



ELSA

Emotional Literacy Support & Advice

What is an Elsa?

ELSA is an initiative developed and supported by educational psychologists.

It recognises that children learn better and are happier in school if their emotional needs are being met.

An Elsa is a qualified teaching assistant that has been trained by an educational psychologist to plan and deliver purposeful intervention of support to pupils who are experiencing temporary or longer additional emotional needs.

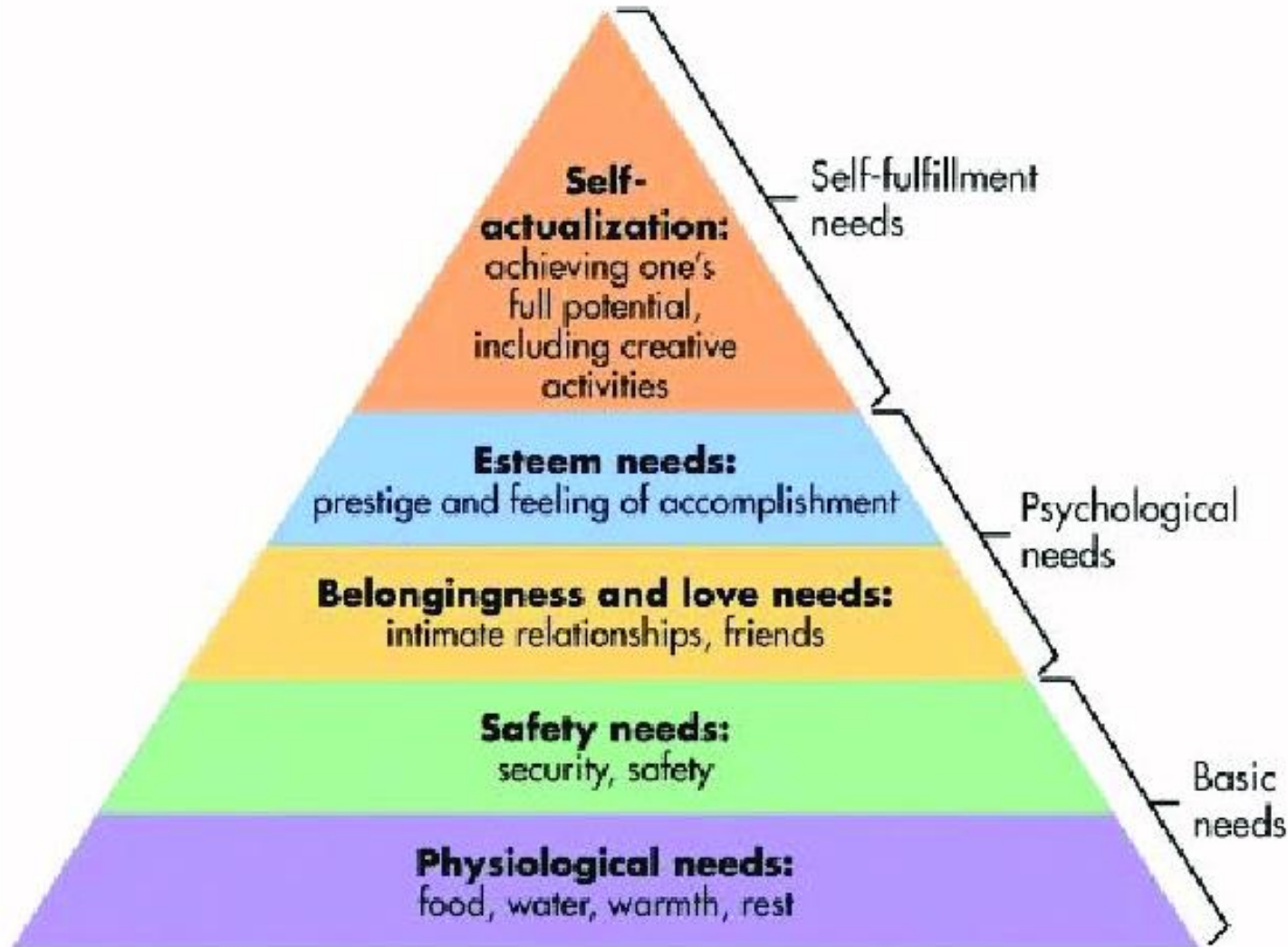
The majority of these sessions are delivered on an individual basis, however sometimes small group work is more appropriate, especially in areas of social and friendship skills.



The benefit of having an ELSA in school is to identify support some of the following emotional needs.

- Loss and bereavement
- Self - esteem
- Social skills
- Friendship issues/ conflict
- Relationships
- Anger management
- Anxiety
- Self confidence
- Resilience

Maslow Theory.



For a young person to meet their full potential the needs of the of the lower levels must be met. The Elsa programme emphasises this to support young people who need strategies to support some of these levels.

As a result of covid and lockdown it has caused/ created gaps and many young people have experienced a higher level of more emotional needs.

How an ELSA session will look.

Each session will:

Begin with a welcome and emotional check in. (how they are feeling and why)

A warm up activity.

Review of previous session.

Main activity.

Relaxation/ mindfulness activity.

Review of session. (what did you learn today how will you use this new skill?)

This session should last for a minimum of 30 minutes per child. The interventions will take place once a week on the same day and time for 6-8 weeks depending on the individual child. Ideally each half term.

Referrals are to be sent to HP