



*teacher toolkit*  
**Power Posey**

Access more toolkits online [here](#)

# Contents

Key Theme: Introduction to Power Posing .....	1
What is Power Posing .....	2
The Importance of Power Poses .....	3
Key Points .....	4
Book Discussion Questions .....	5
Exercise One: Practice the Poses .....	6
Practice the Poses: Discussion .....	8
Exercise Two: Power Pose Portrait .....	9
Power Pose Portrait: Student Printout .....	9
Exercise Three: Power Pose Freeze Dance .....	10
Exercise Four: Body Language Charades .....	11
Exercise Five: Body Language Detective .....	12
Body Language Detective: Student Printout .....	13

# Power Posing

## *Speaking to the Importance of Body Language*

Teaching power poses and body language to students is important for several reasons. Effective communication goes beyond verbal expression, and non-verbal cues play a significant role in conveying messages. By understanding body language and employing power poses, students can enhance their confidence, presence, and overall communication skills. These non-verbal tools are particularly valuable in various life scenarios, including job interviews, presentations, and social interactions.

Moreover, incorporating lessons on body language fosters emotional intelligence among students. They learn to interpret and respond appropriately to others' non-verbal signals, thereby improving their interpersonal skills and building healthier relationships. Recognizing the impact of body language on perception helps students navigate social dynamics with greater sensitivity.

Teaching power poses contributes to the development of a growth mindset. By adopting expansive postures associated with confidence, students not only project assurance to others but also cultivate a positive self-perception. This psychological shift can empower them to approach challenges with resilience and a belief in their ability to succeed.

In essence, integrating power poses and body language into education equips students with invaluable tools for effective communication, emotional intelligence, and personal empowerment, preparing them for success in both academic and real-world situations.

## *Unraveling Body Language and Power Posing*

Have you ever noticed how a smile can make someone's day brighter? Or how crossing your arms might show that you're feeling a bit unsure? Our bodies speak a language, and it's important to understand the messages we're sending and receiving.

When we use positive body language, like making eye contact, smiling, and standing up straight, we create a friendly and confident vibe. It helps us connect with others and makes teamwork even more awesome! On the flip side, negative body language, like slouching or frowning, might send signals that we're not feeling our best.

Power posing isn't just about looking strong; it actually makes us feel stronger on the inside too. Social psychologist and researcher, Amy Cuddy's popular TedTalk discussed some of the research behind body language and power posing. Despite some controversy over the validity of her and her team's research, body language and power posing remain relevant topics.

## *What are Power Poses?*



Power poses are about owning your space, expressing confidence, and feeling ready to take on new challenges. Power poses are body positions that convey confidence and strength. Imagine you're a superhero standing tall, chest out, and hands on your hips – that's a power pose! It's not just about looking strong; it's about feeling powerful from the inside out. When you embrace power poses, you're sending a signal to your brain that you're in charge, boosting your confidence and courage.

## *Cracking the Code of Body Language*



Body language is your silent language – the way you communicate without uttering a single word. It's a mix of gestures, expressions, and postures that convey your thoughts, feelings, and intentions. Whether you're aware of it or not, your body is always speaking, and understanding this silent conversation can give you a major edge. When you're excited, you might jump up and down, and when you're sad, your shoulders might droop. Even your face can tell a story – a big smile says you're happy, and a frown shows you might be feeling a bit down.



**Now, here's the really cool part – power poses and body language are tools that help you in so many ways!**

### *Feel Strong and Brave*

When you stand tall and use power poses, your body can trick your brain into feeling more confident, and that's super helpful when you're trying new things or facing challenges.

### *Show Your Feelings*

Body language lets you share your feelings without saying a word. If you're happy, your body might bounce with joy, and if you're upset, your face might show it. Understanding body language helps you connect with others and express yourself.

### *Make Friends*

When you use friendly body language, like smiling or making eye contact, it can help you make friends by making other people feel comfortable around you.

### *Be a Great Listener*

Paying attention to someone's body language helps you understand what they're saying. You can be an awesome friend by listening not just to words but also to how someone feels by watching their body language.

### *Team Up with Others*

In group activities, like games or projects, good body language helps you work well with your friends. It's like a teamwork secret – everyone understands each other better, and things go smoothly!

# Additional Key Points

***Our Bodies Speak a Language:*** Just like words, our bodies communicate messages to others. Whether we're happy, excited, angry or unsure, our body language gives clues about how we're feeling.

***Power Poses Make Us Feel Confident:*** Power poses are strong stances, like standing tall with our hands on our hips. When we strike these poses, it's not just for show – it actually makes us feel more confident and ready to take on challenges.

***Body Language Can Show Emotions:*** Sometimes, our faces and body movements show how we're feeling. For example, frowning might mean we're sad, while jumping with joy shows excitement. It's like a visual way of expressing emotions.

***Listening with Our Bodies:*** Good listeners use their bodies too. Nodding, facing the speaker, and giving our full attention with our bodies show that we're actively listening and interested in what someone is saying.

***Different Situations, Different Body Language:*** The way we stand or sit can change based on where we are and what we're doing. In a classroom, we might sit attentively, but on the playground, we might use more energetic body language.

***Confident Posture equals Positive Mindset:*** Standing up straight and having good posture not only looks confident but also helps us feel more positive and ready to tackle challenges.

***Power Poses in Tough Moments:*** When things get tough, striking a power pose can help us feel brave and strong. It's like giving ourselves a boost to face challenges with courage.

***Body Language is a Superpower:*** Our bodies have the power to express, connect, and feel confident. By being aware of our body language and using power poses, we unlock skills and potential to navigate the exciting journey of learning and growing.



After reading Power Posey, take a few minutes to engage students in a discussion about what they learned from the book. Below are some suggested questions. You are encouraged to come up with your own!

1. What were some of the challenges Power Posey experienced in the book?
2. Have you experienced similar challenges to Power Posey?
3. Notice Power Posey's body language in each illustration. What might Power Posey be feeling based on her body language?
4. In what situations might you use a power pose?
5. How do you use your body language to express different feelings like happiness, excitement, or sadness?
6. What else did you learn from the book?
7. What was your favourite part of the book?

### *Let's Explore Some Activities!*

**Teacher Tip:** You know your classroom and students best. The below are suggested activities, feel free to modify them based on what makes sense for your budget, students, teaching style, and learning environment.

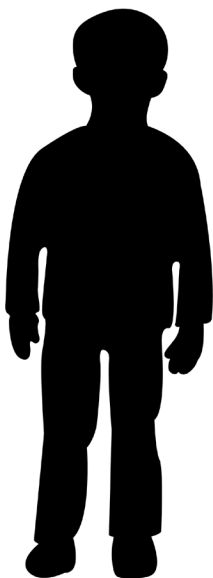
# PRaCTiCE the Poses

Power poses can influence how others see us, and how we see ourselves. When we engage in power poses that express confidence, friendliness, strength, and openness—our minds are more likely to see us as possessing those qualities.

Below are some common power poses. Where possible, encourage students to hold each pose for 1-2 minutes. Teachers are encouraged to modify poses based on each child's mobility and physical needs. Encourage students to spread out and find space to practice their poses. During poses, encourage students to breathe deeply during the pose, reminding them that their mindset plays a crucial role in the effectiveness of the pose.

## ***The Open-Arms Pose:***

Stand or sit with your arms wide, extending them to the sides. Keep your chest lifted and your head held high. This pose signifies openness, approachability, and confidence.



## ***The Victory Pose:***

Stand upright with your feet slightly wider than hip-width apart. Extend your arms above your head in a V-shape, with your palms facing outward. This pose symbolizes triumph and confidence.





# PRACTISE the Poses

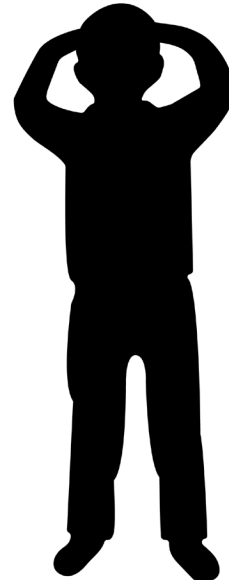
## ***The Super Hero Pose:***

Stand tall with your feet shoulder-width apart, place your hands on your hips, and lift your chin slightly, push out your chest.



## ***The CEO Pose:***

Sit or stand with your legs crossed and your hands behind your head, interlocking your fingers. Lean back slightly and maintain an open posture. This pose conveys authority and leadership.



Below are some phrases students can say to themselves in their head or out loud during each pose. Encourage students to come up with their own phrases.

I believe in myself and my abilities.  
I stand tall and I am proud of who I am.  
I am resilient and capable of overcoming obstacles.  
I embrace challenges as opportunities for growth.  
I am determined to reach my goals.  
I am strong, both mentally and physically.  
I am deserving of love, respect, and success.  
I face adversity with courage.  
I am a force to be reckoned with.  
I am grateful for my strengths and qualities.  
I choose to focus on the positive

# **PRaCTiSE** the Poses

## *Discussion*

After students have held the poses for a sufficient amount of time, gather them back together for a brief discussion. Ask questions such as:

How did you feel while holding the power pose?

Did you notice any changes in your confidence or mood?

What situations might you consider using a power pose?

How can you incorporate power poses into your daily routine?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## Power Pose Portrait

In the book Power Posey, Posey uses body language and power poses to help her overcome challenges. Draw a picture of you using a power pose to overcome a challenge. Describe your picture.



*Describe your picture.*

---

---

---

**AvRa DaVidoff**

~ Children's Author ~

# Power Posey **FREEZE** Dance

The Power Pose Freeze Dance serves as an engaging and effective tool for teaching students about body language. By combining movement and expression, students embody various power poses, fostering a direct connection between physicality and emotions. This interactive approach promotes a deeper understanding of how body language communicates confidence, authority, and self-assurance. Through the playful nature of freeze dance, students experience firsthand the impact of different poses on their own demeanor, enhancing self-awareness and interpersonal skills.

For this activity, play upbeat music and have students dance freely around the classroom or in a designated area [e.g., gym, outside, learning commons]. When the music stops, everyone strikes a power pose. This activity combines movement with power posing.

***After the activity, debrief the experience with students, below are some suggested questions:***

1. How did you feel when you were holding your power pose?
2. What did you notice about other students during the activity?
3. Do you notice a difference between power posing with music and power posing with no music?





# Emotion and Body Language

## CHARADES

Acting out different emotions enhances body awareness. Students become more aware of how their bodies express feelings and can learn to interpret similar cues in others. Cut out the emotions below and ask for volunteers to demonstrate a feeling through their body language. Other students are encouraged to guess the feeling. Use the extra spaces to write additional feelings.

<b>Happiness</b>	<b>Scared</b>
<b>Anger</b>	<b>Surprise</b>
<b>Fear</b>	<b>Sadness</b>
<b>Excitement</b>	<b>Disgust</b>

***Have students take turns acting out different emotions using only their body language. Encourage classmates to guess the emotion being portrayed.***



# body language DETECTIVE



Becoming aware of others' body language in public is crucial for effective communication and social navigation. It enables students to interpret unspoken cues, understand emotions, and foster positive interactions. By attuning to nonverbal signals, one can enhance empathy, build connections, and navigate social situations with greater understanding and adaptability.

As part of a field trip, or for homework, pick a public place where people gather (park, grocery store, library, mall, family gathering, sporting event, church, local event – make sure an adult is present to supervise children).

Spend a few minutes at the chosen location. Encourage students to observe others around them. Use the following worksheet below to help students record their thoughts.

After students complete the activity, you may encourage students to share their learnings in class and discuss why understanding body language is important.

***Location?***

***Who did you observe (e.g., adults, kids)?***

***What was happening (e.g., playing, walking, talking, shopping)?***

***Describe the body language of one person***

***Based on their body language, how might that person be feeling?***

**Teacher Tip:** To teach kids how to observe without staring, emphasize the importance of being respectful and considerate of others' personal space. Encourage them to use quick glances rather than prolonged stares and explain the concept of "looking with their eyes, not their whole face." Discuss that noticing details is okay, but staring can make people uncomfortable. Role-playing scenarios can help students practice subtle observation. Emphasize the importance of empathy and how they would feel if someone stared at them. Reinforce that being aware without being intrusive is a valuable social skill for respectful and positive interactions.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# body language DETECTIVE



Let's learn about body language by becoming a detective! Use your observation skills to learn how people use their body language to move and communicate with others. Complete the questions below.

***Describe your location.***

***Who did you observe (e.g., adults, kids)?***

***What was happening (e.g., playing, walking, talking, shopping)?***

***Describe the body language of one person.***



***Based on their body language, how might that person be feeling?***

**AvRa Davidoff**

~ Children's Author ~



# Hey Teachers!

Do you have additional ideas of what you'd like to see included in future versions of this toolkit or other resources? Have you had a success in using one of the activities above? Share your ideas and feedback in the [contact](#) section of my website.

Access more toolkits online [here](#)