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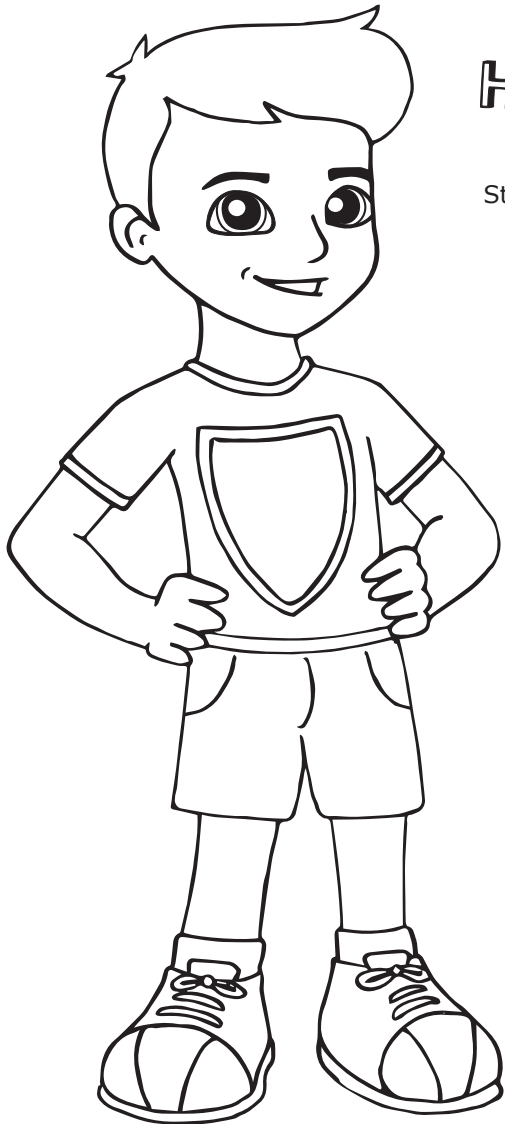
Lesson 4: What To Do When You're Nervous - Stand Strong

Standing strong is one way to help yourself when you feel nervous. When we stand strong, we stand as confident and steady as a superhero.

When your body is in a confident pose, your mind gets the message "I can do this."

You can stand strong before you take a test, give a book report in class, or try out for a sport.

Color in the pictures. Make the kids look strong and confident!



HERE'S HOW:

Stand up tall. Plant both feet on the ground, a little bit apart.

Put your hands on your hips, shoulders back.

Hold your head high.
Face straight ahead.
Imagine you are showing off the big shield on your superhero shirt.

Breathe in. Let yourself fill up with confidence.

Breathe out. Let nervous feelings melt away.

