



## What is an ELSA?

An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists in your local education authority. An ELSA is a warm and caring person who wants to help your child feel happy in school and to reach their potential educationally. Their aim is to remove barriers to learning and to have happy children in school and at home.

Please do talk to your child's Class Teacher or ELSA in your school if you have any problems with your child.



## ELSAs can help with...

- Loss and bereavement
- Self-esteem
- Social skills
- Emotions
- Friendship issues
- Relationships
- Anger Management
- Behaviour
- Anxiety
- Bullying
- Conflict
- Relaxation techniques



## ELSA

Emotional  
Literacy  
Support  
Assistant  
Mrs  
Nichols



## INDIVIDUAL SESSIONS

The ELSA will plan their sessions for your child very carefully. The sessions consist of several parts.

### Emotional check-in

This is an opportunity to talk about feelings.

### Main Activity

The ELSA will plan the activity to a learning objective. Something your child will be able to do at the end of the session that they cannot do now. This is usually a "I can" statement such as "I can tell you about my strengths" (a self-esteem objective). The ELSA will encourage your child to tell you about their talents or personal characteristics such as "kind", "caring", "helpful" or "brave". The child will then make something to reinforce those strengths.

### Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class. Your child will now be able to answer the questions "I can tell you about my strengths"



## GROUP SESSIONS

The ELSA will plan their sessions for your child very carefully. The sessions consist of several parts, the first two parts consist of circle-time where children sit in a circle and take turns to speak.

### Emotional check-in

This is an opportunity to talk about feelings.

### Warm-up Activity

A fun game or activity to help relax your child.

### Main Activity

This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end of the session.

### Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class.



## TYPICAL PROBLEMS

### A Very Angry Child

The ELSA will take the child through an anger management intervention to help them recognise their anger triggers, techniques to avoid these triggers and calming down techniques.

### A Loved Pet has Died

ELSAs are trained in bereavement and understand that the loss of a pet is probably the first experience of death for your child. They will work with your child to help them feel supported in school.

