

# 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.

## Coping Cards

### What is it?

It can be hard to remember helpful tools and phrases when children are feeling stressed or worried. Creating personalized cards, called Coping Cards, can be used to help support them through anxious feelings or challenging situations. Writing these ideas down can remind them 'in the moment' that they can manage these feelings and they will pass.

### How?

Children can use personally meaningful phrases, drawings or objects to help calm and focus their mind by reminding them of the skills they have learned when they feel overwhelmed or when they need support to manage worried feelings or challenging situations.

Recommend books your child can read that address coping tools, such as:

#### [The Deepest Breath](#)

by Meg Grehan

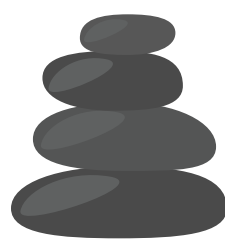
#### [Outsmarting Worry: An Older Kids Guide To Managing Anxiety](#)

by Dawn Huebner

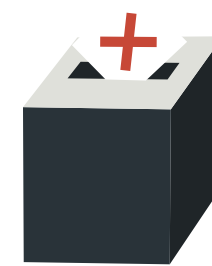
#### [Everyone Needs a Rock](#)

by Byrd Baylor

Encourage your child to write or paint personally meaningful words on rocks or pieces of wood.



Place rocks throughout the house or your child can put them in a pocket or backpack for times when they are feeling worried.



Together with your child come up with encouraging phrases or inspirational words. Write these on small pieces of paper and put in a jar or box for your child to read when they are feeling upset or to build a positive mindset.



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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COLUMBIA

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## Taking Brave Steps

### What is it?

Parents and caregivers can help children understand that being brave involves taking small steps to slowly face their fears, one step at a time. Taking small steps is one of the most valuable tools to use when facing fears or overcoming a challenge. To learn more, visit Anxiety Canada's [Helpful Tips for Doing Exposure Exercises](#) and [Rewarding Bravery](#).

### How?

While it is common to avoid situations that cause fear and worry, when children learn about bravery and how to take small manageable steps to face their fears, they learn that they can move through their fears.

Explore with your child what it means to be brave. Watch a video that relates to someone conquering a fear. Ask questions like "How did the person in the video feel?". Some examples include:

#### [Anita: Learning to Manage Fears \(Exposure\)](#)

by Anxiety Canada

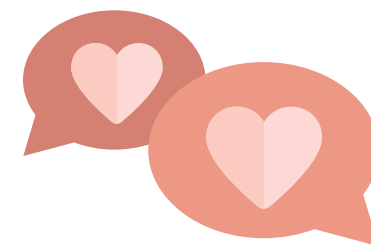
Brainstorm with your child a realistic goal they would like to reach and the first step they can take to meet it, such as learning a new skill. Help your child to think of all the steps needed to achieve this goal.

Invite your child to create a comic strip of themselves walking through each of these steps to overcome their fear.



#### [Flight of the Hummingbird - Haida Manga](#)

by Michael Nicoll Yahgulanaas



Take time to share with your child situations when you have been brave and had to face a fear.

Talk about the steps you took to overcome the fear.



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