

STRIKE A POWER POSE!

Have the jitters before a test or speech? Try one of these poses for two minutes and boost your confidence!



The BOSS POSE

This one is useful when you are standing behind a table or desk. Stand with your feet wide apart and put your hands down on the table on both sides of your body, not in front of you. Chin up!



The SEATED POWER POSE

Spread your knees open wide and stretch your feet out (but not to the point of being uncomfortable). Raise one ankle and rest it on the opposite knee. Stretch your arms over your head, and put your hands on the back of your head.

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THE SUPERHERO POWER POSE

Put your feet in a wide stance, far apart from each other. Flare your elbows out and put your hands or fists on your hips. You're ready to save the world!



THE VICTORY POSE

Stand with your feet shoulder-width apart. Hold your arms up in a "V" like you're crossing the finish line at a race. Go for the gold!