

Voice Care Checklist

Protect the voice with small daily habits. Keep it simple and consistent.

Name

Week of

Daily Habits

- Water bottle nearby
- Inside voice in hallways
- Breaks after loud play
- No yelling over noise
- Gentle warm-up before reading aloud/singing

Weekly Voice Check

Mon	Tue	Wed	Thu	Fri	Sat	Sun
😊	😊	😊	😊	😊	😊	😊

Circle how your voice felt today.

Teacher/Home Notes

If your voice feels tired, lower volume, rest, and hydrate.