



Resilient Relationships

Family Coping Techniques

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The impact of the COVID-19 pandemic may have an individuals stress response system heightened. This stress can be see in the family dynamics even at a young age.

Participating in yoga is a great coping technique for families to practice positive interactions that promote the five key protective factors identified by the Center for the Study of Social Policies (CPPS) that strengthen families.

Yoga with Children

Families are encouraged to help their children destress and regulate their emotions by engaging in yoga. Follow the directions below for a fun but relaxing way to promote resilient relationships in the whole family! Yoga poses derived from: [Childhood101](#)

Directions: Turn the lights down and find a spacious but comfortable spot on the floor to practice each yoga pose. One may choose to do the yoga poses on a yoga matt or a towel. Quite but relaxing music could be played during this time. Start the yoga sequence by taking three deep breaths in through the nose and out through the mouth. As a family, begin the yoga poses holding each pose for ten seconds. End the yoga sequence by taking three deep breaths in through the nose and out through the mouth.



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CALM DOWN YOGA FOR KIDS

	I am strong.	
	Use your strength to catch tricky waves.	
	I am kind.	
	Stretch high and spread kindness all around.	
	I am brave.	
	Be brave and fearless as you fly down the ski run.	
	I am friendly.	
	Stretch like a dog wagging its tail.	
	I am wise.	
	Be a wise owl perched on a tree branch.	

Childhood 101 & Kids Yoga Stories
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