

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.

Worry Scale

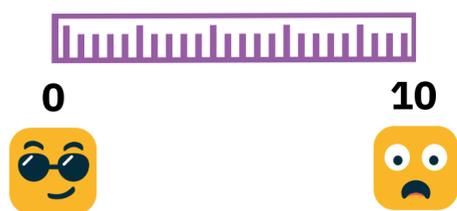
What is it?

The *Worry Scale* is a way to measure the strength of our feelings and understand that anxious feelings can vary from mild to strong. The scale can help children check in with themselves and recognize the amount of anxiety they are feeling, and when they may need support from a parent or caregiver to help them feel better.

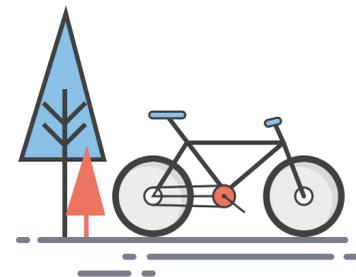
How?

Help your child visualize the 'size' of their worries. Ask them to rate their worry in different situations such as the first day of school, going to the dentist, riding a bike on a busy street or giving a speech, using the activities below.

Create a worry scale with your child so they are able to rate their different worries. Draw a scale of 0 - 10, where 0 is happy and calm, moving up to 10 being the most anxious they have felt.



Use this scale when you notice your child might be feeling worried as a way to check in and see the strength of their worry.



Brainstorm with your child things they can do to help them shift their big worries to medium or small.

Ideas might include taking some deep breaths, going for a bike ride, listening to music, talking to a trusted adult, or having time alone.