



Be Ambitious, Spark Imagination, Celebrate Success

Emotional Literacy Support Assistant (ELSA)

An ELSA's role in the school is to help with the emotional needs of a child. These might include, social skills, bereavement, social situations, anger management, self-esteem, problem solving skills and friendship situations.

Typically, an ELSA would meet a child once a week and they would access support for 1 term. The child would have an individual plan and a personal aim to work towards.

The sessions would include a check in on how their week has been since the last meeting, a review of what we worked on in the last session, then to introduce any new content through games and activities. The session ends in a way that would help the child to integrate back into class i.e., a story or breathing techniques.

<https://www.elsa-support.co.uk/>

