

Note for Parents: Try the following techniques at home...

Stress Management Activities for Kids

How can we help our kids find relief from stress, worry, and anxiety?

3. Yoga for Stress Management

Yoga is an accessible way to release physical tension as well as emotional stress. Prolonged stress and anxiety have a way of manifesting into the body. Yoga helps kids learn how to draw awareness to those sensations in the body and release them in an effective way to relieve stress.

Yoga is a form of exercise that promotes strength, coordination, and flexibility. In addition to those physical benefits, yoga also teaches children how to relax and concentrate using breathing and mindful awareness. These come together to form a powerful stress relief technique for kids.

Tips to consider when introducing yoga to children:

- keep it fun
- practice together
- wear comfy clothes
- stay positive
- praise effort over ability
- remember to breathe

Practice:

Try this [15 minute yoga class](#) for children to decrease anxiety, created for ages 3-12 by Brynne Caleda with [Yoga Ed.](#)

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