

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.

Spot the Thought

What is it?

Our thoughts can impact how we feel and act. Parents and caregivers can help children understand what a thought is and how some thoughts may be helpful while others unhelpful.

How?

Children can learn to become aware of their thoughts through regular practice.

Watch videos about how we can become more aware of our thoughts. Some examples include:

[Mindfulness For Kids - Learning About Our Thoughts](#)

by Fablefy - The Whole Child

[How To Manage Your Worries - Circles of Control](#)

by British Red Cross

Divide a piece of paper into 3 sections. Title each section *Feelings*, *Thoughts*, and *Action*. Brainstorm with your child a recent situation where they reacted strongly and write it in the *Action* section. Then move to the *Feelings* section and have them write down their feelings that were associated with the action. Then move to the *Thoughts* column and brainstorm with your child what thoughts they might have been thinking.



Discuss with your child the connection between their thoughts, feelings and actions.



Have conversations with your child throughout the day about situations and describe some of the thoughts you might be having. Invite your child to share some thoughts they might have in the same situations.

Talking about thoughts can help your child develop an awareness of their thoughts.



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.

