

ELSA's can help with...

Loss & bereavement

Self-esteem

Social skills

Understanding and recognising emotions

Friendships

Anxiety & worries

Relaxation techniques

Emotion regulation

And much more!



What are the benefits?

Children learn better if their emotional needs are addressed. This allows them to attend and concentrate in school.

ELSA sessions can help learners to:

- Develop coping strategies and communicate their thoughts and feelings.
- Interact with others.
- Develop greater self-awareness.
- Manage school better and feel better about themselves.

ELSA

Emotional Literacy Support Assistants

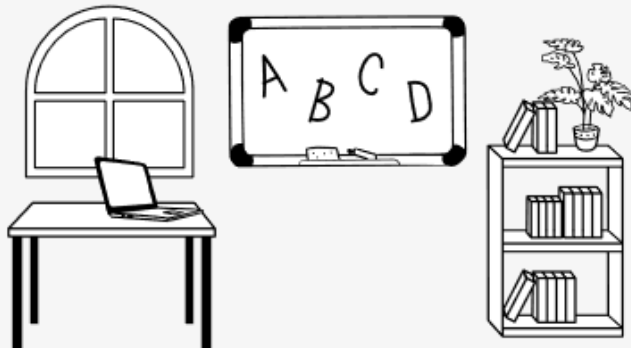
A Guide for Parents

What is an ELSA?

An ELSA is a member of staff who is trained to support learners in the development of their emotional literacy and other skills.

ELSAs receive in-depth training and ongoing supervision from Educational Psychologists.

Mrs Bassett is our school ELSA.



What do ELSA sessions look like?

ELSA intervention typically consist of weekly sessions of planned intervention (lasting around 6-12 weeks). Each session is tailored to meet the identified needs of the pupil.

What is emotional literacy?

Understanding and coping with feelings about ourselves and others.

Developing self-esteem and positive interactions with others.

Developing ways to regulate our emotions and focus on learning.

Examples of what can happen in an ELSA session:

- Emotional check-in
- Relaxation techniques
- Games and puzzles
- Social stories
- Positive affirmations
- Activities to develop interoception
- Crafting activities
- Regulation activities