

WOODCHOPPER



BENEFITS

Releases tension. Energizes and stimulates the nervous system. Develops focus and strengthens breathing (diaphragm) muscles. Combined with use of voice, helps students find their personal power.

TIME

1 to 2 minutes

ACTIVITY

- Stand with feet a little wider than hip-width apart and knees slightly bent.
- Take arms overhead with hands together as if holding an ax.
- Imagine a piece of wood on the ground in front of you.
- On a count of three, swing hands down to chop the imaginary piece of wood.
- Make a loud “Huh!” sound as your ax hits the imaginary wood.

VARIATIONS & INTEGRATION

- Make the “Huh” sound come from the deepest part of the belly. Ask if students feel a difference doing it this way.
- When students picture the piece of wood on the floor in front of them, encourage them to really keep their focus on the wood as they chop down so they don’t miss it.
- Have individual students lead the pose in front of the classroom.
- Ask students to Activate (p. 54) their body before the activity and observe the difference.
- Combine with Pulse Count activity (p. 83) before and after to check the effect of the pose.
- Combine with Strong Voice activity (p. 122) to develop students’ personal power.
- Use before a test to make students more alert and/or to reduce anxiety and tension.

NOTES

Exercise empties lungs completely, creating a slight vacuum that pulls in fresh air.

Use before a test to increase alertness and reduce anxiety and tension.

