

# **EVERYDAY VOICE CARE**

## **The Lifestyle Guide for Singers & Talkers**

### Learning Activities for Voice Teachers and Speech Pathologists

1. Divide the book so that each person in your class reports on one chapter or sub-section. Include a relevant personal story: a voice or health issue from your own experience, or one that you've seen in a family member, close friend, or client. Would it be easy or hard for you to counseling someone else on this issue?
2. Pick one lifestyle recommendation that you would like to make a new daily habit. Write a sentence of commitment to making this change, and why. Break it into small steps. What can you start doing today, going in this new direction? What about it seems hard to change, or hard to explain to other people? What can others do to help you?
3. Talk about what you're learning about vocal wellness, to a fellow student or a performing artist that you know, outside of this class. Choose a small vocal wellness goal that your friend agrees would benefit them, and ask how you can best help make it happen. What kind of feedback or check-in system is most motivating for that person? Report back to class about your experience as a lifestyle coach.
4. Go back to Chapter 1: why voice care information has often been confusing. How do your attitudes towards your body, voice, and towards health care in general, compare to the beliefs of the people around you? How do you decide who and what to believe? How do you think other people decide?
5. What information in the book would be easily accepted and followed in your social or cultural group, versus what seems irrelevant or impossible? How would you present the ideas and recommendations, to best motivate lifestyle change in people from your community?
6. If you are familiar with more than one culture or lifestyle group, how would you approach counseling and motivating people in each group? Or, would you modify your approach by individual personality, more than by subculture? What aspects of your own personality and interaction style will help you the most in these conversations?