

# Sustrans School Programme

## Power Postures

Suitable for: All

By learning **Big Belly Breathing** exercises and **Super Power Postures** you will find ways to make you feel more relaxed and energised.

### You will need

- Space to move
- Flat surface
- Suitable clothing/super hero clothes



## ‘Be Active’ and ‘Take Notice’

This activity will help you to work towards the five ways of wellbeing, by teaching us to ‘Take Notice’ of how we breathe. By learning to breathe from the belly and count how long we breathe in and out, it helps us to feel happy and relaxed when we are out during our walk or cycle ride. The Power Postures help us to ‘Be Active’ and show that if we learn to stand like a Super Hero we can feel Super Human..

**Train Your Brain:** After the belly breathing and in your Super Power Pose, get your brain active. Think about the future and ‘What If’.. But think of things that are going really well for you.

‘What If’....

I write an amazing song/poem and perform it to others

I think of a great joke and make my friends laugh

I become brilliant at cycling and I go on amazing adventures.



# Super Power Postures

Not all super humans wear capes, but if you have one why not.



## Exercise:

Find a great view. Stand with your feet hip width apart or wider. Hands on hips and arms bent. Keep your back straight and stand tall. Look at the world around you. You are now in Super Power Pose. Hold this for 60 seconds.

Extra Pose: Put both your arms up in the air making a large X or with your feet together a Y shape.

Tip: Imagine that you are a tree. Your feet are rooted down into the earth but your trunk can sway safely in the breeze or sunshine

## BIG BELLY BREATHING

By breathing in from our belly's we get more oxygen in our bodies giving us more energy when out during a walk or cycle ride.

### Step One

Breathe through your nose not your mouth.

**Fact:** When we breathe through our mouth we take in less air and so our hearts beat faster. If we have more air in our bodies we can play more easily and run up hills or sing for longer. Why not test this out?

### Step Two

Put your hand on your belly and your chest, breathe through your nose, four seconds in and four seconds out. You should feel your belly get bigger and smaller but your chest should be still.

**Tip:** Imagine your belly is a balloon. When you breathe in, fill it up including your sides, and when you breathe out the balloon is shrinking

Extra Activity: Breathe in for 4 and out for 6 seconds.



# Power Postures and Belly Breaths

Think about how can you include the  
5 Ways to Wellbeing into your Power Postures  
and Belly Breaths



BE ACTIVE



TAKE NOTICE

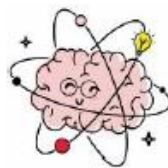


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

