

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.

Worry Scale

What is it?

The *Worry Scale* is a way to measure the strength of our feelings and understand that anxious feelings can vary from mild to strong. The scale can help children check in with themselves and recognize the amount of anxiety they are feeling, and when they may need support from a parent or caregiver to help them feel better.

How?

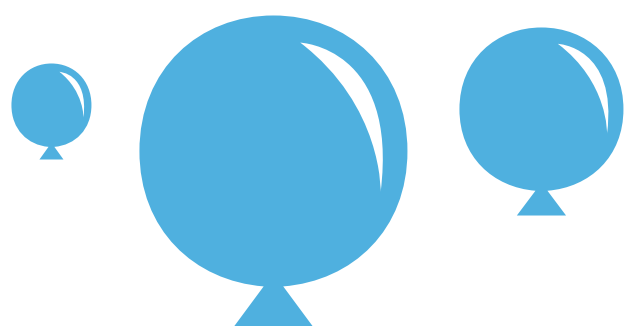
Help your child visualize the “size” of their worries. Ask them to show how small or big their worry might be in different situations, such as the first day of school or going to the dentist, by using the activities below.

Read books or share stories and ask your child what they do when their worries get too big. Some examples include:

Don't Feed The WorryBug

by Andi Green

Talk with your child about all of their different worries. Invite them to blow up a balloon (or you can do so) to a size that represents each worry.



How Big Are Your Worries Little Bear?

by Jayneen Sanders

Brainstorm with your child what they could do to help shift their worries from feeling big to medium or small.



Ideas might include a cultural practice, listening to music or thinking about a favourite person or pet.