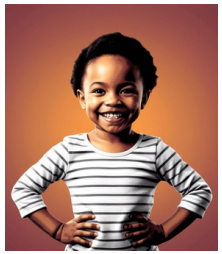
SUPERHERO POSES CARDS

Directions: Print and cut out the following cards double sided. Mix them up and use them to practice their Superhero poses to use anytime they are feeling sad, nervous, or just need a confidence boost.



SUPERHERO POSES

Power Pose



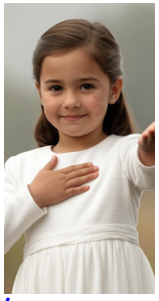
Phrase: "I am strong!"

Victory Pose



Phrase: "I am a winner!"

Brave Heart



Phrase: "I am brave!"

Flying Hero



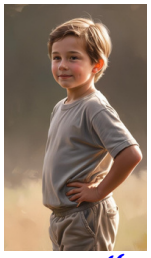
Phrase: "I can do anything!"

Grounded Stance



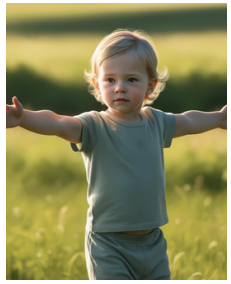
Phrase: "I am ready!"

Peaceful Warrior



Phrase: "I am calm and strong."

Protector Pose



Phrase: "I am a helper!"

Thinker's Pose



Phrase: "I am smart!"

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SUPERHERO POSES

Flying Hero

Pose: One arm stretched forward, as if flying, with the other arm at their side.

Brave Heart

Pose: One hand over the heart and the other held out, like a pledge.

Victory Pose

Pose: Arms raised overhead in a "V" shape, as if celebrating a win.

Power Pose

Pose: Standing with hands on hips, chest lifted, and a confident smile.

Thinker's Pose

Pose: One hand on chin, the other on hip, looking thoughtful.

Protector Pose

Pose: Arms spread out, as if to shield or protect.

Peaceful Warrior

Pose: One hand on the hip and the other resting by their side, with a peaceful look on their face.

Grounded Stance

Pose: Legs slightly bent with hands forward, as if they're ready to jump or move quickly.

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