

CHAPTER 5

POWER POSE



Re-read chapter five. Pay close attention when Grandad persuades Amy to do a 'Power Pose'.

Amy is striking her Power Pose below. Turn her into a proper superhero. Add a cape, mask, boots, etc.

In the speak bubbles add exactly what Grandad got her to say.



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Design your own Power Pose. A pose you could strike to feel strong and confident.

Then create a mantra. Phrases you could repeat over and over that make you feel strong.

