



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. EASE helps educators teach students strategies to address the thoughts, feelings and behaviours associated with everyday anxiety, while also supporting social and emotional learning and mental health literacy of educators through an online professional development course – all provided at no cost.



EASE K-7

Upon completion of the self-paced online course, educators will gain access to K-7 classroom resources and lesson plans.

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 8-12

Upon completion of the self-paced online course, educators will gain access to 8-12 educator and student classroom resources.

This online course provides B.C. secondary school staff with practical, flexible, evidence-supported information and strategies to better equip them to support everyday (mild to moderate) anxiety in their grades 8-12 classrooms.

EASE 8-12 is intended for educators in all subject areas and the prevention strategies described can also be adapted for individual use by school counsellors, specialist teachers, administrators and support staff.



EASE at Home

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.



AISE en ligne

AISE - Apaiser l'Anxiété : Interventions et stratégies pour les éducateurs/trices is a French translation of EASE K-7. Upon completion of the course, educators can download French versions of the EASE classroom lessons and resources. The translation was achieved in partnership with School District 93, Conseil scolaire francophone de la Colombie-Britannique.