

Caring for Your Instrument

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Vocal Health and Technique

Name: _____

Date: _____

Answer the following questions based on what you learned about taking care of your voice.

1. What is one important reason for caring for your voice?

- A. To sing louder
- B. To protect your gift from God
- C. To impress others

2. You should drink plenty of ____ to keep your voice healthy.

3. What are three ways to protect your voice?

4. It is okay to scream and shout if you want to sing well.

- True False

5. What should you do before singing to help your voice?

- A. Do nothing
- B. Warm up
- C. Eat a lot

6. Why is vocal health important?

7. Your body is a temple of the ____ Spirit.

8. Getting enough sleep helps your voice stay healthy.

- True False

9. What does 1 Corinthians 6:19-20 teach us about our bodies?

- A. They don't matter
- B. They are a gift from God
- C. We can do whatever we want

10. How can you practice good vocal care during the day?

Answer Key

1. To protect your gift from God 2. water 3. Drink water, avoid shouting, and get enough sleep. 4. False 5. Warm up 6. It helps us use our voices well to glorify God and prevents damage. 7. Holy 8. True 9. They are a gift from God 10. I can drink water, avoid yelling, and rest my voice when needed.