

## What are the benefits of an ELSA?

Children learn better and are happier if their emotional needs are addressed.

They learn to:

- Develop coping strategies and talk about difficulties.
- Interact more successfully with others.
- Develop greater self-awareness.
- Manage school better and feel better about themselves.

Pupils who spend time with the ELSA can feel that they have been listened to and supported with a worry or a particular difficulty.



If you have any questions about the role of the ELSA, please contact the school office

## What can I do to help at home?

- Find time to listen to your child.
- Do lots of fun things together.
- Encourage your child to see the positives in every situation.
- Encourage problem solving to find a peaceful solution.
- Help your child to see things from the view of other people.
- Discuss any concerns you have with your child's teacher/SENCO.



# Emotional Literacy Support Assistant



[www.elsanetwork.org](http://www.elsanetwork.org)

## What is an ELSA?

An ELSA is an emotional literacy support assistant.

They are trained specifically to support children who may be showing a range of emotional or social difficulties. An ELSA's role is not to deal with challenging behavior.

ELSA's are chosen for their ability to build positive relationships with children and to listen and talk through their worries.



Our ELSA is Mrs Hockley. She works on a Monday, Tuesday and Wednesday.

## What issues may be covered during the sessions?

- Relationships
- Recognising emotions
- Social Skills
- Friendship issues
- Self esteem
- Understanding anger
- Loss and bereavement
- Anxiety
- Building resilience



## How does the process work?

The ELSA will receive referrals from the class teacher who may have also discussed concerns with the parents of the child. They will work together to create a desired outcome and then the ELSA will put together a plan to work towards achieving this.

## What does a typical ELSA session look like?

- ELSA sessions are planned in advance with the aim of working to an outcome.
- The sessions are tailored to the individual needs of the individual child.
- Sessions may happen weekly or fortnightly.
- The sessions are designed to be fun and relaxed.
- The ELSA may use puppets, books, games, talking and listening etc.
- A simple record of the session will be taken so that progress can be monitored.
- Pupils are supported to find their own solutions to a problem rather than being told what to do.
- The ELSA may talk to the class teacher about strategies to support the child in the classroom.