



**Resilient Relationships**

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# Family Coping Techniques

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

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

Childhood 101 & Kids Yoga Stories  
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