

# 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.

## Helping Children Move Their Bodies

### What is it?

Moving our bodies has many benefits for our physical, mental, and emotional health. Build in big or small movement breaks throughout the day to decrease stress and increase fun!

### How?

When possible, get outside to enjoy the fresh air, remembering to follow [physical distancing guidelines](#) to keep you and others safe. There are lots of ways to get active that don't require a lot of equipment or time. Use your imagination and interests to come up with your own activities or try some of these examples:



Jump rope, kick a ball, toss a frisbee, play hopscotch, tag, or Red-Light Green-Light. Check out these [classic outdoor games](#).

Have a family dance party, pump up the music, dress up and let loose!



Combine screen time and active time with videos like [Cosmic Kids Yoga](#) and [GoNoodle](#)



Go on a scavenger hunt. Look for things like a feather, a y-shaped stick, a flat stone, a rock with a spot on it, five different leaves, something natural and red. See these [Scavenger Hunt printables](#) for more ideas.



Build an obstacle course with stations to cycle through. For example:

1. do 10 jumping jacks
2. jump over a row of canned goods
3. spin around 5 times
4. balance a cushion on your head for 10 seconds
5. pretend to hula hoop (or really hula hoop!)



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.

