



## Strategies for Kids with Anxiety



Dear Educators.

We are pleased to provide you with an update regarding EASE – Everyday Anxiety Strategies for Educators, a new school-based mental health prevention initiative provided by the Ministry of Children and Family Development (MCFD). EASE launched in January 2019 and the Province officially announced the new resources at the second annual Ministry of Education School Community Mental Health Conference in February.

EASE was developed in B.C. through consultations with experts in the field of childhood anxiety and with extensive feedback from B.C. educators. Explicit attention was paid to ensure it both supports social and emotional learning and fits B.C.'s educational context. It consists of professional development workshops for K-7 educators, provided at no cost, and accompanying classroom resources.

EASE activities help all students learn to manage everyday feelings of anxiety using cognitive-behavioural coping strategies. Regularly practicing these strategies has been shown to be effective in building resilience and managing anxiety symptoms and situations that cause distress. MCFD specifically developed EASE to provide flexibility to B.C. K-7 educators, allowing them to modify and adapt delivery to fit the unique learning needs of their students.

Although EASE is designed to be delivered by classroom teachers to benefit all students universally, it can easily be adapted for small group and individual use by school counsellors, administrators and support staff. Each activity can be used as a stand-alone lesson or delivered in sequential order for those educators who choose to use a linear approach. The activities are



displayed in an easy-to-read lesson plan format, and directly link to the Core Competencies and Physical Health and Education learning standards in the provincial K-12 curriculum. MCFD introduced EASE as the first phase of a multiphase plan that reflects the B.C. Government's cross-ministry commitment to support and sustain school-based mental-health initiatives.

Future phases include additional evidence-informed resources on other mental health topics that will be available for young children and secondary students. Over 40 EASE professional development workshops have been scheduled during this first trial year (January-May 2019) and MCFD is gathering feedback from participating educators to monitor and evaluate its initial implementation in schools. The results will help inform the ministry's future plans, and details regarding access to EASE in the 2019-20 school year will be available on our website ([www.gov.bc.ca/Everyday-Anxiety-Strategies-for-Educators](http://www.gov.bc.ca/Everyday-Anxiety-Strategies-for-Educators)) in June 2019.

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