

# 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.

## Coping Cards

### What is it?

It can be hard to remember helpful tools and phrases when children are feeling stressed or worried. Creating personalized cards, called Coping Cards, can be used to help support them through anxious feelings or challenging situations. Writing these ideas down can remind them 'in the moment' that they can manage these feelings and they will pass.

### How?

Children can use personally meaningful phrases, drawings or objects to help calm and focus their mind by reminding them of the skills they have learned when they feel overwhelmed or when they need support to manage worried feelings or challenging situations.

Read picture books or share stories and ask your child what the characters did when they felt worried. Some examples include:

#### I Can Handle It

by Laurie Wright



Invite your child to trace their hand and write a meaningful or inspiring word on each fingertip. These can be reviewed before facing challenging situations and used as encouragement.  
(activity adapted from [Heart-Mind Online](#))

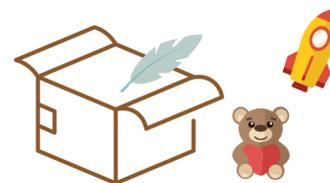
#### Ruby Finds a Worry

by Tom Percival

#### The Whatifs

by Emily Kilgore

Create a *Coping Skills Toolbox* with your child by asking them to go on a treasure hunt to find things that are comforting to them. Talk with your child about why they chose these items, how the items make them feel, and difficult situations when they could be used.



Together with your child, find a place to keep the toolbox.



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.

