

1 Hero poses

Pupils stand in different poses like heroes, noticing how it makes them feel.

Intention: Pupils focus on their bodies, noticing how posture and mood can be connected



SEL competency: Self-awareness Believe in yourself

Duration: 5–10 minutes

Materials: (Optional) Images of heroes, a board to write on
Use **Posters 1 and 2** for visual support for emotions vocabulary

Key words: *hips, pose, position, shoulders, stand, hero*; body vocabulary

Instructions:

Prepare

- 1 You may want to pre-teach the key words for this activity.
- 2 Introduce the activity: *Who are your favourite heroes? They might be heroes from cartoons or films, but they might be famous people, too, like singers or sportsmen and women.* You may like to write these up on the board and create a mind map.
- 3 Ask: *Why do you like them? What can they do? Are they strong, clever, talented, fast, etc.?* These can be added to the mind map.

Practise

- 4 Now ask pupils to stand like a hero. You might like to have an image or two of a hero: *Imagine you're a hero – either your favourite or one you can imagine. How do they stand?* Encourage and praise pupils' hero poses.
- 5 Now invite pupils to do this version with you: *Let's do it together. Let's put our heads up so we feel proud. Let's push our shoulders back. Put your hands on your hips like this. Are your feet still?*
- 6 Continue: *Now take three deep slow breaths.*

Reflect

- 7 Ask: *How do you feel now?* Invite pupils to share their experience, remembering there is no right answer. (I feel strong, I feel silly, etc.) Use **Posters 1 and 2** for emotions vocabulary.
- 8 If pupils feel more self-confident after the hero pose, you might talk about how they may want to do the hero pose when they want to feel more confident or brave: *When we stand or sit up tall, we can feel more confident. Our body position can change how we feel.*
- 9 You might also get pupils to try out other poses, like a snapshot photograph of other feelings, such as being scared, bored, tired, worried and then go back to the hero pose: *Now imagine you feel scared. What does your body look like? How do you feel? Now go back to being a hero again. Now how do you feel?*

Hero on the outside. Hero on the inside, too!