

# EASE at Home (Grades 4-7)

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.

## Body Awareness

### What is it?

Worried feelings can show up in many ways in our bodies. For example, children may experience a racing heart, hot face or tense muscles when they feel scared or worried. Being aware of the different ways our bodies respond to worry can make the feelings less frightening and help us understand what we are experiencing.

### How?

Watch videos or listen to recordings about the different ways our bodies react when we experience anxiety. Ask if your child has ever felt some of the same sensations. Some examples include:

#### [Fight Flight Freeze](#) [Anxiety Explained For Teens](#)

Video by Anxiety Canada

#### [Body Scan](#)

Recording by Kelty Mental Health

*\*Please note that the term "meditation" is used in this recording.*

#### [Different Ways Our Bodies React To Anxiety](#)

Video by Global News

love

joy

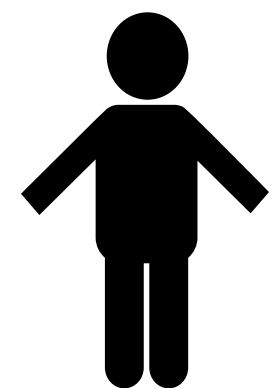
fear

Create a list of emotions with your child and write them on separate pieces of paper.

Take turns picking one piece of paper and act out the emotion without talking. Use body and facial expressions only, while the other guesses.

Encourage your child to pay attention to the way their body responds to worry by completing a "body awareness check" at different times of the day. To help them practice this awareness, have them focus on how different parts of their body can feel at different times of the day, such as after an unexpected event, after getting home from school or before bedtime.

Point out that sometimes the changes in our body may not feel great, but they don't last long and are not dangerous.



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.



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