



Spring Lunch 'N Learn Series:

Power Moves for Parents to Help Their Kids Crush Their Homework

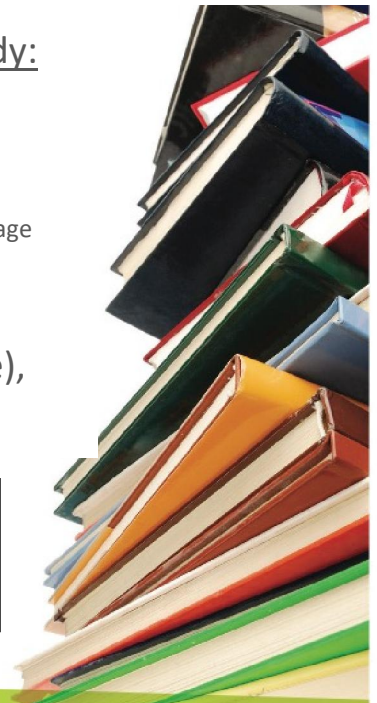
Power Move #3: Pose your Way To Success

- Before attempting homework, take 3 minutes to do this WITH your child.
- Stand up straight, put your hands on your hips, feet apart, looking straight ahead.
- Simply holding this power pose for a few minutes will signal their brain to feel more confident and perform better on their homework assignments.
- Before a test or presentation, encourage your child to go into a private space and do power posing at school.

Notes about Power Posing from Presence by Amy Cuddy:

1. The body shapes the mind, the mind shapes the behavior. (page 222)
2. Power posers have more non-verbal presence. (page 226)
3. The more time we are hunched over our devices (tablet, phone or computer) (in a powerless pose), the more **powerless** we feel. (page 229)

Thinking of a tutor for your child? We offer the first one-hour session FREE. Give us a try!



**Beyond the
Classroom®**

