



Lisa Richardson



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Dear Parents and Carers,

We would like to introduce ourselves as the school's **Emotional Literacy Support Assistants (ELSAs)**.

Our role is to support children with their emotional wellbeing and help them develop important skills such as understanding and managing emotions, building confidence, developing positive friendships, improving social skills, and coping with worries, changes, or challenges they may face.

ELSA sessions provide a safe, caring, and supportive environment where children can explore their feelings, learn coping strategies, and develop resilience. Support may be offered on an individual basis or in small groups, depending on the needs of the child.

We believe that emotional wellbeing is an important part of a child's overall development and learning. By helping children understand their emotions and develop positive strategies, we can support them to feel happy, confident, and ready to learn.

We look forward to working with the children and supporting their emotional growth throughout the school year. If you have any questions about ELSA support, please do not hesitate to contact us through the school office.

ELSAs can help with



- ☐ Loss and bereavement
- ☐ Emotional literacy
- ☐ Self esteem
- ☐ Social skills
- ☐ Friendship issues
- ☐ Relationships
- ☐ Managing strong feelings
- ☐ Anxiety
- ☐ Bullying
- ☐ Conflict
- ☐ Emotional regulation
- ☐ Growth mindset
- ☐ Social stories



For resources go to
www.elsa-support.co.uk



Individual Session



Your child will be offered 6 to 12 sessions initially and they can vary in time, according to the age of your child

The ELSA will plan their sessions for your child very carefully. The session consists of several parts.

Example lesson

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. For example your child might have low self esteem so the ELSA will work on your child's strengths. The ELSA will encourage your child to talk about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child may 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.

Review

Your child will be able to reflect on the session and realise they have lots of strengths and talents which will boost their self esteem.

Group Session



Your child will be offered 6 to 12 sessions initially and they can vary in time according to the age of your child

The ELSA will plan the group sessions for your child very carefully.

Emotional check in

This is an opportunity to talk about feelings,

Warm up activity

A fun game or activity to help relax the children.

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

Review

Your child will be able to reflect on the session and talk about what they have learnt.

