

## Managing Emotions through Yoga for Kids

So let's look at the **Move to Calm strategy**. Depending on the ability and readiness of your child, you might practice only one yoga pose (like [Child's Pose](#)) and count down from five while in that pose.



**“I am strong.”** Pretend to be a surfer.

**To do Warrior 2 Pose:** From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.



**“I am kind.”** Pretend to be a tree.

**To do Tree Pose:** Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade, creating oxygen, and providing homes to animals.



**“I am brave.”** Pretend to be a skier.

**To do Chair Pose:** Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you, pretending to grasp ski poles as you fly down a ski run like a brave and fearless skier.



**“I am friendly.”** Pretend to be a dog.

**To do Downward-Facing Dog Pose:** Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog.



**“I am wise.”** Pretend to be an owl.

**To do Hero Pose:** Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Twist your upper body one way and then the other.

Start slowly and focus on your child’s success. If your child doesn’t click with using movement as a calming down strategy, don’t push it. Leave it for a while, and then try again. Just like every strategy, nothing is a one-size-fits-all solution, so feel free to adapt and change the yoga method to suit your child’s interests and needs.

You can add background music of their choice