

## ELSAs 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?

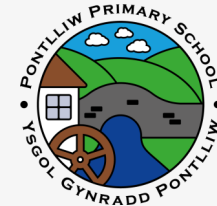
Children learn better if their emotional needs are addressed. This allows them to attend and concentrate in school.

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

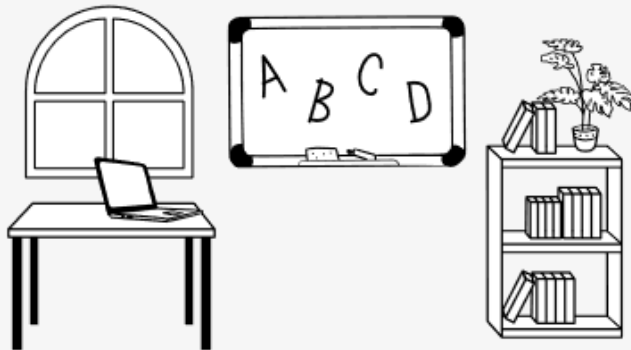


## A Guide for Parents

## 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.

ELSA's receive in-depth training and ongoing supervision from Educational Psychologists.



## 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