

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.

Coping Cards

What is it?

It can be hard to remember helpful tools and phrases when children are feeling stressed or worried. Creating personalized cards, called Coping Cards, can be used to help support them through anxious feelings or challenging situations. Writing these ideas down can remind them 'in the moment' that they can manage these feelings and they will pass.

How?

Children can use personally meaningful phrases, drawings or objects to help calm and focus their mind by reminding them of the skills they have learned when they feel overwhelmed or when they need support to manage worried feelings or challenging situations.

Recommend books your child can read that address coping tools, such as:

[The Deepest Breath](#)

by Meg Grehan

[Outsmarting Worry: An Older Kids Guide To Managing Anxiety](#)

by Dawn Huebner

[Everyone Needs a Rock](#)

by Byrd Baylor

Encourage your child to write or paint personally meaningful words on rocks or pieces of wood.



Place rocks throughout the house or your child can put them in a pocket or backpack for times when they are feeling worried.



Together with your child come up with encouraging phrases or inspirational words. Write these on small pieces of paper and put in a jar or box for your child to read when they are feeling upset or to build a positive mindset.



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.

