

# 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.

## Spot the Thought

### What is it?

Our thoughts can impact how we feel and act. Parents and caregivers can help children understand what a thought is and how some thoughts may be helpful while others unhelpful.

### How?

Children can learn to become aware of their thoughts through regular practice.

Read picture books or share stories and ask your child about the character's thoughts.

When children relate to characters and events in books, they can feel less alone.

Examples include:

### A Thought is a Thought

by Nikki Hedstrom

### Don't Think About Purple Elephants

by Susan Whelan

### I Think, I Am!

by Louise Hay  
& Kristina Tracy

Look at pictures of people in different situations or expressing different emotions. Use [photos](#) of people in different situations, or a [wordless picture book](#) or magazine.



Ask your child to look for clues about what the people might be thinking.



Write down some helpful and unhelpful thoughts that are meaningful to your child on pieces of paper.

Label a paper bag as 'helpful' and another bag as 'unhelpful'. Take turns with your child selecting a thought and deciding which bag it belongs in.



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.

