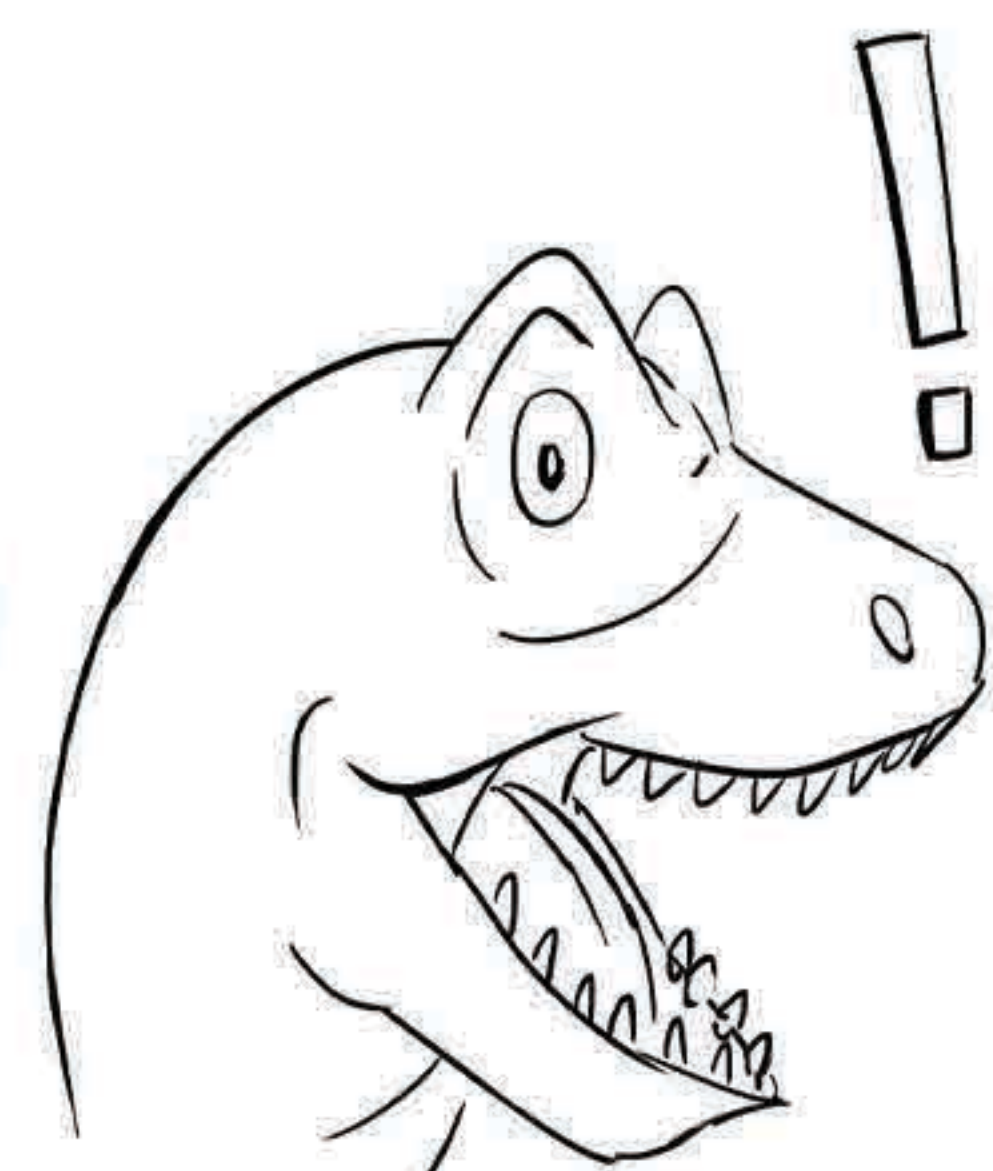
Sometimes emotions can show up very quickly and we may say things we regret. We've created a little series of exercises to explore how we can better manage our emotions when speaking to each other in the family.

It's not about avoiding disagreements, it is about disagreeing well.

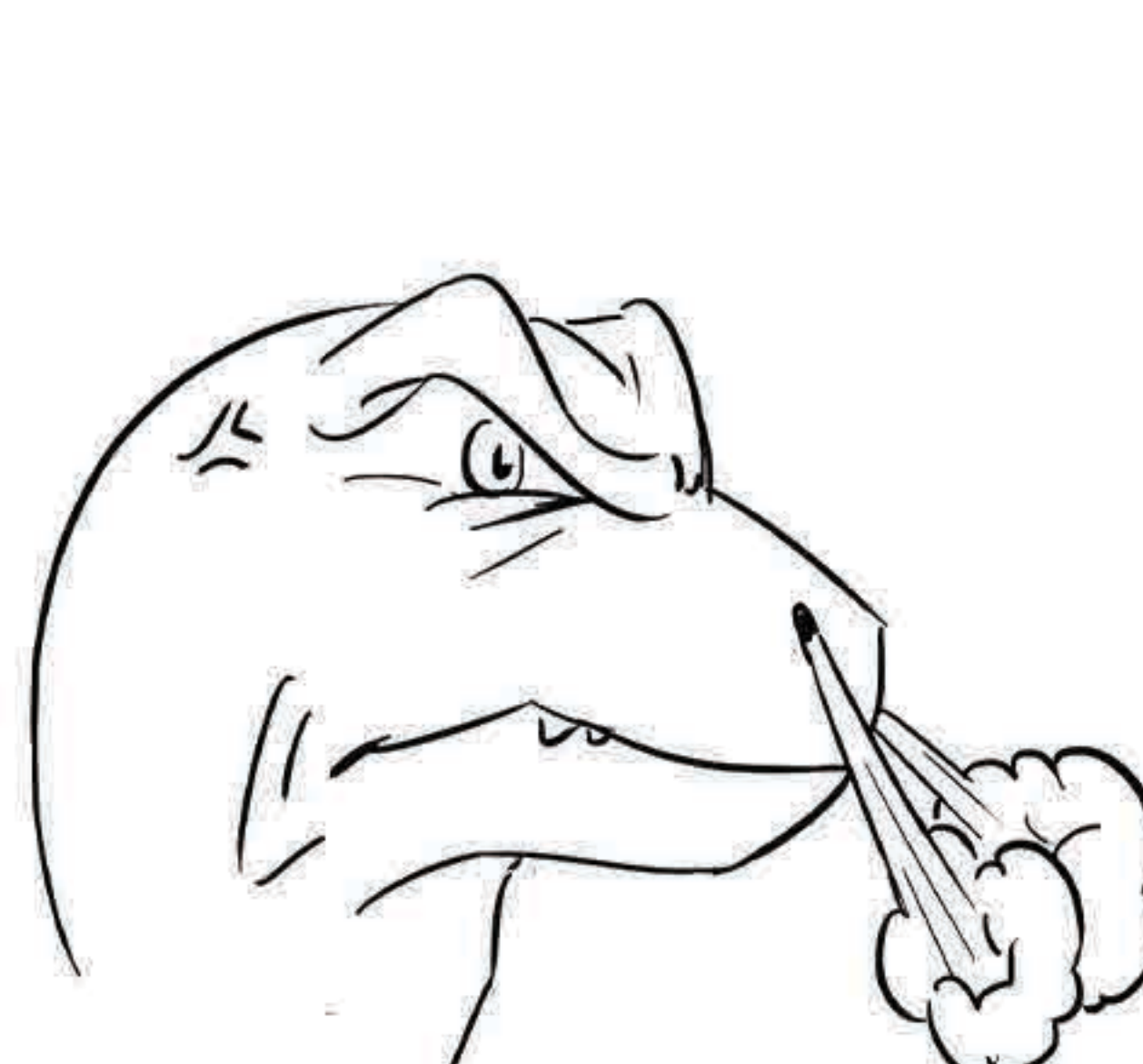
Imagine a huge dinosaur was coming towards you.
How would you say **"It's a dinosaur"**?
Try saying it with these different emotions:



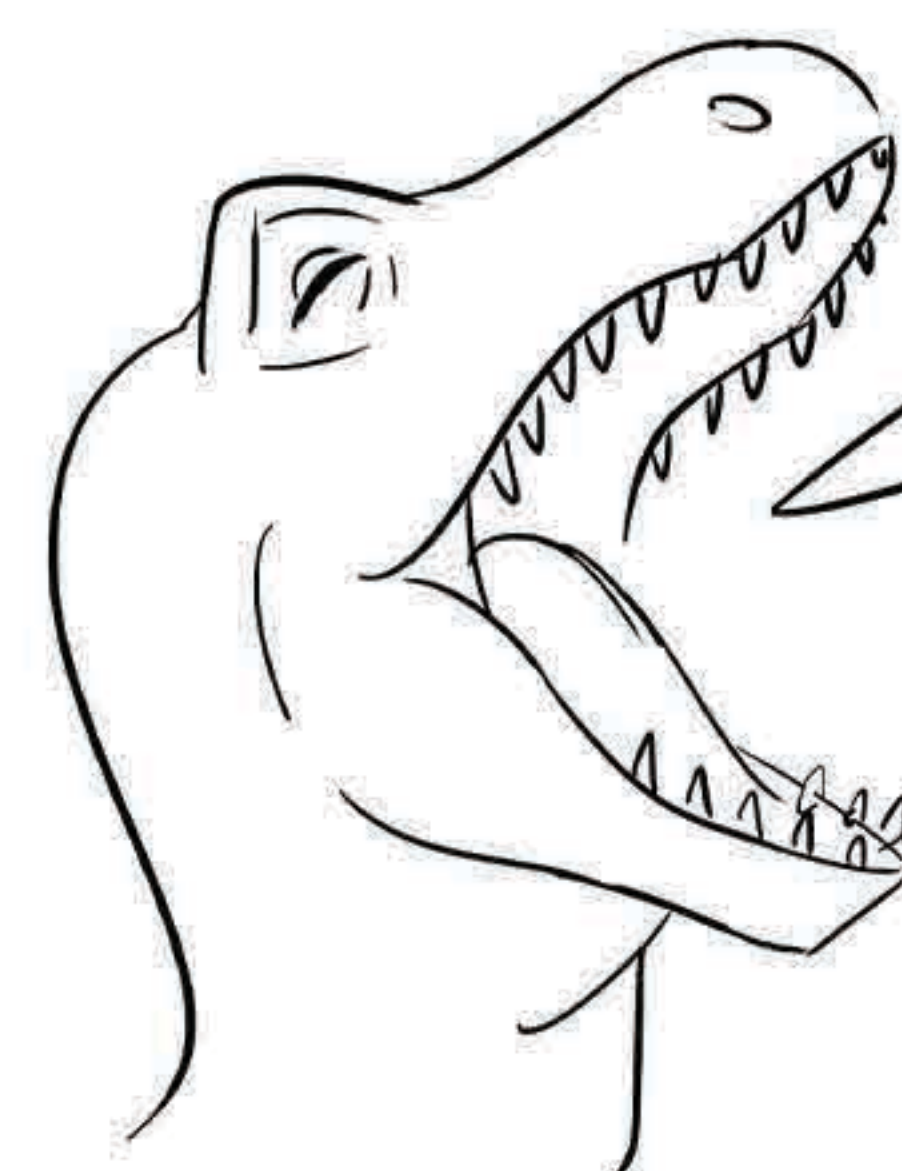
FEAR



EXCITEMENT



ANGER



HAPPINESS

1. How did each of the voices feel?
2. Did the meaning change?
3. Did it make you feel different as a listener?

Our moods are affected by many different things. By changing our voices and tones, our listeners will respond differently.



#BRAVEHEARTSG IS AN INITIATIVE BY STANDUPFOROURSG.

© 2020 BIG RED BUTTON PTE LTD
FACEBOOK.COM/STANDUPFORSG