

Power Pose Challenge - Levels A & B

STAY ACTIVE

To support students to experience confidence and strength through simple body poses and calm encouragement. The activity builds early body awareness, emotional safety, and positive self-concept in a low-pressure, predictable way. Linked to the Jupiter theme from The Playful Astronauts, it reinforces that everyone has strength and that confidence can be practised through small, supported actions.



Learning Intentions

Students aim to experience strong body positions through simple movement and posture.

Students aim to participate in a shared routine that supports confidence and self-belief.

Students aim to enjoy playful, energetic movement with others.



Success Criteria

I can try a body pose with support.

I can hold a pose for a short time or watch others do it.

I can respond to kind or confident words by listening, moving, or showing interest.

I can stay with the activity for part or all of the time.



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Duration: 8 - 12 minutes

Objective

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Players

Whole class or small groups

Suitable for 3 - 16 students

Played seated, standing, or chair-based in an open space

What You Need

Clear floor space or mats

Optional: visual pose cards or photos (can easily find these in magazines/newspapers/internet)

Optional: quiet or steady background music

AAC devices, switches, or communication boards as required

Setup

Clear the space so students can move or sit safely in their own area.

Students may remain seated, stand, or stay in wheelchairs.

Introduce the activity using calm, simple language:

“We are going to make strong shapes.”

“We can stand tall or sit tall.”

“We will try this together.”

Briefly connect to the Jupiter theme in accessible terms:

“Jupiter reminds us we all have strength.”

Model calm enthusiasm without pressure.

Confirm AAC devices are switched on and open to basic feeling or describing words.



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Gameplay

Step 1: Adult Modelling of Poses

The teacher models each pose slowly and clearly.

Teach **2–3 poses only**, repeating them each session for predictability.

Example poses:

- **Star Pose** – arms open wide (or arms lifted if seated)

Adult says: "This is a strong pose."

- **Mountain Pose** – body tall and still, hands placed together overhead

Adult says: "Be tall like a mountain."

- **Hero Pose** – hands on hips with one arm raised with a fist in the air

Adult says: "Let's be brave."

Activate or point to matching AAC symbols while speaking.

Invite students to watch first, then join when ready.



Step 2: Pose Together

Guide students into one pose at a time.

Students may:

- Copy the pose fully or partially
- Move arms only
- Sit tall without arm movement
- Watch and listen

Count slowly to three while holding the pose.

Say the matching word once or twice calmly.

Release the pose gently before moving to the next one.

Step 3: Favourite Pose and Finish

Invite students to repeat one favourite pose.

Model the pose again and guide one slow breath in and out.

End with a calm still moment.



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Debrief / Reflection

Keep reflection brief and concrete.

Ask one question at a time with wait time:

“Which pose do you like?”

Accept responses through eye gaze, gestures, AAC, facial expression, or posture.

Reinforce the message:

“Your body can help you feel strong.”

Winning the Game

There are no winners or losers.

Success is shown through participation, effort, and shared calm confidence.

Sensory-Specific Learner Variation

Purpose: To support regulation, comfort, and emotional safety.

Adjustments may include:

Using only one pose repeatedly.

Holding poses for very short periods.

Removing music if it is distracting.

Allowing students to participate through posture only.

Providing seated or supported positioning throughout.

AAC-Specific Supports

Prepare AAC in Advance

Ensure access to symbols such as: strong, brave, me, okay, finished.

Use single-message switches if appropriate.

Model AAC Consistently

Adults activate AAC symbols when naming poses or feelings.



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Accessibility and Inclusion Notes

All poses can be completed seated or standing.
Upper-body-only participation is always appropriate.
Ensure clear space for wheelchairs and mobility aids.
Accept watching and listening as valid participation.
Respect each student's comfort and pacing.

Teacher Notes

"Power Pose Challenge – Levels A & B" supports early confidence, body awareness, emotional safety, and positive self-belief. The activity is not about verbal affirmations or perfect posture, but about experiencing strength through body position, calm presence, and encouragement. Linked to the Jupiter theme, it reinforces that confidence can be gently practised and grows when students feel supported and successful.

