

# Sustrans School Programme

## Power Postures

Suitable for: Key stage 3

**By activating the way we stand, breathe and focus during our daily walks or cycles we can shift our mood.**

### You will need

- Suitable space to stretch
- No special equipment needed

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 take an upright, wide body stance it makes us feel Super Human.

### Extra: Train Your Brain

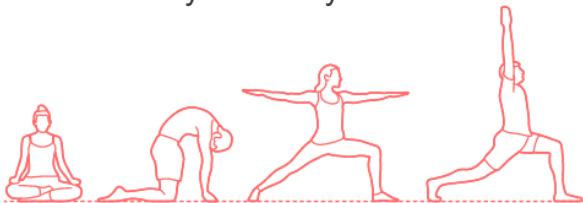
Find a quiet spot outside. After practising the deep breathing techniques we will practice some 'What If...' training. Often we worry about future events by thinking 'What If' and imagine something goes wrong or we fail at something. Stand in Power Postures and think 'What If' ... And imagine the future with the best outcome happening.

'What If'.....

I create a song/poem and perform it to my friends.

I learn to fix a puncture and then go on a bike adventure.

I'm kind to myself today as well as to others..



# Power Postures And Breathing

## Power Breathing

'Take Notice' of how you breathe, place your hand on your stomach and chest.

Most of us shallow breathe through our mouth you can feel that it is only filling up our upper chest. When we inhale using our mouth we breathe in less air and our heart beats faster, putting our body under more stress. Inhale through your nose and you will find that your diaphragm fills up with air causing your stomach to expand. To increase oxygen intake imagine that your belly is a balloon, when you breathe in, fill it up, including your sides, and when you breathe out the balloon is shrinking

You should feel your belly get bigger and smaller but your chest should be still.

## Breath Control

Inhale for 4 seconds and exhale for 4 seconds, breathing deeply through your nose.

Repeat this and then inhale for 4 hold for 1 second, and exhale for 4.

Inhale for 4, hold for one, and exhale for 6 or 8 seconds.

If your mind is busy when you go out focus on your breathing exercise.

If other thoughts appear, note them but focus back on your breath..

Close your eyes and be aware of the sensations of being outside.

## Power Postures

Research has shown if we stand in a strong Power Pose it sends signals to the brain to feel stronger and more confident.

Stand with your feet hip width apart or wider. Hands on hips and arms bent. Keep your back straight and stand tall.

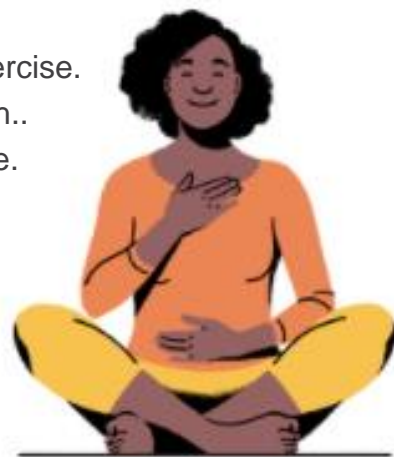
Imagine a string at the centre of your head pulling you up.

Shoulders are down, and calm nose breathing.

You are now in Super Power Pose. Hold this for 30 seconds.

Take in the view and be aware of all the sensations you feel.

Tip: Imagine you are like the trees outside, your feet are rooted down into the ground. Your trunk is free to sway safely.



Balance posture: Try some yoga stances like the tree pose, one foot rooted to the ground and the other leg bent and the foot nestled into the upper thigh. Look straight ahead, this will help for balance. Raise arms either outstretched to the sides or up above you and put your hands together for an extra stretch.



# Power Postures

Think about how can you include the 5 Ways to Wellbeing into your **Power Postures**



BE ACTIVE



TAKE NOTICE

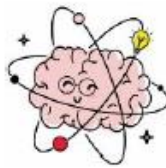


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

