

## Activity: Competence Building Activity #7: Use Your Body Effectively

USE REGULARLY



USE SPARINGLY



"Go ahead,  
make me  
with you."



"Not sure that  
I believe you."  
agree



"Let me  
think about  
that for

HOW TO STAND



"Guess what's in  
my pockets."  
a while.  
I'm not sure."



Balanced, feet  
shoulder width  
apart, arms  
relaxed.

USE SPARINGLY

Crossed legs, leaning to one

