

# SUPERMAN POSE

## TRY THIS

Fun poses can help children feel strong, brave and happy.

Stand with the feet placed on the ground just wider than the hips, fists clenched and arms stretching up towards the sky. Make yourself as tall as possible. Hold the stretch for a few seconds, then relax and bring the arms down.

Repeat the pose several times.

Then relax and think about how doing that pose has made you feel.

