Vocal Health Unit

1. Read the “Voice Check: 10 Tips for Healthy Singing” article. It’s a lengthy article, so it may work to have students focus on 1-2 tips and become masters of those topics and then share with the rest of the class.
2. Lead a lesson on vocal folds and how sound is created (Bernoulli Effect). Discuss how improper technique can cause nodules/nodes.
3. Show some videos of the vocal folds at work.
   1. <https://www.youtube.com/watch?v=9kHdhbEnhoA>
   2. <https://www.youtube.com/watch?v=pKIhyNCiiPo>
4. Show some videos of the vocal folds with nodules. (Warning—it is disturbing to some students, but eye opening: <https://www.youtube.com/watch?v=QZvu8lo8UX4>)
5. Discuss how vocal rest is really the only way to get rid of nodules, and surgery can be dangerous. Study Julie Andrews and how she got nodules, and how surgery ruined her singing voice. <https://www.youtube.com/watch?v=ohzSg7BtaeI>