

# 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.

## Taking Brave Steps

### What is it?

Parents and caregivers can help children understand that being brave involves taking small steps to slowly face their fears, one step at a time. Taking small steps is one of the most valuable tools to use when facing fears or overcoming a challenge. To learn more, visit Anxiety Canada's [Helpful Tips for Doing Exposure Exercises](#) and [Rewarding Bravery](#).

### How?

While it is common to avoid situations that cause fear and worry, when children learn about bravery and how to take small manageable steps to face their fears, they learn that they can move through their fears.

Explore with your child what it means to be brave. Watch a video that relates to someone conquering a fear. Ask questions like "How did the person in the video feel?". Some examples include:

### [Anita: Learning to Manage Fears \(Exposure\)](#)

by Anxiety Canada

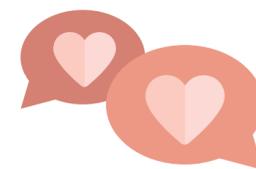
Brainstorm with your child a realistic goal they would like to reach and the first step they can take to meet it, such as learning a new skill. Help your child to think of all the steps needed to achieve this goal.

Invite your child to create a comic strip of themselves walking through each of these steps to overcome their fear.



### [Flight of the Hummingbird - Haida Manga](#)

by Michael Nicoll Yahgulanaas



Take time to share with your child situations when you have been brave and had to face a fear.

Talk about the steps you took to overcome the fear.



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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COLUMBIA