

Techbridge Girls is committed to supporting our community by providing access to high-quality at-home STEM activities for our girls and curating resources for families and educators. The below activity was designed to empower girls to lead fearlessly by learning and teaching others while sheltering in place.

In this time of uncertainty, things can feel out of control, or like we do not have power to change the situations we are in. What we can sometimes forget is that we all come from a wellspring of personal power. This power comes from deep within us, and lives in places of us we know well and parts we are yet to meet. The Power Pose is an idea based on the research of Social Psychologist Amy Cuddy. See below to learn how to try on both Power Poses and Power Talk and learn about how you can use neuroscience to feel more powerful, even in difficult times!

### 1 Get your materials:

#### You will need:

- A phone, laptop, or tablet to play a video
- A timer
- A piece of paper/journal
- A pen
- A mirror
- *Bonus--a phone or device to take a picture of your Power Pose and to record your Power Talk*

### 2 The Power Pose:

1. Play video:  
<https://www.youtube.com/watch?v=a1ZrSnB3Wj4>
2. While watching the video, pay attention to the Power Poses the women do and **choose 1** you'd like to try.
3. Try it out!
  - a. Set your timer for **2 minutes**.
  - b. Do your Power Pose for the full 2 minutes!
4. **Reflect & Journal:** How did it feel to do your Power Pose? Do you feel different after holding the pose for 2 minutes?
5. Learn more: Check out this video for more information:  
<https://www.youtube.com/watch?v=zmR2A9Tnlso>

### 3 Power Talk:

1. Next, add in Power Talk by choosing your own affirmation. Affirmations are positive things you say to yourself about who you are. It might seem surprising, but saying affirmations to yourself everyday can actually make you feel more powerful and confident. Affirmations work best is you say them to yourself in the mirror.
2. Pick an affirmation from the list or write your own, *in any language you want*. Check out the examples!
3. Choose or come up with **5 affirmations** and write them down.
4. Find a quiet place with a mirror--it might be the bathroom--and say your affirmations to yourself.
5. **Reflect & Journal:** How did it feel to say your affirmations?

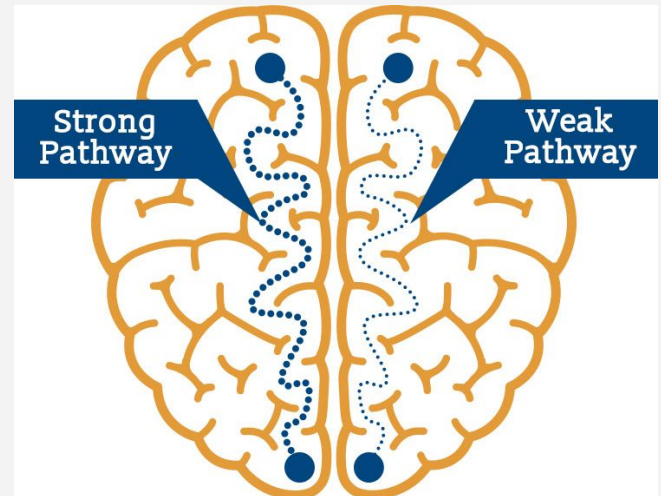
### Affirmations

I am worthwhile  
I am strong  
My feelings and ideas are important  
What I have to contribute to the world matters  
I love myself  
I trust myself  
I am okay and I'm going to be okay  
I have the ability to get through this  
I am satisfied with who I am  
I am intelligent  
I've got this!  
I really appreciate how I \_\_\_\_\_  
I love my ability to \_\_\_\_\_  
I deserve love  
I am enough and I am doing enough  
I get to decide what's best for me  
I am doing the best I can

Go to the next page to learn about the neuroscience behind Power Poses & Power Talk!

### 4 The Neuroscience Behind Everything & Putting it All Together:

1. To understand the neuroscience behind everything, picture a field with tall grass. What happens if you walk right through that grass the first time, since there's no path, it's difficult to do. What happens if you go the same way through that field every day for a week is that you start to see a little path forming.
2. After a while you have a bigger path, then a small road, and one day, you've used that path so much, you basically have a freeway!
3. Our brain works the same way. Neuroscience tells us that the more we practice something--it could be a behavior or even an idea (or thought), the bigger the pathways in our brain become



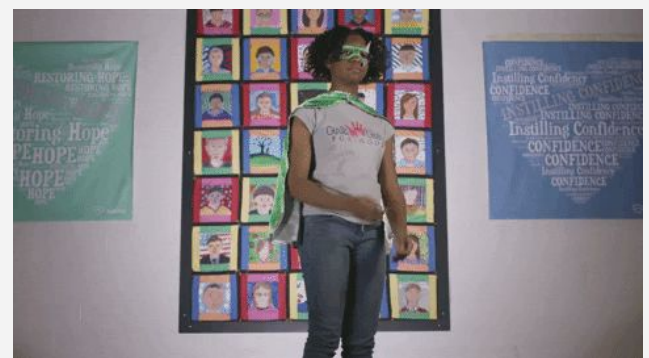
4. This is true with Power Poses (that make us feel powerful) and Power Talk (that build our sense of trust in ourselves and confidence and self-love). We start with a big grassy field, but as we practice, we start to build a path in our brain called “neural pathways” and those paths get bigger and better defined the more we practice our Power Poses and Power talk.
5. Putting it together:
  - Find a quiet spot (with a mirror, if possible!) and practice your Power Pose and Power Talk. Do this for 2 minutes and note how you feel (in your body, in your heart).



- **Reflect & Journal:** What is one feeling/idea that doing your Power Pose or talking your Power Talk gave you today that you would like to feel more often, especially during this time of COVID-19?

### 5 Share with the TBG Community!

1. Take a picture of you in your Power Pose, make a recording of your Power Talk, or create a short video/Tik Tok of you Power Posing/Power Talking and share with our TBG community!
2. Check out your favorite TBG program staff doing their OWN Power Pose and Power Talk!



**We are proud to support our girls' STEM journeys by providing resources to overcome barriers and to thrive and lead in STEM.**

**SHARE!** With permission from your parents or guardians, please post a photo of your completed project on Facebook, Twitter, or Instagram, and tag @techbridgegirls so we can see your great work!