

ACTIVATE/ RELAX WALK



BENEFITS

Develops self-regulation, focus, and ability to follow directions, make transitions, and shift attention. A good warm-up activity accessible to a wide range of students. Teaches relaxed concentration necessary for testing.

TIME

2 to 5 minutes

ACTIVITY

- Have student demonstrate Mountain and how to Activate (firm muscles and focus attention).
- Students walk around the room in a relaxed manner. Upon Activate command, students freeze, firm, and focus; upon Relax command, they continue walking.
- Alternate commands back and forth—Activate, Relax, Activate, Relax—giving a few seconds for each.
- After several cycles, ask students to walk in a way that is *both* Activated and Relaxed.

VARIATIONS & INTEGRATION

- Add various poses to the Activate command—for example, going from Relaxed walk to Warrior II (p. 99) or Tree (p. 91).
- For better classroom management and with physically challenged students, start activity from a chair, alternately contracting and relaxing muscles.
- Use with health lesson about body posture (see Mountain, p. 79).
- Discuss situations in which students need to be Relaxed (e.g., resting), Activated (e.g., near an angry dog), and both Relaxed and Activated together (e.g., athletics, performing arts, sitting in class, testing).

NOTES

See also Mat Tag (p. 78).

