

Jumping Jack Reset

Kinesthetic — Posture (Dochnahl)

WHAT THIS CORRECTS

Slouching, chronic tension, hunched shoulders. Self-corrects through motion.

MATERIALS

Open space. Instrument nearby.

AT A GLANCE

- 10 jumping jacks → FREEZE → that's your posture

- Pick up instrument without changing anything

- Instrument comes to body, not body to instrument

- Use as evidence: "Hear that? That's what posture sounds like."

PROCEDURE

1 INSTRUMENTS DOWN, STAND UP.

SAY *"Instruments in your lap. Stand."*

2 10 JUMPING JACKS.

SAY *"Ten jumping jacks. Go!"*

DO Do them WITH the students. Energy matters.

3 FREEZE.

SAY *"STOP. Don't adjust. Freeze where you are."*

CHECK Nearly every student: tall, balanced, shoulders down. They can't find this on command — but the jacks found it.

4 NAME IT.

SAY *"THIS is your posture. You can't do jumping jacks slouching. Your body just proved it."*

5 ADD INSTRUMENT.

SAY *"Pick up your instrument. Bring it TO you. Don't go to it."*

CHECK Watch for immediate slouch or head duck. "You lost it. What changed?"

6 PLAY.

SAY *"Play the first note of warm-up. Feel the difference?"*

CHECK Tone should be more open. "Hear that? That's what posture sounds like."

ASSESSMENT

■ Post-exercise posture is tall, balanced, tension-free

■ Posture holds when instrument is added

■ Audible tone improvement