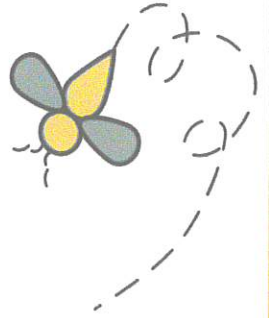


## What is an ELSA

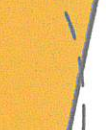


An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists in your Local education authority. An ELSA is a warm and caring person who wants to help your child feel happy in school and to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

Please do talk to the 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**

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



## ELSA

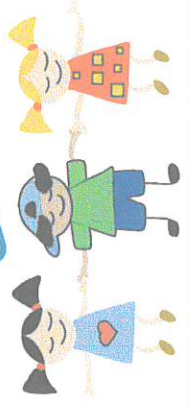


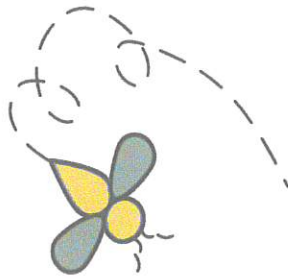
**E**motional

**L**iteracy

**S**upport

**A**ssistant





## Individual session

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

### Emotional check in

This is an opportunity to talk about feelings.

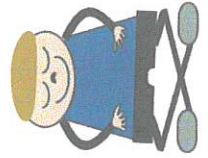
### Main activity

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 question 'I can tell you about my strengths'



## Group session

The ELSA will plan their sessions for your child very carefully. The session consists of several parts, the first two parts consists of a 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

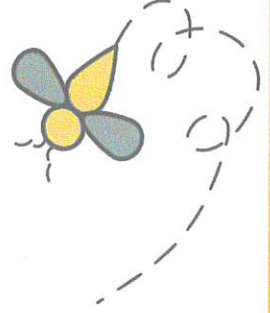
A fun game or activity to help relax your child.

### 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



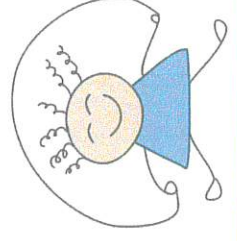
## Typical problems

### A very angry child

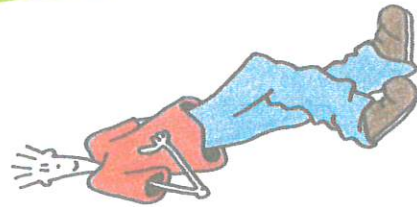
The ELSA will take the child through an anger management intervention to help them recognise their anger triggers, techniques to avoid those triggers and calming down techniques.

### 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.

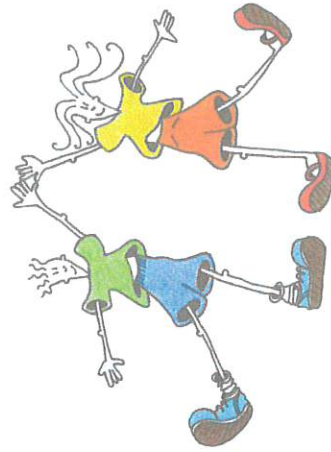


- ELSAs attend supervision regularly to get new ideas and develop their skills
- they aren't given too many children to work with at one time
- they aren't taken away from ELSA time to do other things
- there is a consistent, private space in which to work, free from interruptions
- pupils are released from lessons regularly to enable continuity of support
- the ELSA role isn't confused with behaviour management (ELSA time isn't meant for sorting out incidents or telling children off!)
- pupils are helped to find their own solutions rather than ELSAs telling them what to do.

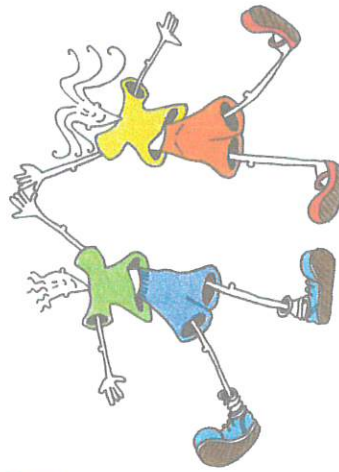


ELSA work should be fun – that's what makes the difference. It *isn't* a reward for bad behaviour. By building a positive relationship with challenging children the ELSA can help them think about and reduce their troublesome behaviour. It will take time, but will be worth it in the end.

You can find out more about ELSAs at [www.elsanetwork.org](http://www.elsanetwork.org)



## Tips for Schools



## What is an ELSA?

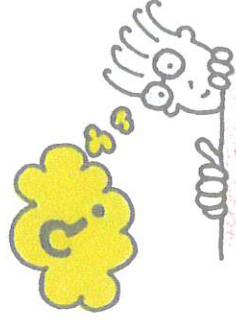
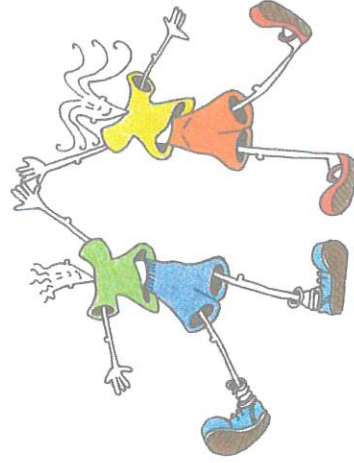
ELSAs are emotional literacy support assistants. They are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from educational psychologists to help them in their work.

ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

## How does ELSA work?

Most ELSA programmes will last for 6 to 12 weeks, helping the pupil to learn some specific new skills or coping strategies. Clear programme aims (SMART targets) need to be set early on and each session has an objective - something the ELSA wants to help the pupil understand or achieve.

The ELSA isn't there to 'fix' the child. For pupils with complex or long-term needs, it's unrealistic to expect ELSA support to resolve all their difficulties. Change is a long-term process that needs everyone's help.

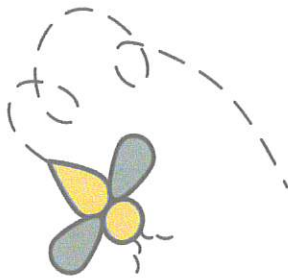


## How can we help?

Having an ELSA will make most difference in your school when:

- other staff know about and support the ELSA work
- staff give the ELSA relevant background information on the child and family
- the ELSA liaises regularly with teachers to discuss progress and check on whether new skills are being transferred to class
- the ELSA has regular time for planning and delivering programmes

Continued overleaf



## Individual session

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

### Emotional check in

This is an opportunity to talk about feelings,

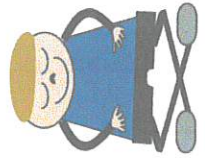
### Main activity

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 question 'I can tell you about my strengths'



## Group session

The ELSA will plan their sessions for your child very carefully. The session consists of several parts, the first two parts consists of a 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

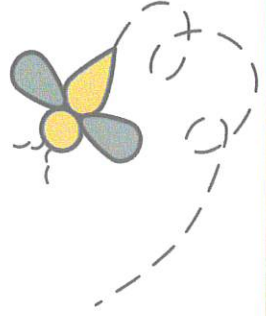
A fun game or activity to help relax your child.

### 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 those 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.

