



Everyday Anxiety Strategies for Educators

# Watson Elementary and PAC Present EASE at Home Parent Night

When: Wednesday, November 13<sup>th</sup>, 2024

Time: 5:30 – 7:00 PM

(Pizza dinner will be from 5:30 – 6:00 PM and the presentation from 6:00 – 7:00 PM)

(Babysitting will be provided for elementary school-aged children and those as young as 2.)

### What is it?

EASE at Home provides parents with the strategies educators are already using in the school to help their children with everyday anxieties.

Please RSVP by email to [jennifer\\_thiessen@sd33.bc.ca](mailto:jennifer_thiessen@sd33.bc.ca) or [karina\\_magnelson-skaley@sd33.bc.ca](mailto:karina_magnelson-skaley@sd33.bc.ca) by Thursday, November 7<sup>th</sup>. In your email, please include how many adults, children, and their ages so we know how much food to provide.

Available spots are limited.



# WATSON ELEMENTARY EASE (Everyday Anxiety Strategies for Educators) Parent Night

## Building Resilience Through Emotional Regulation Strategies

With rising levels of anxiety among students, schools are increasingly adopting strategies to help students learn healthy coping and self-regulation skills. These tools not only enable students to fully engage in their academic learning but also support their broader human and social development. Programs like EASE are vital in this effort, offering evidence-based techniques that benefit both educators and caregivers.

By using consistent strategies and language across school and home environments, children can effectively apply their learning in multiple settings, fostering resilience and emotional management. Educating caregivers and connecting with the community further reinforces these efforts, creating a unified approach to supporting students.

EASE aligns with the First Peoples Principles of Learning, incorporating locally adapted Indigenous perspectives to provide a culturally sensitive framework. This integration underscores the importance of fostering emotional regulation as a foundation for navigating key life transitions and building lifelong resilience.

*"It's essential to recognize the mental health needs of both ourselves and our children. Today, children are exposed to media and global issues at much younger ages than before. They often absorb adult worries, carrying these burdens far too soon. I'm grateful that we are moving toward a world where we can be vulnerable and openly discuss mental health. With strategies like those shared by EASE, I'm confident we are on the right path."  
~ Parent*

- ✓ Collective Responsibility
- ✓ Human and Social
- ✓ Targeted Interventions
- ✓ Transitions
- ✓ Community