

EVERYDAY VOICE CARE

The Lifestyle Guide for Singers & Talkers

Learning Activities for Artists

1. Report on one chapter, or half of a longer chapter, explaining it to your class or performing group. Include a relevant personal story: a voice or health issue from your own experience, a family member, or friend.
2. Pick one lifestyle recommendation from the book that you would like to make a new daily habit. Write down your goal, and why you want to make this change. Break it into small, manageable steps so that you can start right away. Also look at your resistance or fear: what about it seems hard to change, or hard to explain to other people? What can others do to help you? How will you know when you've met your goal?
3. Set-up a "buddy" system with a member of your class or group, and check-in 2-3 times per week about your vocal health goals. Be as specific as you can about what kind of support is most useful to you. Report back to the group in a month about how you're doing. If you or your buddy accomplish your vocal health goal quickly, pick another one. If it's not happening, pick something simpler, or identify obstacles more clearly, and brainstorm about resources that would help you.
4. Explain a few vocal wellness principles, to a fellow student or a performing artist that you know outside of this class or group. Does the basic information surprise them? Do they seem interested in improving their personal voice care? How can you can help?
5. Go back to Chapter 1, about why voice care information has often been confusing. How do you decide who and what to believe? How do your attitudes towards your body, voice, and towards health care in general, compare to the beliefs of the people around you? Do a creative project about voice care, and how it is or isn't similar to other health issues that people care about.
6. Use creative media to educate others, especially younger artists, about vocal wellness.