

Everyday Anxiety Strategies for Educators (EASE)



PHE Curricular Competencies: Mental Well-being

Audience(s): K-7

Hyperlink: [EASE](#)

Description

EASE (Everyday Anxiety Strategies for Educators) is a collection of evidence-informed anxiety prevention and resilience-building resources. They use cognitive behavioural strategies to address the thoughts, feelings, and behaviours associated with anxiety. They have now been adapted for use at home by parents and caregivers to support children's mental health.

Objective(s)

These fun and practical strategies can help parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond.

Curricular Connections

This resource is connected to the following Curricular Competencies from the PHE curriculum:

- Identify and describe feelings and worries (K-1)
- Identify, describe and apply practices that promote mental well-being (K-3)
- Describe and assess strategies for promoting mental well-being (4-7)

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by the B. C. Ministry of Children and Family Development in collaboration with Anxiety Canada and B. C. Educators