

EASE at Home (Grades 4-7)

Strategies to help 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.

Helping Children Find Their Feelings

What is it?

Children may have a hard time identifying the intense and confusing feelings that come with all the changes in their world. They might be feeling frustrated, worried, restless, hopeful, angry, and overwhelmed all at the same time. So many swirling emotions could result in disrupted sleep, irritability, increased fights with siblings, and physical complaints like stomach aches. Learning to recognize emotions and find acceptable ways to express them can keep them from staying bottled up inside or acted out in unsafe ways.

How?

Talk about feelings with your child. Read books or watch videos about different emotions and ask if your child is having any of the same feelings. Some examples include:

My Heart

by Corrina Luyken



Share some of the feelings you have been having lately. Let your child know that you accept that these feelings are normal and temporary and that you are coping with them in healthy ways

The Red Tree

by Shaun Tan

Acknowledge all the feelings your child experiences. Be present and supportive without trying to fix or change how they feel. For example, "It's okay to be feeling a little nervous now - it's a sign your emotions are working as they should."



How is She Feeling?

by Disney Enterprises



Invite your child to express feelings through drawing and painting, writing, dancing, music, or even having a good cry



Everyday
Anxiety
Strategies for
Educators

EASE (Everyday Anxiety Strategies for Educators) is a collection classroom resources that have been adapted for parents and caregivers to help children manage anxiety and worries at home.

