

# EASE at Home (Grades 4-7)

Strategies to help children cope with anxiety during the COVID-19 pandemic and beyond

Sometimes it's hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is happening to make their worries grow.

## Relaxation Skills: Being Mindful

### What is it?

Paying attention to the present moment with an open, curious mind, also known as mindfulness, can help children understand the different ways our bodies can react when we experience feelings of anxiety. To learn more about mindfulness, visit [Heart-Mind Online](#) and [Mindful.org](#).

### How?

Parents and caregivers can help children be mindful by focussing on the present moment. Learning mindfulness can take some practice. It can be done by taking time to be still for periods of time throughout the day. Encourage your child to relax in a chair or lie down on their back and close their eyes, if comfortable doing so.

Share these videos and/or the guided listening activity with your child:

### [Mindfulness Exercises for Kids: Still Quiet Place](#)

Video by GoZen!

### [Mindfulness: Youth Voices](#)

Video by Kelty Mental Health

### [Everything Changes In The Rain](#)

Recording by Inner Kids



Suggest an app to help your child learn mindfulness and ways to relax, such as [MindShift™ CBT](#). Offer to practice mindfulness with them.

Make 'stillness' part of your family's daily routine by adding it to another regular activity, such as before or after a meal, or before bed. (activity adapted from [Heart-Mind Online](#))

During a rushed time of the day, such as getting out the door or at mealtimes, get into the habit of doing a 'speed check'. Take a minute to stop what you and your child are doing and ask yourselves, "Could we slow down? Are we feeling too rushed?" If the answer is yes, then take a few deep breaths and then return to what you were doing, but at a slower pace. (activity adapted from [Heart-Mind Online](#))



Everyday  
Anxiety  
Strategies for  
Educators

EASE (Everyday Anxiety Strategies for Educators) is a collection of classroom lessons that have been adapted for parents and caregivers to help children manage anxiety and worries at home.



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