

ELSA (Emotional Literacy Support Assistants)

There will always be children and young people in school facing life challenges that detract from their ability to engage with learning. ELSA is an initiative developed and supported by Educational Psychologists. It recognises that children learn better and are happier in school if their emotional needs are addressed.

At Kinoulton Primary school our ELSA is Mrs Richardson who has been trained by Educational Psychologists to plan and deliver programmes of support to pupils.

The majority of ELSA work is delivered on an individual basis, but sometimes small group work is more appropriate. Sessions are fun and use a wide range of activities such as: games, role play, mindfulness crafts and therapeutic activities.

During ELSA we aim to provide support for a wide range of emotional needs including:

- *recognising emotions
- *self esteem
- *social skills
- *friendship skills
- *anger management
- *loss and bereavement

ELSAs are not there to fix children's problems but to provide emotional support. We aim to establish a warm, respectful relationship with a pupils and to provide a reflective space where they are able to share honestly their feelings and emotions.

If you would like any more information please do not hesitate to contact Mrs Richardson

