

How does ELSA work?

- With parental consent, the child's teacher completes a referral form for the ELSA to follow
- An ELSA works with children either one to one or in a group for 45 minutes a week
- Sessions typically run for 6-8 weeks in the Ladybird Room
- All sessions are fun and could include role play, puppets, games, art, crafts and stories
- There is always time to talk
- Every child's progress is continuously monitored and reviewed
- The child's teacher and Head Teacher are informed of progress and any concerns

ELSA's can help with:

Anger management
Anxiety
Behaviour
Bullying
Conflict
Emotions
Friendship issues
Loss and bereavement
Self-esteem
Social skills
Relationships
Relaxation techniques



ELSA



Emotional

Literacy

Support

Assistant

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The ELSA's in school are
Mrs Lucas & Mrs Leese





What is an ELSA?

ELSAs are Emotional Literacy Support Assistants.

They are teaching assistants who have received specific, additional training with educational psychologists from whom they receive on going supervision following training.

Their role is to support children in school in understanding and regulating their own emotions whilst also respecting the feelings of those around them.

What is Emotional Literacy?

- Self-awareness and recognition of one's own feelings and knowing how to manage them
- Being able to recognise and adapt to the feelings of other people
- Developing communication skills and the enhancement of relationships with other people
- Developing self esteem



What are the benefits of ELSA?

- It can boost self-esteem
- It is a safe place for a child to talk without fear of judgement from others
- It can promote the child's co-operation with others
- It can enable children to participate in positive, social interactions with other children/people
- It models effective social behaviour
- It encourages children to discuss how other people might be feeling
- Being emotionally literate helps children focus better on their learning