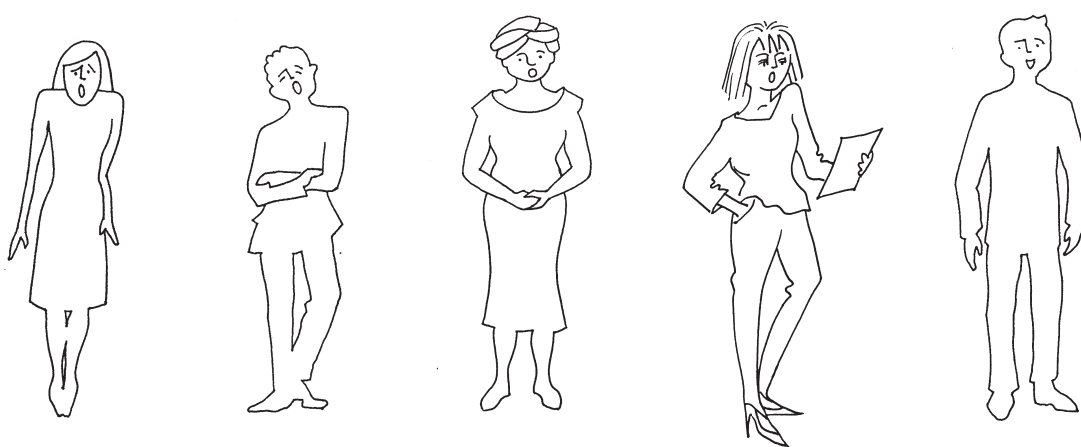


When you stand to sing, you should have:

- A tall posture with a straight back and upright head
- Weight distributed evenly on both feet
- Relaxed knees
- Relaxed shoulders
- Feet slightly apart and firmly on the ground

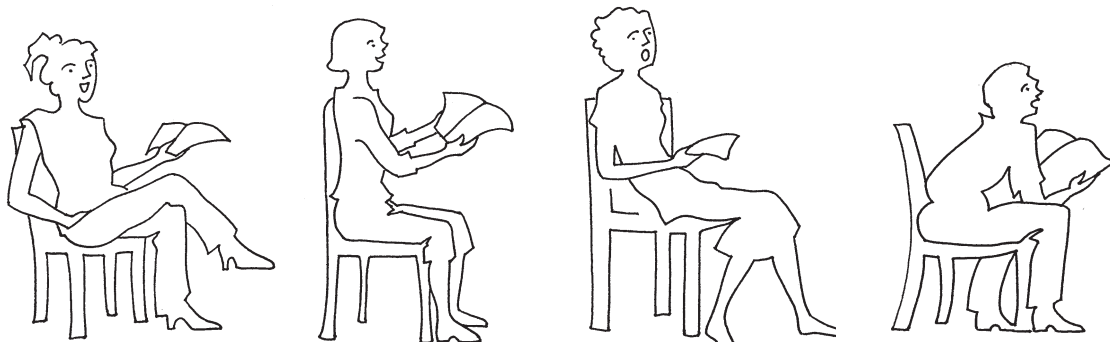
1. Look at the pictures below.
Circle any of the singers
who are standing with **good**
posture.



Generally, it is better to stand than sit while singing, but if you have a good posture you can still sing well while sitting. You should aim to have:

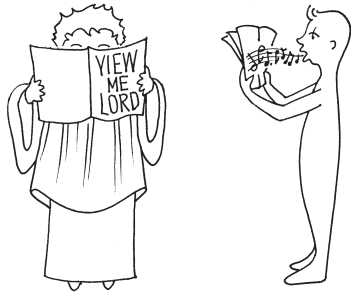
- An upright posture
- Relaxed shoulders
- A straight back
- Both feet firmly on the ground

2. Look at the pictures below.
Circle any of the singers
who are sitting with **good**
posture.



If your posture is not good you will find that tension creeps into various muscles in your body. This will start to affect your singing voice making your voice feel tight and tired.

The way you hold your music will affect your posture:



If you hold your music **too high**, it will cover your mouth.



Too low, and the sound will go straight down to the floor.

Either way you will not be able to see your conductor properly and your congregation or audience will not be able to see or hear you well.

Tip: You will know when you are holding your music at the right height, as you will be able to see your conductor over the top of your music without needing to move your head (you can just move your eyes).

3. Look at yourself in a mirror, or ask a friend or your choir trainer to look at your posture. Compare your posture with the pictures on this worksheet. What is good about your posture? What do you or your choir trainer think you need to work on?



Good posture will allow your voice to work to the best of its ability and also creates a good impression on your congregation or audience. Always try and remember to stand or sit well throughout your rehearsals, performances and services.