

## Vocal Abuse Worksheet

**Instructions:** Sometimes we do things that hurt our voices. Match the hurtful behaviors on the left with a good replacement behavior on the right. Draw a line between the hurtful behavior and its replacement.

Yelling When Mad

Yelling to Get Someone's Attention

Coughing

Talking Loudly in Noisy Places

Making Funny Noises During Play Tur down the noise / go some-where quieter

Get closer to the person / clap your hands

Stomp feet / make a loud hiss / talk it out

Make funny faces instead

Swallow hard / Get a drink of water

