

EASE at Home (Grades K-3)

Strategies to help children cope with anxiety

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

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.

Don't Think About Purple Elephants

by Susan Whelan

I Think, I Am!

by Louise Hay
& Kristina Tracy



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 at Home is a collection of classroom resources that have been adapted for parents and caregivers to help children manage anxiety and worries at home.

