

What is emotional literacy?

There will always be children in school facing life challenges that detract from their ability to engage with learning, and some will require greater support to increase their emotional literacy than others.

ELSAS can help with:

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Conflict

Loss and bereavement

Relaxation techniques

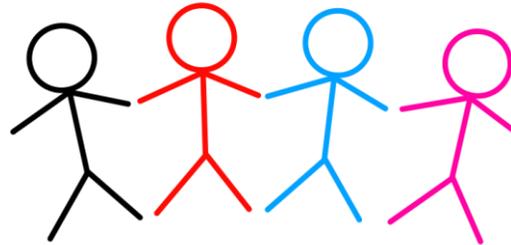
ELSA

Emotional

Literacy

Support

Assistant



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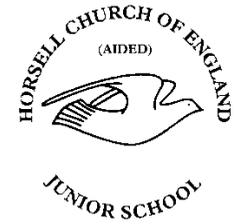
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**Everyone Matters
&
Everyone Learns**



**ELSA at Horsell
Junior School**

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 in school. ELSAs have regular professional supervision from educational psychologists to help them in their work.

How can an ELSA help?

ELSAs help children 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 to manage them.



What might a session look like?

Most ELSA programmes will last for 6 – 12 weeks, helping the child learn some specific new skills or coping strategies. Your child might take part in an individual or a group session.

These sessions will consist of several parts:

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

The main activity will have a learning objective – something your child will be able to do at the end of the session that they can't do now.

Relaxation

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

Individual session

The main activity will usually contain an '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.

Group session

Your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging.

