



What is EASE?

EASE - Everyday Anxiety Strategies for Educators is a collection of school-based, evidence-informed, anxiety management and resilience-building resources for use by educators with B.C. students in grades K-7. EASE helps educators teach students strategies to address the thoughts, feelings and behaviours associated with anxiety, while also supporting social and emotional learning and mental health literacy of educators through a professional development course.

EASE was developed in 2019 by the B.C. Ministry of Children and Family Development (MCFD) in collaboration with Anxiety Canada and includes extensive feedback and insight from B.C. educators and experts in the field of childhood anxiety.



EASE Online

To increase its reach to more educators and students across the province, the EASE workshop has moved online. Upon completion of the self-paced online course, educators will gain access to the K-7 classroom resources and lesson plans – all provided at no cost.

The EASE lessons are designed to fit into existing school routines and practices – and to benefit all children. While developed for classroom teachers, they can be adapted for use by school counsellors, administrators and support staff.



EASE at Home

Select EASE classroom lessons have been adapted for use by parents and caregivers to support children's mental health across home, school and community settings. EASE at Home activities are available as downloadable PDFs in both English and French at:

www.gov.bc.ca/Everyday-Anxiety-Strategies-for-Educators