



EASE

Everyday
Anxiety
Strategies for
Educators

EASE is not a program, rather a collection of evidence-informed anxiety management and resilience-building classroom strategies for use with students in grades K-7. These stand-alone activities align with B.C. curriculum and are designed to benefit all children by fitting into existing classroom routines and practices. EASE anxiety literacy workshops and classroom strategies were co-created by the Ministry of Children and Family Development and Anxiety Canada – and with a lot of help from educators!

You are invited to attend an EASE Workshop!

Join us for a day of hands on learning and discussion to:

- Learn about anxiety and how it presents at school
- Discover ways to integrate anxiety prevention tools into regular classroom routines
- Get hands-on strategies to help students:



Recognize helpful & unhelpful thinking



Take brave steps to face a challenge



Use relaxation skills to dial down strong emotions & build resilience

Date & Time: _____

Location: _____

Grade Level: _____

Lunch Details: _____

Registration Contact: _____

Email: _____

Phone: _____

Registration Deadline: _____



Ministry of
Children and Family
Development

This workshop is hosted by school district: _____ and sponsored by The Ministry of Children & Family Development
gov.bc.ca/everyday-anxiety-strategies-for-educators



Anxiety
CANADA