



Children are invited to take part in ELSA if we feel they would benefit from 1:1 sessions to help improve self esteem and positive relationships with other people. We find that helping children become emotionally literate, in turn will support their learning.

We liaise with class teachers and parents to assess which children will attend these sessions and they usually run for ten weeks depending on the child's needs.

Our ELSAs are all trained and receive regular supervisions.

If you have any questions, please contact school and one of our well being team will get back to you.

TEL: 01745 353447



# ELSA

(Emotional Literacy Support Assistants)

Our aim is to support the emotional development of our children.





Some of the areas that ELSAs can work on are:

- ♦ Recognising Emotions
- ♦ Self-Esteem
- ♦ Friendship Skills
- ♦ Anger Management
- ♦ Loss and Bereavement

The children have the structure of the sessions explained to them and that we have clear expectations of acceptable and unacceptable behaviour.

ELSA sessions are fun and will use various activities to encourage the children to participate. These can all be tailored to suit the child's interests and likes.

Sessions usually last for 30-45 minutes.



Our ELSA sessions will take place in a quiet area of the school so the child can get the best out of their sessions.

The sessions are held during school time and your child will be collected by the ELSA assigned to them.

