

## What are the benefits of ELSA?

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

They learn to:

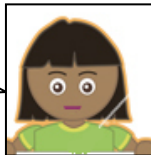
- develop coping strategies and talk about difficulties.
- interact more successfully with others.
- develop greater self-awareness
- manage school better and feel better about themselves.

Pupils with an ELSA feel they have been listened to and supported commenting that;



I don't worry anymore

I have learnt lots about myself



It was nice to talk openly

## 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 peaceful solutions
- Help your child to see things from the view of other people
- Discuss any problems or concerns you have with your child's teacher/ SENCo

## Who to contact

ELSA School Contact:

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ELSA project  
developed by  
Sheila  
Burton

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

# Emotional Literacy Support Assistants



Who are they?  
What do they do?



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developed by Sheila  
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## Who are ELSA's?

An ELSA is a specialist teaching assistant who has been trained to work with children who are showing a wide range of emotional or social difficulties for example; anxiety, low self esteem, problems with anger etc.

ELSA's have been chosen for their ability to build good relationships with children.



## What do ELSA's do?

ELSA's work closely with teachers to set clear objectives for individual children. The ELSA will then work on these objectives with the child individually or in a small group.

Activities which target the needs of the child will be planned carefully by the ELSA's.

## Will my child enjoy the ELSA sessions?



Yes Of Course!!

ELSA sessions are planned in advance and tailor made to suit the needs of the children. The sessions are designed to be fun and interactive to engage and motivate the child.

The ELSA may use a range of activities throughout the sessions which could include games, puppets, role play, making things, talking and listening etc.



For example puppets can be a great way of modeling social situations or getting children to talk about how they feel in different circumstances.

## What issues may be covered during the sessions?

- RELATIONSHIPS
- RECOGNISING EMOTIONS
- SOCIAL SKILLS
- FRIENDSHIP ISSUES
- SELF ESTEEM
- UNDERSTANDING ANGER
- LOSS & BEREAVEMENT
- ANXIETY
- COPING STRATEGIES
- BUILDING RESILIENCE
- BULLYING ISSUES

## What if my child needs further help?

Your child's progress will be monitored closely during the ELSA programme. If the school or parent feels that the child needs further support the school has access to a range of external support services.

ELSA's have close links with the school's Educational Psychologist.