

MADE FOR LIFE IN
THE CLASSROOM

Vocalzone

THE TEACHER VOICE SURVIVAL GUIDE

YOUR VOICE WORKS
HARD ALL DAY. LOOK
AFTER IT BEFORE
PROBLEMS START.



If your voice starts fading before the school day does, you are not alone.

Teaching is one of the most vocally-demanding professions out there.

You are not just “talking all day”. You are projecting over noise, repeating instructions, switching tone, managing behaviour, explaining difficult ideas, reassuring pupils, leading discussions, covering playground duty, running clubs and sometimes finishing the day with parents’ evening, rehearsals or meetings.

By the time your voice feels like it’s struggling, the strain has already been present and building for hours or even days.

Voice problems rarely appear from nowhere. For teachers, they often build across the day, across the week and across the term.

The earlier you notice the strain, the more chance you have to reduce it before your voice lets you down.

Please note: this guide is for informational purposes only and is **not** a substitute for medical or professional advice, diagnosis or treatment.



This guide gives you a simple way to think about teacher voice pressure:



The aim is to help ensure you can rely on your voice when it has to teach.

Why teachers' voices come under pressure

Teachers face a combination of voice pressures that can quickly add up:

- **Long speaking time** – lessons, transitions, repeated questions, instructions and explanations.
- **Background noise** – classrooms, corridors, playgrounds, sports halls and assemblies where speaking “normally” is rarely enough.
- **Poor acoustics** – rooms where sound does not carry clearly.
- **Repeated projection** – needing to be heard by the whole class, often many times a day.
- **Illness exposure** – regular contact with coughs, colds and seasonal bugs.
- **Workload pressure** – long days when your voice gets little chance to reset.

Voice problems are not just an occasional inconvenience for teachers. A 2025 systematic review found that around one in three teachers is experiencing a voice disorder at any given time. (Footnote: Baghban K, Golmohammadi G, Asadollahpour F, “The Worldwide Prevalence of Voice Disorders Among Schoolteachers: A Systematic Review and Meta-Analysis”, *Journal of Voice*, 2025; 0)

Where are you on the teacher voice pressure curve?

1. Pressure is coming: prepare

- Before a full teaching day
- Before assembly or parents' evening
- After a cold or school holiday



When you know your voice will be working hard, a little preparation can help you start the day feeling clearer and more comfortable.

2. Pressure is here: soothe

- Your throat feels dry or irritated
- You're pushing your voice more than usual
- Your voice feels tired by lunchtime



Recognise the early signs of vocal strain and take action before your voice becomes more uncomfortable.

3. After pressure: recover

- After a long teaching day
- After parents' evening or a performance
- After several days of heavy voice use



After periods of heavy voice use, give your voice the chance to recover before the next busy day.



Signs your voice may be under too much strain

Pay attention if you notice:

- Regular or unexplained voice loss
- A weak, tired or unreliable voice
- Hoarseness or a noticeable change in voice quality
- Loss of vocal power or difficulty projecting
- Frequent throat clearing
- A painful throat or a persistent feeling of a lump in the throat
- A voice that feels worse after teaching or worse as the week goes on

Most short-term voice problems improve with rest and care. However, if hoarseness, voice loss or a noticeable voice change does not improve after two weeks – or if voice problems keep coming back – seek medical advice.*

** NHS guidance on laryngitis says symptoms usually improve within one to two weeks and recommends seeing a GP if symptoms do not improve after two weeks or if voice problems recur.*

Your Teacher Voice Pressure Plan

Before school: prepare

Start the day vocally ready, not vocally cold.

- Sip water early rather than waiting until you feel dry.
- Do 60 seconds of gentle humming or lip trills.
- Avoid launching straight into loud projection if your voice feels rough.
- If you know it is a heavy voice day, plan one or two points where you can reduce talking.

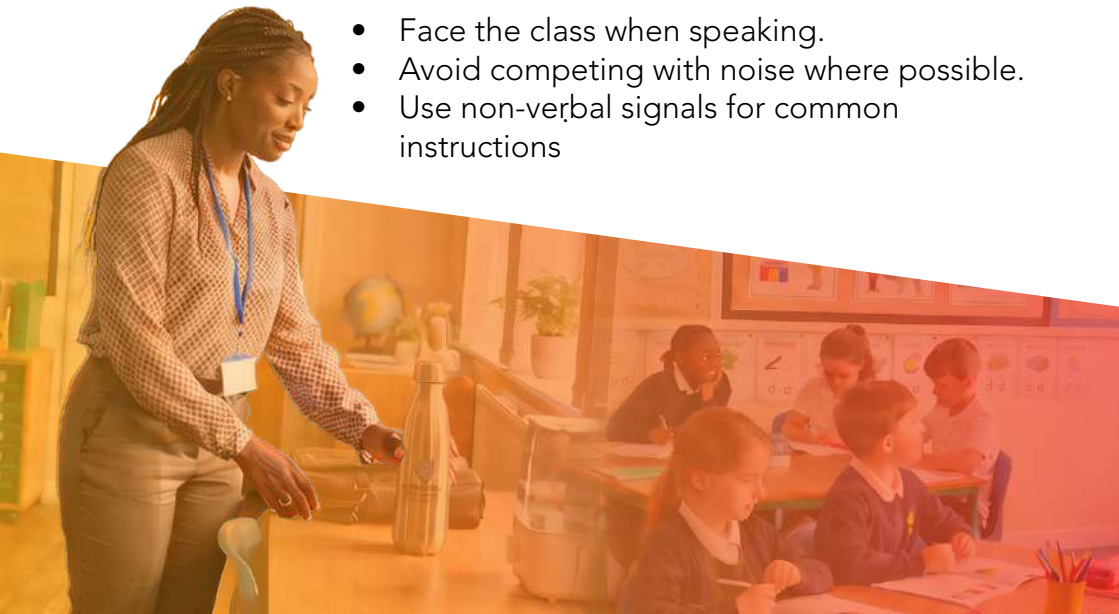
60-second warm-up

1. Relax your shoulders and jaw.
2. Hum gently at a comfortable pitch for 30 seconds.
3. Try a few gentle lip trills for 30 seconds.
4. Stop if anything feels painful or forced.

During lessons: soothe and reduce load

Reduce unnecessary strain while your voice is under pressure.

- Face the class when speaking.
- Avoid competing with noise where possible.
- Use non-verbal signals for common instructions



- Vary tone and pace instead of relying only on volume.
- Build in moments where pupils read, discuss or write while your voice rests.
- Use visual instructions on the board to reduce repeated explanations.
- Consider voice amplification for large rooms, noisy spaces or recurring voice strain.

After school: recover

Help your voice reset after a demanding day.

- Rest your voice where possible.
- Avoid whispering, as it can strain the voice.
- Keep sipping fluids.
- Avoid unnecessary throat clearing.
- If your voice feels irritated, use soothing support and reduce further voice load where possible.
- If symptoms persist or keep recurring, seek medical advice.

Three ways to reduce your vocal load today

- Put repeated instructions on the board.
- Use a hand signal instead of speaking over noise.
- Move closer before giving an instruction instead of projecting across the room.



How Vocalzone fits into your teaching day

Vocalzone exists for the moments when your voice cannot let you down.

For teachers, that does not only mean a full-blown voice emergency. It can mean the first signs of strain before lunch, a dry throat before parents' evening, or the need to feel vocally ready before a heavy day of teaching.

Use Vocalzone around the teacher voice pressure curve:

Prepare: pressure is coming

When you know your voice will be working hard, Vocalzone can help soothe irritation and help you keep a clear voice before heavy use.

Soothe: pressure is happening

When your voice starts to feel irritated or strained, Vocalzone products are designed to soothe and help keep your voice clear.

Recover: pressure has hit

After heavy voice use, give your voice a chance to rest, hydrate and recover so you are ready for what comes next.

AVAILABLE ONLINE
AND IN PHARMACIES
NATIONWIDE

Your Vocalzone teacher toolkit

VOCALZONE THROAT PASTILLES

The desk-drawer essential for voice-heavy days.
Trusted by hardworking voices since 1912.



Use when:

- Your voice is starting to feel strained
- You need to keep speaking clearly
- You want something easy to keep in a desk drawer or bag

VOCALZONE SPRAY

For moments when you need quick, convenient
support and a pastille is not practical.

Use when:

- You are between lessons
- You are about to speak again
- You need support without having a pastille in your mouth



VOCALZONE TEA

A bookend for a voice-heavy day, when you have
time to hydrate and soothe.

Use when:

- You are preparing for a demanding day
- You are recovering after prolonged speaking
- Your throat feels dry or irritated after school



VOICE CARE IN THE CLASSROOM

Do not wait until your voice has gone

A tired teacher voice is not just uncomfortable. It makes the day harder.

The good news is that accumulated voice strain usually gives you plenty of familiar warning signs: a dry throat, more throat clearing. A rougher sound and less vocal power. The moment you notice those signs is the moment to act.



Prepare

before heavy
voice use.

Soothe when
pressure starts.

Recover
afterwards.



Looking after your voice does not need to be complicated. Small habits, built into your daily routine, can make a real difference over the course of a busy school week. The earlier you respond to the warning signs, the easier it is to keep your voice working at its best.

Because when your voice has to teach all day, it should not be left to chance.



Claim Your exclusive Introductory Offer:

Use code **Teacher10** at checkout on vocalzone.com to receive 10% off your first order.*

*T&Cs apply. Only redeemable at www.vocalzone.com. One use per customer. Valid until 31/10/2026.



Vocalzone



Vocalzone helps you keep a clear voice when you need it most.

The Vocalzone range is specifically formulated to soothe hard-working voices, and has been trusted by many of the world's most iconic voices since 1912.

Available online and in pharmacies nationwide.

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