

Dojo Dad's 7-Step SuperPower Pack!®

A Game for Growing Pains to Powers!

ADHD → Focus Sharper

Anxiety → Calm Quicker

Asthma → Breathe Bolder



Dojo Dad's 7-Step SuperPower Pack!®

• Step 1 •

POSTURE IS POWER!



Dojo Dad's 7-Step SuperPower Pack!®

• Step 2 •

BREATHING IS EATING!



Dojo Dad's 7-Step SuperPower Pack!®

• Step 3 •

ENERGY IS EVERYTHING!



POSTURE IS POWER!

Activity: **Superhero Stance**

Mantra/Movement:

Chest Out

Head Strong

I AM Powerful

Stand tall, barefoot, and firm.

Imagine my Superhero Self.

Read the Mantra. Feel the Movement.

Reflection: How does being Super feel?

Benefit: Good Posture boosts confidence, mood, and focus by aligning the spine, opening the ribs, and increasing lung capacity. It is the foundation of my Fortress, built with my Bones, and air-conditioned with my Breath.

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A BONUS Cool-Down Exercise!

C

Center + Control

- Sit straight, shoulders back, chin up.
- Focus my Eyes comfortably on a spot in space.
- Feel my calm. Relax. Don't Slouch.
- Settle my Self for 20 seconds minimum. (3 full breaths)

H

Hands + Heart

- Hands up, palms facing, held out in front of my Heart.
- Tune in to my Heartbeat.
- Hone in on the space between my hands.
- Feel SuperPower Force on my palms and fingers for 20 seconds minimum.
- Prepare for 'I'

I

Inhale + Integrate

- Breathe In slowly (3 'sips')
- Breathe Down deeper and feel between my Hands and Heart.
- Find my Life Force Ener-Chi!
- Ingest, nourish and fuel Super Me in this way today and every day from now on!

My Main Superpower Mantra:

"I Shape Up. I Breathe Down. I Grow Strong!"

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ENERGY IS EVERYTHING!

Activity: **Dragon Breath**

Mantra/Movement:

Create Energy

Harness Energy

I AM Energy

Hold my hands like claws. Inhale slowly through my nose, filling my whole body. Exhale through my mouth, softly saying: 'Chhaaahhhaaaaahhhaaaa' while sending fire to my fingers and power to my arms.

Reflection: Do I feel fiercer and warmer?

Benefit: Controlled forceful exhalation increases blood and oxygen flow, helping to reduce anxiety. Squeezing muscles against bones builds **Superpower Strength!**

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BREATHING IS EATING!

Activity: **Balloon Belly**

Mantra/Movement:

Chew Well

Hone Health

I AM Nourished

With hands on my Belly, inhale slowly through my nose. (Inflate-Ingest). Hold my Breath and Belly for 5 seconds. Exhale (Deflate-Digest) slowly and deeply. Push all the air out and feel for my Diaphragm. (Almost like throwing up!)

Reflection: Do I feel fuller or lighter?

Benefit: Diaphragmatic Breathing lowers stress hormones, helps me relax, increases oxygen in the blood, and fuels energy.

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Dojo Dad's 7-Step SuperPower Pack!®

• Step 4 •

CALM IS CONTROL!



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• Step 5 •

STRESS IS LESS!



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• Step 6 •

HUMMING IS HUMAN!



Dojo Dad's 7-Step SuperPower Pack!®

• Step 7 •

CHI IS ME!



STRESS IS LESS!

Activity: **Shield of Stillness**

Mantra/Movement:

Clear Vision

Hands Open

I AM Protected

Sit quietly on my knees with my hands folded in my lap. Imagine my Posture holds a shield of protection that glows with calming light.

Reflection: What color is the light, and how did I feel sitting inside it?

Benefit: Stillness and visualization improve emotional regulation, grounding and resilience.

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CALM IS CONTROL!

Activity: **Candle Breath**

Mantra/Movement:

Cool Wind

Holds A Wish

I AM Magic

Inhale slowly through my nose. Think of a Wish. Exhale through my mouth with a small, slow, steady stream through my lips, to cool that fire in my fingers! Then, breathe in again and blow on them as if they were candles.

Reflection: Do I feel cooler and in control?

Benefit: Supports lung function, breathing, and heart rate, reduces stress and tension, promotes sleep, and enhances impulse control.

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CHI IS ME!

Activity: **Practice Makes Perfect**

Mantra/Movement:

Center Self

Honor Me

I AM CHI

Sit, stand, walk, or talk with awareness of Posture and Breath as often as possible. Speak, Think, and Share this Mantra always, and know that 'Life Force Ener-Chi' keeps me alive and well and strong.

Reflection: What does my CHI feel like when I combine these practices?

Benefit: Life Force Ener-Chi helps everyone enjoy fun, freedom, and well-being with empowered Health, Strength, and Growth!

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HUMMING IS HUMAN!

Activity: **Tone of Tranquility**

Mantra/Movement:

Chime Sounds

Heart Beats

I AM Music

Sit or stand and hum, feeling the vibration in my throat. Raise and lower and feel and listen to my 'voice' in my head, then in my heart.

Reflection: What did I hear in my head and feel in my body?

Benefit: Humming calmly affects the Nervous System to help lower stress, boost immunity and lung FUNCTION, enhance memory, improve mental health, and help cope with physical and emotional pain.

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