



SAVVY SINGING TEENS

Find Your Voice Checklist

AGES 13 TO 15

FREE DOWNLOAD

DAILY CARE FOR A CHANGING VOICE

by Savannah

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Voice-Change Check-In

Cracks and an unstable voice are normal signs of healthy growth. Be patient.

- ☐ Sing only what feels comfortable today
- ☐ Skip notes that strain, no rush
- ☐ Expect cracks, they're normal
- ☐ Don't compare your timeline to anyone else's
- ☐ Rest your voice after heavy use

Breath & Support

Power comes from your breath, not your throat. Keep your throat relaxed.

- ☐ Stand tall, shoulders relaxed
- ☐ Breathe low, belly expands not chest
- ☐ Hand on stomach to feel it move
- ☐ Exhale slowly on a steady "sss"
- ☐ Keep throat open like a soft yawn
- ☐ Never push or squeeze for a note

Gentle Warm-Up

Stay in the easy middle of your range. If it strains, back off.

- ☐ Start with soft, easy humming
- ☐ Lip trills and "ng" buzzes
- ☐ Sirens on "oo" only as far as feels comfy
- ☐ 5-note scales in your easy range
- ☐ Stop and rest if you feel strain
- ☐ Hydrate before, during, and after

PROTECT IT

Healthy Voice Habits

The habits you build now set up your voice for life.

- ☐ Hydrate throughout the day
- ☐ Warm up every single time
- ☐ Sing within your comfort zone
- ☐ Avoid yelling, rest your voice
- ☐ Track your range as it changes

KEEP GROWING

Get the Find Your Voice eBook

This checklist is just the start. The full Find Your Voice guide explains your changing voice and how to sing through it with confidence.

[GET THE EBOOK](#)