The impact of the COVID-19 pandemic may have an individual's stress response system heightened. This stress can be seen 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.
**Family Coping Techniques**

**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*