



Assess your learning: are you breathing effectively while speaking?

Use the following checklist to see whether you are breathing effectively while speaking.

CHECK LIST			
QUESTIONS	YES	NO	Aspects to change or improve
Do you breathe in through your nose?			
Do you expand your abdomen while you breathe in?			
Do you keep your shoulders still while you breathe in?			
Do you breathe out through your mouth?			
Do you contract your abdominal muscles while you are breathing out?			