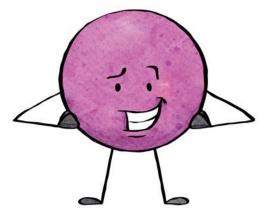




Activities





- Your hands on your hips and spread your feet apart. Push your chest out. Stand like that for 2 whole minutes. Use a timer, clock, or watch to ensure you do 2 minutes. Try and think to yourself 'I am mighty'.
- Draw a picture of you making the Superman pose.
- Write a few sentences about how it makes you feel after trying the Superman pose.
- Try doing this every day for 2 minutes (not just on a Monday)

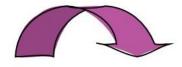
Feel your confidence grow!





Affirmations





I am strong I am brave I am confident I am bold I am mighty

Look in a mirror and repeat these statements out loud every single day!

