



CANADIAN CUDDLES



Power Pose Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Power Pose Worksheet
- ▶ Room to move around
- ▶ Pens / Pencils

L.O:

- ▶ To understand the benefits of good posture.
- ▶ To be able to practice good posture and power posing.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about the different ways in which we can help ourselves to feel more confident.

MAIN TEACHING (10mins)

If any of the children suggested anything to do with their posture, highlight it and tell them that this is what we are going to focus on during the activity.

Ask the children to suggest what they think good posture is. Tell them that for the purpose of this activity when we refer to good posture we are talking about standing or sitting up straight, with our shoulders back and chin up. Now ask for volunteers to suggest why they think having good posture is important to feeling more confident.

Tell the children that we can tell a lot about a person by their posture. If they are standing tall then we may assume that they are powerful, strong and confident. Whereas if they make themselves smaller, with a hunched back and head down that they are timid, or nervous.

Holding ourselves with more pride and projecting power can change how we feel by making us more confident, it can even help clear our mind and make us more focused.

MAIN TASK - (15mins)

GUIDANCE – For those that do not want to or cannot join in, they can decorate the Power Pose worksheet and/or help you judge the power poses the other children are making.

Tell the children that you are going to read out a short story about a superhero. At certain points in the story shout out “pose” when the children must make different power poses to portray how they think the character might look at that moment.

Tell them to try and keep their shoulders back and hold their head up high.

An example story is:

‘The super hero landed quietly (pose) on the roof top and looked out over the city (pose). They spotted some trouble below and swooped down ready to help (pose). A cat is about to fall from a tall tree, the super hero must catch it (pose). The owner thanked the super hero and everyone applauded and took pictures (pose).’

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share how they think they can use power posing in their own life.



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CHILDREN'S SHEET

We will read out a short story about a superhero. At certain points in the story the group leader will shout out "pose", and you must make a different power pose to portray how you think the character looks at that moment.

Make sure to try and keep your shoulders back and hold your head up high.



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