



Power Poses

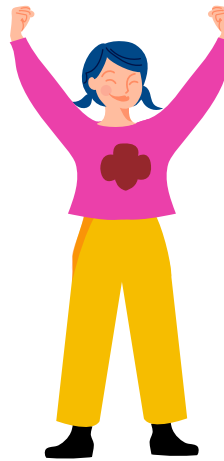
Supports Meeting 1, Activity 3, Choice 2

“Power poses” are body positions that actually increase feelings of confidence and power. Striking a power pose is especially helpful before doing something you are nervous about, like giving a presentation at school or having a tough conversation with a family member.

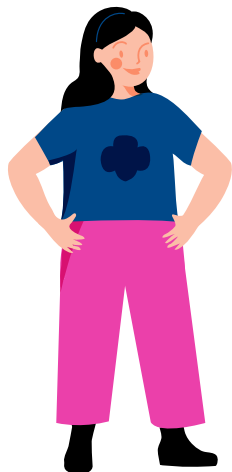
Choose your favorite classic pose or poses from the options below or invent your own. Practice every day for a week, holding each pose for about two minutes. As you pose, think about feeling powerful and remind yourself: you got this! Journal about any changes you notice in your mindset or behavior.



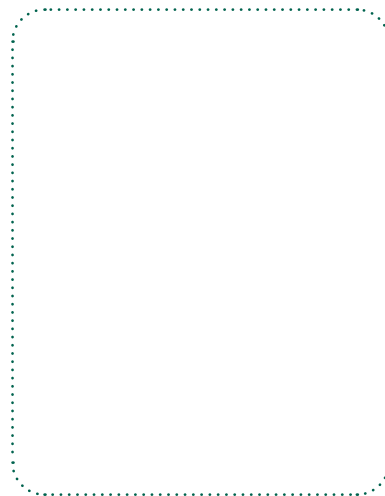
Arms crossed and
head high



Arms raised in a “V”
above the head



Hands on hips



Draw your own
power pose here!