

# Posture and Breath for Singing Review

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## Understanding Vocal Health and Technique

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what you learned about singing posture and breathing techniques.

1. What did you learn about good singing posture?

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2. Breathing from your chest is the best way to support your voice when singing.

True  False

3. What is one of the main benefits of good posture while singing?

- A. It makes you look taller
- B. It helps you breathe better
- C. It makes your voice sound higher

4. When singing, you should breathe from your \_\_\_\_, not your chest.

5. How can you practice good singing posture at home?

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6. Using proper vocal techniques helps honor God through music.

True  False

7. Which phrase describes the ideal position for your shoulders while singing?

- A. Tensed and raised
- B. Relaxed and down
- C. Pulled back and stiff

8. The Bible verse that encourages us to do everything for God's glory is found in \_\_\_\_ Corinthians 10:31.

9. Why do you think good posture matters when singing?

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10. What does it mean to be a 'musical tree' when singing?

- A. To stand stiffly
- B. To be flexible and free
- C. To stand tall with good posture

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### Answer Key

1. Good singing posture includes standing tall with feet shoulder-width apart and keeping shoulders relaxed. 2. False 3. It helps you breathe better 4. diaphragm 5. You can practice in front of a mirror, ensuring your feet are apart and your shoulders are relaxed. 6. True 7. Relaxed and down 8. 1 9. Good posture allows for better breathing and helps produce a clearer sound. 10. To stand tall with good posture