

FLIP-IT THINKING

**F.L.I.P**

LANGUAGE



## POWER POSING

Get everyone in the family to think of their favourite **superhero**

If they were in a tricky situation, how would they stand, what would they say and how would they say it?

## POWER POSING AND PERSONAL MANTRA

Have a family competition to see who has the **strongest** power pose

Who can give the **most positive** message?

## MAKE IT PART OF YOUR ROUTINE

Encourage your child to start every day with a power pose,

to help them **cope** and be more **confident**

