

# EASE at Home (Grades K-3)

Strategies to help young 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.

## Relaxation Skills: Being Mindful

### What is it?

Paying attention to the present moment with an open, curious mind, also known as mindfulness, can help children understand the different ways our bodies can react when we experience feelings of anxiety. To learn more about mindfulness, visit [Heart-Mind Online](#) and [Mindful.org](#).

### How?

Parents and caregivers can help children be mindful by focussing on the present moment. Learning mindfulness can take some practice. It can be done by taking time to be still for periods of time throughout the day. Encourage your child to relax in a chair or lie down on their back on a comfortable surface and close their eyes, if comfortable doing so.



Take one slow, deep breath together. Ring a bell or use a chime sound on a phone app (e.g. Insight Timer) and ask your child to focus all of their attention on the sound, until it can no longer be heard (slowly reduce the volume if using a phone app).

Ask your child to put their hand on their tummy and take a few slow deep breaths.

Repeat.

Ask your child to answer the following questions quietly in their head, allowing time in between each question.

 What is one thing you **hear**?

 What is one thing you **see**?

 What is one thing you **feel**?

 What is one thing you **smell**?

Take one slow breath together and ask your child what the experience was like. Using their senses to notice things around them, requires being fully present in the moment.



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.

