



Individual Session

The ELSA will plan their sessions for your child very carefully and consists of:

Emotional Check in

This is an opportunity to talk about feelings.

Main activity

The ELSA will plan the activity to a learning objective. This is usually a 'I can' statement such as 'I can tell you about my strengths' (A self-esteem objective). The ELSA will encourage your child to tell you about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child will then make something to reinforce those strengths.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class.

Your child will now be able to answer the question 'I can tell you about my strengths'.

Group Session

The ELSA will plan their sessions for your child very carefully and consist of: the first two parts consists of a circle-time where children sit in a circle and take part to speak.

Emotional Check in

This is an opportunity to talk about feelings.

Warm up activity

A fun game or activity to help relax your child.

Main activity

This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and give a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end of the session.

Relaxation

Typical problems

A very angry child

The ELSA will take the child through an anger management intervention to help them recognise their anger triggers, techniques to avoid those triggers and calming down techniques.

A loved pet has died

ELSAs are trained in bereavement and understand that the loss of a pet is probably the first experience of death for your child. They will work with your child to help them feel sup-

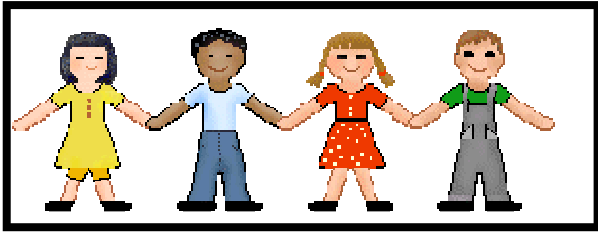
Please talk to the SENCO in your school if you have any problems with your



Mrs Millard
SENDCO

Emotional
Literacy
Support
Assistant

Mrs Gardner



What is '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. ELSAs have regular professional supervision from education psychologists to help them in their work. An ELSA is a warm and caring person who wants to help your child feel happy in school and to reach their potential educationally. Their aim is to remove the barriers to learning and to have happy children in school and at home.

ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

How does ELSA work?

Most ELSA programmes will last 6 weeks, helping the pupils to learn some specific new skills or coping strategies. Clear programme aims (SMART targets) need to be set early on and each session has an objective – something the ELSA wants to help the pupil understand and achieve.

In ELSA we aim to provide support for a wide range of emotional needs:

- recognition and understanding emotions
- building self esteem
- social skills
- emotions
- relationships
- friendship issues
- anxiety
- bullying
- conflict
- anger management
- loss and bereavement
- relaxation techniques
- transition / change
- mental health and wellbeing

Our ELSA Room



Our ELSAs are;



Mrs Duffy



Mr Pool