



Activity

Confidence power pose activity

Did you know that our body language can actually make us feel more or less confident?

Try this experiment:



Sit up straight or stand up tall. Put your hands on your hips and plant your feet about two feet apart. Lift your head. Lift your chest and pull your shoulders back (comfortably). Hold this position for two minutes.

How did that feel?

Sitting or standing tall, open and relaxed shows confidence, but also makes us feel more confident.