

# Power Pose Challenge – Levels F-3

STAY ACTIVE

To help students use their bodies and voices to build confidence by practising strong poses and positive affirmations. Inspired by Jupiter, the planet of power and belief, this activity supports students to feel bold, balanced, and brave through playful movement.



## Learning Intentions

Students will practise moving their bodies into shapes that feel strong and confident. This supports physical strength, balance, and self-awareness.

Students will learn to use positive words that help them feel brave and capable. This develops emotional regulation and self-encouragement.

Students will practise expressing how they feel through movement. This fosters self-expression and inner belief through body language.



## Success Criteria

I can try a range of confident poses using my whole body. This builds coordination and spatial awareness.



I can say short, brave phrases while holding a power pose. This supports language use and personal affirmation.

I can feel proud and strong while doing the activity. This encourages a positive mindset and self-esteem.



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### Objective:

To help students use their bodies and voices to build confidence by practising strong poses and positive affirmations. Inspired by Jupiter, the planet of power and belief, this activity supports students to feel bold, balanced, and brave through playful movement.

### Players:

Ideal for 4–26 students, with space to move safely.

### Materials:

- Open floor space or soft mats
- Optional: calming music or upbeat theme music
- Optional: printed pose cards or photos for visual reference (provided for you in the PDF resource section)

### Time Required:

10–15 minutes

### Setup:

Start by reading the Jupiter page from *The Playful Astronauts*. Discuss how the torchlight in the story helps the astronauts feel brave, and how we all have a light inside us too.

Tell students they'll be trying "Power Poses" that show how strong and confident they are, just like superheroes or space explorers.

### Gameplay:

#### Step 1 – Learn the Power Poses:

Demonstrate 3–4 poses with the group:

- **Star Pose** – stand tall with arms and legs stretched wide
- **Mountain Pose** – stand firm with feet together, arms by sides, chin high
- **Rocket Pose** – arms up tall like a rocket ready for lift-off
- **Hero Pose** – kneel or stand with fists on hips and chest out

As you try each pose, introduce short confidence phrases for students to say while holding the pose, such as:

- "I am brave."
- "I can do hard things."
- "I am strong."
- "I believe in myself."



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## Step 2 – Pose and Repeat:

Guide the class through each pose, encouraging students to say the matching phrase aloud while holding their body still and proud.

Example:

- “Let’s all become tall rockets. Ready? One, two, three... I am brave!” (hold the pose and repeat together)

Repeat for each pose and allow students to choose their favourite.

## Step 3 – Group Reflection Pose:

Finish in a circle, holding one final pose together. Ask:

- “Which pose helped you feel strong inside?”
- “How did saying those words make you feel?”
- “When could we use these power poses in our day?”

## Winning the Game:

There is no winner. The goal is to feel confident, powerful, and proud, just like Jupiter’s glowing light teaches us to shine from within.

### Variations:

#### Younger Students:

Keep the poses simple (e.g. Star, Rocket, Hero). Add sound effects for fun: whooshing rockets, superhero music, or Jupiter thunder!

#### Older Students:

Encourage students to create their own signature Power Pose and phrase (e.g. “I am unstoppable!” or “I bring kindness wherever I go!”).

#### Group Power Poses:

Have pairs or small groups design *team poses* that represent unity and support, e.g., “Team Strength” or “The Brave Crew.”

#### Mirror Challenge:

One student leads with their Power Pose while others mirror it in slow motion. This builds leadership and observation skills.

#### Calm Confidence Edition:

Use soft music and slower breathing to explore “gentle power”, strong but calm. Students can say quieter affirmations like “I am peaceful” or “I am in control.”



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## For Wheelchair Users / Accessibility:

- All poses can be adapted for seated participation:
  - **Star Pose:** Extend arms out wide with a big smile.
  - **Mountain Pose:** Sit tall with hands on knees and shoulders back.
  - **Rocket Pose:** Lift arms high, fingers reaching up.
  - **Hero Pose:** Hands on hips or arms crossed proudly with chin raised.
- Provide adaptive or alternative phrases for students who use assistive communication devices.
- Encourage expressive gestures, facial expressions, or sounds to represent strength and confidence.
- Ensure the space allows for full wheelchair movement, with clear floor areas and visual cues for pose changes.
- For students with limited movement, focus on micro-expressions, a strong gaze, lifted chin, or open palms, all powerful and meaningful.

## Notes for Inclusion:

- Reinforce that *strength looks different for everyone*, it can be quiet confidence, kindness, or courage to try.
- Model vulnerability by joining the poses yourself and sharing how they make you feel.
- Encourage students to cheer for one another: “You look so strong!” or “I love your rocket pose!”
- For students who feel shy or anxious, allow them to do the activity with a partner or small group first.
- End with a positive affirmation for the class:
- “When we stand tall together, we help each other shine brighter.”

## Additional Notes:

“Power Pose Challenge” helps children connect body and mind to build confidence. This playful mix of movement and mantra shows young learners that being brave can be as simple as standing tall, saying kind words to themselves, and believing in their inner strength, just like the Playful Astronauts lighting up the skies of Jupiter.

