

Power Poses

Student A

How you hold your body can make a difference in how you feel.
This affects your mood and confidence

Work with a partner.

Tell your partner how to stand in this position. Don't show the picture.

You stand in this position, too.

What to say:

You might want to close your eyes.

*Stand with your feet about
45 centimeters* apart. (* 45 cm = 18 inches)*

Stand up straight.

Push your chest out.

Hold your head up a little.

Put your hands on your waist.

Hold your elbows out.

Breathe deeply.

*This position is called **Wonder Woman**
or **Superman** -- super heroes you see in movies.
Hold this position for at least 30 seconds.*

(Wait 30 seconds)

Listen. Think about the questions.

Don't answer out loud. Just notice your body.

How do you feel now?

Notice your breathing. Is it fast or slow?

Notice your muscles.

Your stomach.

Your chest.

Your shoulders and arms.

Your neck.

Your head.

Notice your feelings now.

Do you feel strong?

Do you feel confident?

Do you feel powerful?

*If this "power pose" makes you feel good,
you can use it any time you want to feel this way.*



Learn your partner's "Power Pose."

Then change partners. Learn a different "Power Pose."

© 2015 Marc Helgesen. OK to copy.

www.HelgesenHandouts.weebly.com

Note to teachers: Research basis: Carney, D., Cuddy, A. & Yap, A. (2010). *Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance*. Psychological Science 21. No. 10 (Oct. 2010) 1362-1368. Downloaded from: <http://tinyurl.com/PowerPosesCuddy> Also, see Amy Cuddy's talk on TED.com.

Power Poses

Student B

How you hold your body can make a difference in how you feel.
This affects your mood and confidence

Work with a partner.
Tell your partner how to stand in this position. Don't show the picture.
You stand in this position, too.

What to say:

You might want to close your eyes.

*Stand with your feet about
45 centimeters* apart. (* 45 cm = 18 inches)
Stand up straight.
Push your chest out.
Hold your head up a little.
Hold your arms out to your side.
Raise your hands up.
Your arms are like a giant letter "U."
Breathe deeply.*

*This position is called
King or Queen of the world.
You are the "King (Queen) of the world."
Maybe you are going to hug the world!
Hold this position for at least 30 seconds.*

(Wait 30 seconds)

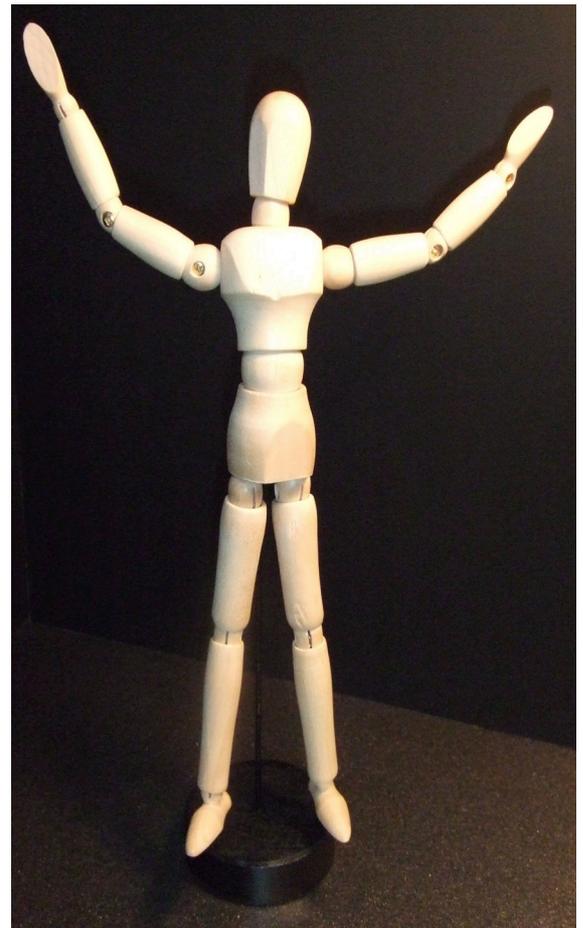
*Listen. Think about the questions.
Don't answer out loud. Just notice your body.*

*How do you feel now?
Notice your breathing. Is it fast or slow?
Notice your muscles.
Your stomach.
Your chest.
Your neck.
Your head.
Your shoulders and arms.*

*Notice your feelings now.
Do you feel strong?
Do you feel confident?
Do you feel powerful?*

*If this "power pose" makes you feel good,
you can use it any time you want to feel this way.*

Learn your partner's "Power Pose."
Then change partners. Learn a different "Power Pose."



© 2015 Marc Helgesen. OK to copy.

www.HelgesenHandouts.weebly.com

Note to teachers: Research basis: Carney, D., Cuddy, A. & Yap, A. (2010). *Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance*. Psychological Science 21. No. 10 (Oct. 2010) 1362-1368. Downloaded from: <http://tinyurl.com/PowerPosesCuddy> Also, see Amy Cuddy's talk on TED.com.

Power Poses

Student C

How you hold your body can make a difference in how you feel.
This affects your mood and confidence

Work with a partner. Tell your partner how to stand in this position.
Don't show the picture. You stand and gesture, too.

What to say:

*You might want to close your eyes.
Imagine you are giving a speech – a powerful speech.
Stand with your feet about
45 centimeters* apart. (* 45 cm = 18 inches)
Stand up straight.
Push your chest out.
Put your hands on the table about
60 centimeters* apart. (* 45 cm = 2 feet)
Lean your head and body in.
Gesture. Make large movements
with each hand.
Breathe deeply.*

*This position is called **Lean In**.
Speakers use it for powerful presentations.
Hold this position for at least 30 seconds.*

(Wait 30 seconds)

*Listen. Think about the questions.
Don't answer out loud. Just notice your body.*

*How do you feel now?
Notice your breathing. Is it fast or slow?
Notice your muscles.
Your stomach.
Your chest.
Your shoulders and arms.
Your neck.
Your head.*

*Notice your feelings now.
Do you feel strong?
Do you feel confident?
Do you feel powerful?*

*If this “power pose” makes you feel good,
you can use it any time you want to feel this way.*

Learn your partner's “Power Pose.”
Then change partners. Learn a different “Power Pose.”



© 2015 Marc Helgesen. OK to copy.

www.HelgesenHandouts.weebly.com

Note to teachers: Research basis: Carney, D., Cuddy, A. & Yap, A. (2010). *Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance*. Psychological Science 21. No. 10 (Oct. 2010) 1362-1368. Downloaded from: <http://tinyurl.com/PowerPosesCuddy> Also, see Amy Cuddy's talk on TED.com.

Power Poses

Student D

How you hold your body can make a difference in how you feel.
This affects your mood and confidence

Work with a partner.

Tell your partner how to stand in this position. Don't show the picture.

You stand in this position, too.

What to say:

You might want to close your eyes.

*Stand with your feet about
45 centimeters* apart. (* 45 cm = 18 inches)*

Stand up straight.

Push your chest out.

Hold your head up a little.

Put your hands above your head.

They look like a large letter "V."

Breathe deeply.

*This position is called **Victory**.*

You see it when someone wins a race.

Keep this position for at least 30 seconds.

(Wait 30 seconds)

Listen. Think about the questions.

Don't answer out loud. Just notice your body.

How do you feel now?

Notice your body. How do you feel?

Notice your breathing. Is it fast or slow?

Notice your muscles.

Your stomach.

Your chest.

Your neck.

Your head.

Your shoulders and arms.

Notice your feelings.

Do you feel strong?

Do you feel confident?

Do you feel powerful?

*If this "power pose" makes you feel good,
you can use it any time you want to feel this way.*



Learn your partner's "Power Pose."

Then change partners. Learn a different "Power Pose."

© 2015 Marc Helgesen. OK to copy.

www.HelgesenHandouts.weebly.com

Note to teachers: Research basis: Carney, D., Cuddy, A. & Yap, A. (2010). *Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance*. Psychological Science 21. No. 10 (Oct. 2010) 1362-1368. Downloaded from: <http://tinyurl.com/PowerPosesCuddy/> Also, see Amy Cuddy's talk on TED.com.