



Vocal Health Checklist

Tick the box when you have completed each habit

When I sing, I look after my voice by...

- drinking water often
- Sitting or standing with a straight back
- facing forward (not lifting or lowering chin)
- stretching my singing muscles (before I sing)
- singing using the air from my tummy
- taking breaks when my voice feels tired
- being kind to my voice e.g. not shouting
- knowing that my voice is unique and special

My favourite habit is...

Singsational
Kids Club!

