



What is an ELSA?



- ELSAs are emotional literacy support assistants.
- They are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school.
- They have regular, professional supervision from educational psychologists to help them in their work.
- They help children and young people learn and understand their emotions and respect the feelings of those around them.
- They provide time and space for pupils to think about their personal circumstances and how they manage them.

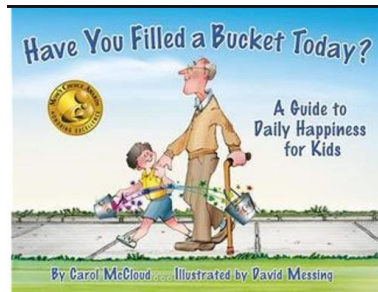
What is Emotional Literacy?

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

~ Helen Keller

- Understanding and coping with ours and other people’s feelings.
- Developing high self-esteem and positive interactions with others.
- Being emotionally literate helps children focus better on their learning.

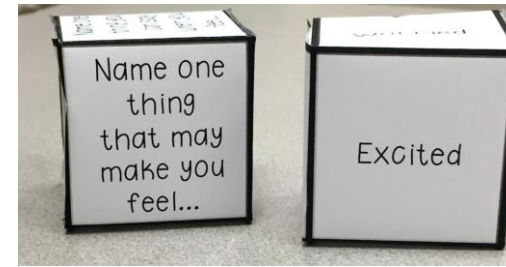




How does ELSA work?

- A regular session during the week for 20-30 minutes.
- These sessions can be individually or in small groups.
- Sessions are fun and can include role-play, puppets, games, art & craft and stories.





Resources



Areas ELSA might work on:



- Recognising emotions
- Managing feelings
- Self-esteem
- Social skills
- Friendship skills
- Loss & bereavement
- Resilience
- Anxiety

Remember!



- ELSAs are not there to fix children's problems. What we can do is provide emotional support.
- We aim to establish a warm, respectful relationship with a pupil and to provide a reflective space where they are able to share honestly their thoughts and feelings.

Useful websites for children's wellbeing



<https://youngminds.org.uk/>



<https://www.place2be.org.uk/>



<https://www.mind.org.uk/>



<https://www.childbereavementuk.org/>



<https://www.relaxkids.com/>



<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>



nhs.uk

<https://www.cruse.org.uk/>



Websites for parents

<https://www.anxietyuk.org.uk/>



<https://www.childrenssociety.org.uk/>



<https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/>

