

## What is ELSA?

- ELSA is designed to help schools meet the needs of emotionally vulnerable pupils
- ELSAs are Emotional Literacy Support Assistants who help children recognise, understand and manage emotions.
- ELSAs plan and deliver programmes of support across a series of 6-8 sessions.
- Most support is individual and builds on the relationship of trust that is developed between a pupil and the ELSA. Some skills can be enhanced through small group work.

## Benefits to children and young people

Feel- feel very supported by having dedicated time to be listened to

Develop- develop greater self awareness

Learn- learn to talk about difficulties

Develop- develop coping strategies

Interact- interact more successfully with others

Feel- feel better about themselves

Manage- manage better in school

## Areas of support within an ELSA session

- Loss and bereavement
- Emotional literacy
- Self-esteem
- Social skills
- Friendships
- Relationships
- Managing emotions
- Anxiety and worries
- Bullying
- Conflict
- Emotional regulation
- Growth mindset

- Social and therapeutic stories
- Problem solving

### A typical ELSA session

- Welcome along with an emotional check in
- A warm up/ ice breaker game or activity would be played
- Main activity- focusing on the child's target
- Relaxation exercise- to help the child/ young person transition from the session to the next activity
- Review- reminder of the strategies/ skills learnt in the session



### Final Thoughts:

ELSAs provide a safe space for pupils to explore and understand their emotion, fostering overall well-being.

Every pupil is unique and ELSAs tailor their approaches to meet individual needs, ensuring that each pupil receives the support they require.

Effective communication between ELSAs, parents, teachers and other professionals is vital for ensuring a cohesive support system for each pupil.

ELSAs are able to both plan and respond, addressing issues before they escalate and providing immediate support if needed.

Recognising and celebrating even small victories can significantly boost a pupil's confidence and motivation to continue their emotional growth journey.

### Useful links for mental health and wellbeing resources

Books: <https://www.camhs-resources.co.uk/books1>

Self-help guides: <https://www.camhs-resources.co.uk/downloads>

Websites: <https://www.camhs-resources.co.uk/websites>

Apps: <https://www.camhs-resources.co.uk/apps-1>

Videos: <https://www.camhs-resources.co.uk/videos>

### What is *EMOTIONAL LITERACY*?

Those who cope well and achieve in their learning are more likely to be able to:

- know and articulate their own feelings
- manage their emotional life, without being overwhelmed by it
- be persistent in the face of difficulties
- show empathy, reading others' emotions
- handle relationships with skill and harmony.

### Components of Emotional Literacy

- recognising emotions
- building resilience and self-esteem
- social skills
- friendship skills
- emotional regulation
- loss and bereavement
- use of story in ELSA work
- empowering pupils to make informed choices

## School as a setting for promoting emotional health

- promoting academic achievement through promoting emotional
- well-being
- equipping young people to take a more pro-active stance in their
- future
- providing an environment in which children can practice their skills
- providing positive experiences to promote positive self-concepts

## Rationale for Emotional Literacy support

As an inclusive society we all have a responsibility to encourage the emotional well-being of all children. A child's ability to succeed within a learning environment is enhanced by their emotional well-being. The emotional well-being of children in school is promoted through both its culture and ethos, and the clarity of expectations and purpose.