

TOGETHER

We Can Make A Difference!



Not the princess !!



# ELSA

## Emotional Literacy Support Assistant

It's Okay To  
Not Be Okay

[scatteredjournalpages.com](http://scatteredjournalpages.com)

# What is Emotional Literacy?

***Emotional literacy is the ability to express our emotions and feelings using speech and other forms of communication. It's an important skill that children must develop from a young age to help establish a stable relationship with their own emotions.***

Emotional literacy is a key aspect of emotional intelligence, which means our overall ability to deal with emotions.

Emotional literacy focuses on how we communicate our feelings and how well we can read others' emotions. Whilst some children will naturally be comfortable doing this, others might need more encouragement and support. Without emotional literacy, children will struggle to express their feelings appropriately and might be confused or alarmed by the emotions of others.

The term emotional literacy was coined by Claude Steiner in 1997. Steiner believed that emotional literacy was key in helping humans, especially children, handle their own emotions in an empowering way that would also improve their quality of life.

Steiner also broke emotional literacy down into five distinct parts:

- knowing your feelings
- having a sense of empathy
- learning to manage our emotions
- repairing emotional problems
- putting it all together, also known as emotional interactivity

# Maslow's Theory

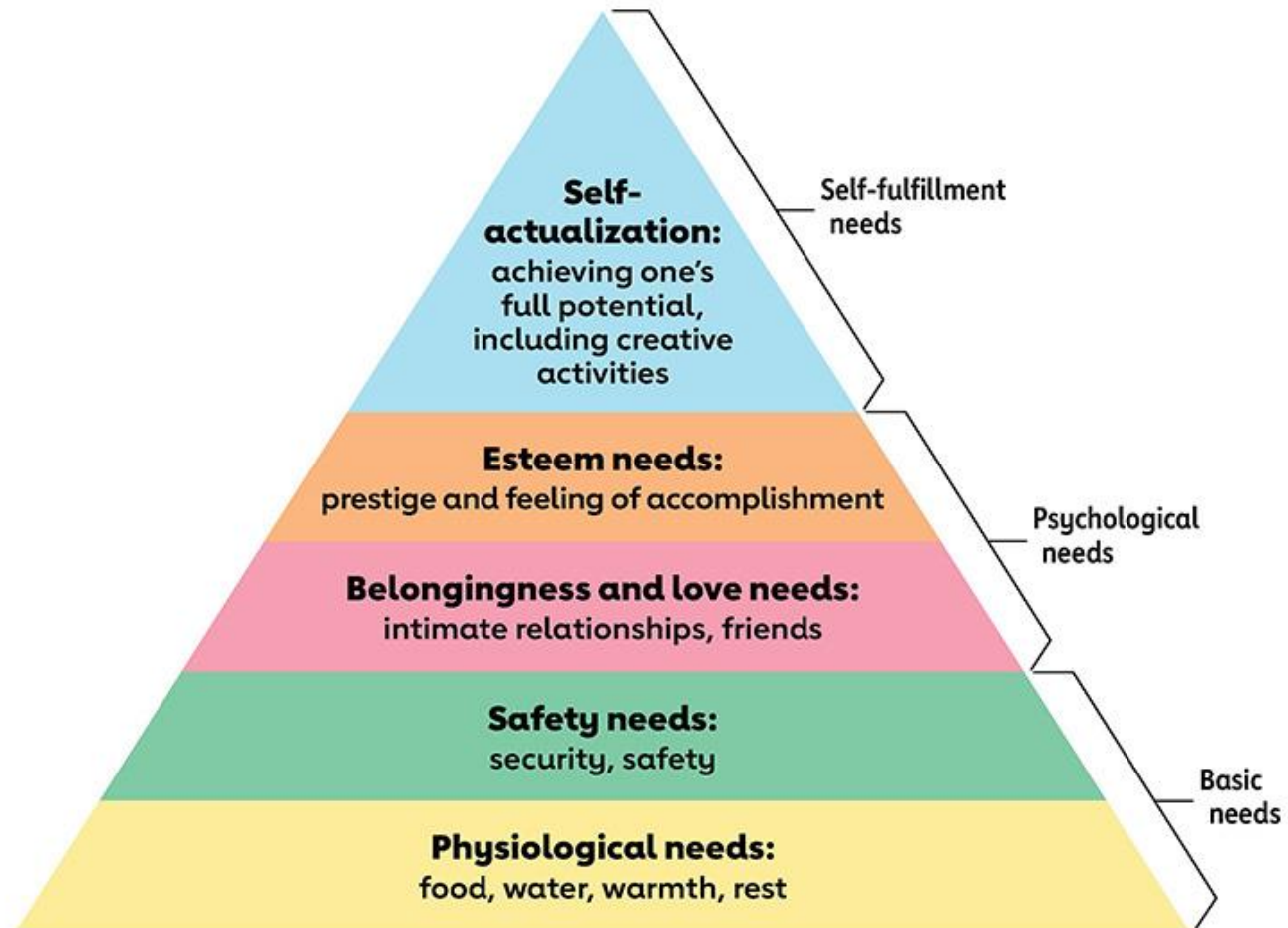


Image Credit: SimplyPsychology.org/Maslow, 1943

For a young person to meet their full potential the needs of the of the lower levels must be met.

The ELSA programme emphasises this to support young people who need strategies to support some of these levels.

# My role as an ELSA....



**Becky Thompson**

ELSA & Mental Health Lead

Sunshine Class Teacher (Weds, Thurs & Fri)

- ELSA's are specialists with a wealth of experience working with children and young people.
- We are trained over 6 full- days by Educational Psychologists, we also attend regular supervision sessions.
- ELSAs are warm, kind and caring people who want to make children and young people feel happy in school and to reach their potential socially, emotionally and academically. We understand the barriers to learning that some children and young people might have and can help them with this.
- We can support the children and young person's emotional development and help them cope with life's challenges. ELSAs will also help children and young people to find solutions to problems they might have.
- An ELSA is not there to fix problems but to help them find their own solutions and offer that important support to a child or young person.
- Relationships are key in helping children and young people to feel safe and nurtured. ELSA is about creating a reflective space for the child or young person.

## What areas does an ELSA help with?

- Loss and bereavement
- Emotional Literacy
- Self-esteem
- Social Skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Conflict
- Emotional Regulation
- Growth Mindset
- Social and therapeutic stories
- Problem solving

## How are children or young people referred for ELSA?

- Class teacher referral
- Sendco referral
- Parent referral
- Child referral
- Outside agency referral

Date:	Name of pupil:	Class teacher:									
<b>Reason for referral</b> (Please explain what you would like to discuss, support or address.)											
<b>Parental concerns?</b> (Does the parent express any concerns?)											
<b>What support or previous support strategies have been put in place?</b>											
<b>Suggested targets to work on.</b> (What do you believe might help?)											
<b>Urgency on Learning/Behaviour</b>	1	2	3	4	5	6	7	8	9	10	
	A little							A lot			
<b>Urgency</b>	1	2	3	4	5	6	7	8	9	10	
	Not urgent							Very urgent			

- The ELSA will prioritize the children based on their need, circumstances of the individual.
- They may be put on a waiting list if they do not meet any of these requirements.
- A relevant pre assessment form is given to the child's teacher or T.A to fill out.
- The ELSA will match up the child's assessment needs and make 6 objective based on these areas – SMART targets.



# What does a session look like?

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- **An emotional check in**

*This is an opportunity to talk about feelings*

- **Warm up activity**

*A fun game or activity to help the child relax*

- **Main activity**

*A planned activity to a set learning objective.*

- **Relaxation**

*A relaxation exercise or activity to help the child get ready to return to class*

ELSA sessions are bespoke. They are aligned to each individual or group

Sessions are one, 30-minute session per week.

Session last 6-8 weeks dependent on SMART target set for pupil.

It should be in the same room, at the same time, on the same day each week – consistency is important.

Notes will be written up and added to pupils CPOMS file.



# The Nest (Summer Wing corridor)

## The Nest

- The space is welcoming.
- Positive.
- A space where children and young people feel safe and not associate with different areas of learning, or time-out space.
- Cater for all needs and ages.



# ELSA leaflet


- Consent isn't needed but parents should be made aware of what an ELSA is/does.

- Correct and up to date information should be on the leaflet including all essential information.

### 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 the 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.

At BSCS Primary, Miss Zelaye is our ELSA.



### 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

Emotional  
Literacy  
Support  
Assistant


Miss Zelaye



**Individual session**

**Group session**

**Typical problems**



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 an 'I can' statement - and example of this is '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'





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



A child who has difficulty managing anger

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

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.

