

Power Poses



Practise each of the poses. Hold each one while you count to 20. Put lots of energy into them!

Wonder Woman



Superman



The Hulk



Cat Woman



Encourage everyone to use them before they go into a situation that makes them stressed.

Aims of the Power Poses activity:

- To develop self awareness
- To develop an understanding of the effects of stress on the body
- To develop an understanding of the connection between posture and emotions
- To develop skills/strategies to manage stress
- To feel more in control

The Science bit.....

- When we feel anxious we tend to curl ourselves up and make ourselves smaller. When we feel confident and calm we stand taller with our head up. By changing how our bodies are positioned we can change how we feel.
- The Power Poses reduce your stress hormone (cortisol) and increase your confidence hormone (testosterone)