



**Copy these 3 Power Poses
in front of a mirror!**

Think of Batman or Wonder Woman
Stand tall, chest out, hands on hips!



BOOM



Now say

I AM POWERFUL!

I AM BRAVE!

I AM WONDERFUL!



Can you think of 3 more?

Choose one that makes
you feel **SUPER!**

You can do this as many
times as you like!



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ACT OUT/SPEAK UP

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