

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.

Learning About Worries

What is it?

There are many ways our bodies and minds react to feeling worried and uncertain. It can help us to feel better knowing that feeling worried and anxious is normal, temporary and even helpful in some situations. Although anxiety is uncomfortable, it is not dangerous and there are many things we can do to calm ourselves.

How?

Read picture books, share stories or watch videos about feeling worried and ask your child if they are having any of the same feelings. Some examples include:



[The Huge Bag of Worries](#)

by Virginia Ironside

[A Big Hug Book: Worries Are Like Clouds](#)

by Shona Innes

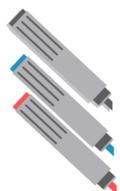


[Is A Worry Worrying You](#)

by Ferida Wolff & Harriet May Savitz

[Anxiety In Kids](#)

by Willa, Kid Scientist & Australian Museum



Provide an opportunity for your child to create their own worry character using materials from around the house such as markers, rocks, magazine pictures, or playdough. Talk with your child and ask questions about the worry character's size, color and shape, when and why they think the worry character shows up.

Hint: Let your child know that everyone has worries from time to time. Talk about some of your small worries. Emphasize that worries come and go like clouds in the sky.



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.

