

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.

Body Awareness

What is it?

Worried feelings can show up in many ways in our bodies. For example, children may experience a racing heart, hot face and tense muscles when they feel scared or worried. Being aware of the different ways our bodies respond to feelings of worry can make these feelings less frightening and help us make sense of what we are experiencing.

How?

Read books or share stories about the different ways our bodies react when we experience worried feelings. Ask if your child has ever felt some of the same sensations. Some examples include:

When I Am Worried

by Michael Gordon

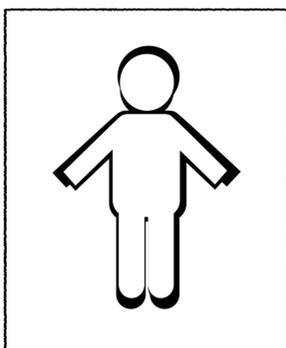
Hey Warrior

by Karen Young

Listening to My Body

by Gabi Garcia

Notice and ask questions about how your child physically reacts to different situations. It can be easier to talk about how their body is responding rather than talking about the feelings. *"I see your arms are crossed really hard across your chest after you missed the net. I wonder what your arms/body are telling you about how you are feeling?"* (activity adapted from [Heart-Mind Online](#))



Discuss a time when your child did something that created worry for them. How did their body feel? Together, outline your child's body on paper and talk about where in the body they experience worry.

They can draw or also paste magazine pictures to show some of the body reactions they experience. Use fun symbols to show different experiences like drums beating near the head for a headache.



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.

