

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.

Learning About Worries

What is it?

There are many ways our bodies and minds react to feeling worried and uncertain. It can be reassuring to know that feeling worried and anxious is normal, temporary and even helpful in some situations. Although anxiety is uncomfortable, it is not dangerous, and there are many things we can do to calm ourselves.

How?

Watch videos about feeling worried and anxious and ask your child if they are having any of the same feelings. Some examples include:

[Why Do I Feel Anxious Sometimes?](#)

by Karen Young

Encourage your child to take notice and write down the situations, events, or activities when they experience anxious feelings.



As they begin to understand what their feelings are linked to, they can be more prepared to better manage these feelings with coping skills they have learned.

[Fight Flight Freeze A Guide To Anxiety For Kids](#)

by Anxiety Canada

[What Is A Worry Warrior?](#)

by Counselor Keri

Provide an opportunity for your child to create a word cloud using [WordArt](#) or their own worry character using a computer program like [Silk](#). Talk with your child about what their worry character looks like.



Hint: Share some examples of your own feelings of worry and anxiety as well as those of family members. This allows your child to see anxiety as a normal feeling that is manageable. Emphasize that worries come and go like clouds in the sky.



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.

