

# *Your Voice, Your Tool*

For Singers in Youth to Collegiate Choirs

A white paper resource for choral educators and developing musicians

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## **Warm-Up Checklist (Before You Sing):**

- Breath + posture check
- 2-3 minutes of lip trills or sirens
- Solfege hand signs through scale
- Speak lyrics before singing




## **Daily Voice Reflections:**

- What did my voice do well today?
- What was challenging?
- How did I feel emotionally during rehearsal?

## **Vocal Journal Prompt:**

*What story does my voice tell this week?*

## **Quick Practice Tips:**

-  Record yourself
-  Use a practice app (TonalEnergy, Sight Reading Factory)
-  Try singing the melody in reverse to deepen pitch awareness