





# Dance Your Affirmation! Power Sticker Brain Breaks

When kids move like the qualities they want—strong, brave, joyful—it can help them start to believe it! These stickers turn everyday homeschool breaks into mini dance adventures full of confidence, creativity, and fun. Here are some brain break ideas to do throughout the day to help kids feel the affirmation as their special daily superpower.

## 1. Pick Your Power Sticker

Draw a sticker and see what superpower it gives you today: Resilient? Powerful? Grateful? Focused?

## 2. Create a Move

Make a dance move, pose, or wiggle that shows your sticker's power.

- Big or small
- Silly or bold
- Fast or slow

Do the move throughout the day as a reminder of your daily affirmation!

## 3. Dance Break

Play some music and bring your sticker to life!

- Reread your daily affirmation (like I am confident, I am focused, I am creative).
- Ask: How would I dance if this were true?
- Then move and dance around the room to music, showing that feeling with their body.
- Option: Switch affirmations and notice how the movement changes.

#### 4. Switch It Up

Pick another sticker and combine moves into a short “affirmation dance.”

- Try mixing 2–3 stickers in a row
- Make your own dance phrase

#### 5. Celebrate & Reflect

End each movement brain break thinking about your sticker’s power.

Parents can ask:

- “When did you feel this power today?”
- “How could you use this power tomorrow?”

#### Tips for Extra Fun

- Do it solo, with siblings, or with friends in a circle
- Keep it playful—make up twists or secret moves
- Use as a quick energizer between lessons, snack time, or chores

Have fun!

For more dance and life skills for kids, please see:

[thesecretdanceandlifetechnique.com](https://thesecretdanceandlifetechnique.com) – Life Skills for Tomorrow Through Dance Today.

If you want the physical stickers, please see: [Etsy](https://www.etsy.com/listing/4354408711/dance-affirmation-sticker-sheets).

[Listinghttps://www.etsy.com/listing/4354408711/dance-affirmation-sticker-sheets](https://www.etsy.com/listing/4354408711/dance-affirmation-sticker-sheets)

For dance and life skills online classes for kids, please see:

<https://thesecretdanceandlifetechnique.com/private-1-on-1-classes-online>