



Find Your Power: Pump Up Ritual



Parent & Girl Activities

★ Big Idea ★

Have you ever wondered how gymnasts learn to effortlessly do splits? Or how someone who is scared to speak up in class ends up using her voice to make a difference? We know accomplishing any goal (big or small) takes time, effort and practice. But sticking with our goals and staying motivated to complete them can be challenging! Today's activity will give your girl one simple way to get pumped up and find personal motivation to keep going and reach any goal to which she sets her mind!

Why It Matters

Knowing how to pump yourself up and keep going is a key part of stick-with-it-ness. It takes more than positive thinking to see any goal through, but with these pump-up tools added to her toolbox, your girl will have more ways to reach for motivation and encouragement when she needs it most. More importantly, she will discover that she can reach inside herself for the support she needs.

★ Make Your Own Power Boost ★

Follow the steps below to create your own Power Boost you can use anytime you need to get pumped up and remind yourself to stick with your goal and stay motivated! Grab a sheet of paper and record each part of your Power Boost as you go (so you'll have a reminder of how to boost your power when you need it most)!

Materials

- ★ A pen, pencil, or marker
- ★ Paper
- ★ Music device (to find and play a song)



Step 1: Find Your Pump-Up Word or Phrase!

Did you know: When you shift the words you say to yourself from negative to positive, you can shift your emotions too, fueling new energy and momentum to achieve your goals!

- ★ **Think:** What word from the bank (or your own brilliant brain) will keep you motivated when the going gets tough?
- ★ **Write/Draw:** Add your pump-up word to one of the sections on your Power Boost sheet!
- ★ **Move:** Grab five pieces of paper and write your word five times! Now move as fast as you can to post these papers in places you'll need a reminder — a homework folder, inside a shoe, your pocket or maybe just on your hand. Use different types of movement as you go!



Word Bank:

Determination	Driven
Persistence	Energetic
Courageous	Cheerful
Fearless	Brave
Confident	Strong

Step 2: Put on Your Pump-Up Color!

Did you know colors are connected to emotions? Surrounding yourself in a certain color can help boost your energy!

- ★ **Think:** What color comes to mind when you think of your pump-up word?
- ★ **Write/Draw:** Add your pump-up color to your Power Boost sheet.
- ★ **Move:** Move as fast as you can and put on something with your pump-up color (anything counts — a t-shirt, bandana, hat, string or something else!).



Step 3: Go to Your Pump-Up Place!

- ★ **Think:** What place gets you excited to work on your goal or just feels like your own special get-away (to escape from the world)? It can be under a bed, your favorite park, under a tree you have befriended or next to your favorite person.
- ★ **Write/Draw:** Add your pump-up place to your Power Boost sheet.
- ★ **Move:** Bring all your materials and move as fast as you can to your pump-up place! When you get there, use all your five senses to take it in! If you cannot go there, close your eyes and use all your five senses to paint that place in your mind.



Step 4: Strike Your Power Pose!

Did you know you can use your body to send messages to your brain? Standing like Superwoman can actually make you feel stronger!

- ★ **Think:** What's a pose you can hold to make you feel strong?
- ★ **Write/Draw:** Add your power pose to your Power Boost sheet.
- ★ **Move:** Strike your power pose and hold it for a count of 15. Check in with your body — how does that feel?



Step 5: Play Your Pump-Up Song!

- ★ **Think:** What song gets you pumped up?
- ★ **Write/Draw:** Add your pump-up song to your Power Boost sheet.
- ★ **Move:** Play your song and dance it out! Be sure to shout your pump-up word as you move and strike your power pose!



Share & Connect

Put your Power Boosts side by side and reflect together with these questions:

- ★ What was your favorite part of the Power Boost?
- ★ How do you feel after completing your Power Boost?
- ★ When do you think you will use a Power Boost to reach your goals?