

Power Pose Challenge

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

I can move my body into shapes that feel strong and confident:

This supports physical strength, balance, and self-awareness.

I can say words that help me feel brave and positive:

This develops emotional regulation and self-encouragement.

I can enjoy using movement to show how I feel inside:

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.

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.

