



Assessed by: _____

Date: _____

QUESTIONS TO ASK SELF	YES	NO
Do I use my voice more than I have to?		
Could I use other strategies to make my message understood?		
Do I use my voice as efficiently as I can?		
Can I speak at a quieter level during certain activities?		
Is the layout of the classroom conducive to efficient voice use?		
Do I always talk above background noise?		

If answered YES to any of the above try some of these preventative options:

- Turn down, or move away from noise while talking
- Use gesture and other non-vocal signals to give instructions
- Talk to the class when the students are quiet
- Stand in a place in the classroom that will make it easiest for the students to hear you without straining your voice
- Arrange the classroom so that students who are likely to be noisy or need extra attention are at the front
- Use non vocal signs such as playing a particular song or using a bell to signal changes in the classroom activity
- Move close to students when talking to them
- Sing only in a range and style that is comfortable for you where possible
- Plan your day ahead so you can allow for rest periods
- When outside or in the gymnasium, use a microphone or megaphone to amplify your voice
- Drink water throughout the day.