

ELSA - Emotional Literacy Support

WELCOME!

Hello and welcome to our school ELSA page. We are pleased to be able to share information with parents and carers about our Emotional Literacy Support provided by Emotional Literacy Support Assistants. On this page, we aim to post ideas and helpful advice on how you can help your child; for example in areas such as empathy, self-esteem or techniques for regulation. We have also included some recommended books which may be useful and links to other websites for some self-help at home

What is ELSA?

There will always be children in schools facing challenges that affect their ability to engage with learning and some will require support to increase their emotional literacy.

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.

The majority of ELSA work is delivered on an individual basis, but sometimes small group work is more appropriate, especially in the areas of social and friendship skills. Sessions are fun, we use a range of activities such as: games, role-play with puppets or therapeutic activities such as mindfulness or arts and craft. ELSA sessions often take place in our 'beach room' which provides a calm, safe space for the child to feel supported and nurtured.

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

Recognising emotions
Anxiety
Self-esteem
Social skills
Friendship skills
Anger management
Loss and bereavement

ELSA activities for you and your child - please see the links and documents below.

Self Esteem:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

<https://www.elsa-support.co.uk/self-esteem-booster-wheel/>

<https://www.elsa-support.co.uk/positivity-potion-booklet/>

<https://www.elsa-support.co.uk/affirmation-fans/>

<https://www.elsa-support.co.uk/self-esteem-booster-tab-booklet/>

<https://www.elsa-support.co.uk/positivity-cards/>

<https://www.elsa-support.co.uk/be-happy-flip-flop/>

Feelings and Emotions

<https://parents.actionforchildren.org.uk/feelings-behaviour/>
https://www.partnershipforchildren.org.uk/what-we-do/wellbeing-activities/#dp_ways-to-cope-and-be-mindful
https://www.partnershipforchildren.org.uk/what-we-do/wellbeing-activities/#dp_feelings
<https://www.elsa-support.co.uk/design-a-worry-monster/>
<https://www.elsa-support.co.uk/count-it-anger/>
<https://www.elsa-support.co.uk/anger-poem-children-questions/>
<https://www.elsa-support.co.uk/feelings-diary-tab-booklet-free-for-newsletter-subscribers/>
<https://www.elsa-support.co.uk/breathing-techniques/>
<https://www.elsa-support.co.uk/rainbow-mood-tracker/>
<https://www.elsa-support.co.uk/emotional-register-for-under-5s/>
<https://www.elsa-support.co.uk/bucket-full-of-happiness/>
<https://www.elsa-support.co.uk/emotions-talk/>
<https://www.elsa-support.co.uk/mood-starfish/>
<https://www.elsa-support.co.uk/emoji-dice/>
<https://www.elsa-support.co.uk/emotion-wheels/>
<https://www.elsa-support.co.uk/breathing-exercise-wheels/>
<https://www.elsa-support.co.uk/inside-feelings/>
<https://www.elsa-support.co.uk/gratitude-and-emotions-tracker/>
<https://www.elsa-support.co.uk/pupil-anger-trifold-leaflet/>

Worries and Anxiety

<https://www.annafreud.org/resources/schools-and-colleges/seven-ways-to-support-children-and-young-people-who-are-worried/>
<https://www.elsa-support.co.uk/when-i-am-worried/>
<https://www.elsa-support.co.uk/worry-cards/>
<https://www.elsa-support.co.uk/worry-ladder/>
<https://www.elsa-support.co.uk/worrying-thoughts-worksheet/>
<https://www.elsa-support.co.uk/worry-jar/>
<https://www.elsa-support.co.uk/positivity-potion-booklet/>
<https://www.elsa-support.co.uk/breathing-exercise-wheels/>
<https://www.elsa-support.co.uk/breathing-techniques/>

Wellbeing and Mindfulness

<https://www.youtube.com/user/CosmicKidsYoga>
<https://www.youtube.com/c/gonoodle>
<https://www.bbc.co.uk/teach/topics/c878zmv50rdt>
<https://www.elsa-support.co.uk/mindfulness-affirmations/>
<https://www.elsa-support.co.uk/elsa-support-mindfulness-challenge/>
<https://www.elsa-support.co.uk/a-to-z-of-wellbeing-after-lockdown/>
<https://www.elsa-support.co.uk/warm-fuzzy/>
<https://www.elsa-support.co.uk/warm-fuzzy-jar/>
<https://www.elsa-support.co.uk/wellbeing-rainbow/>
<https://www.elsa-support.co.uk/wellbeing-diary/>
<https://www.elsa-support.co.uk/wellbeing/>

Friendship and Relationships

<https://www.elsa-support.co.uk/how-to-be-a-good-friend-worksheets-to-support-our-friends-cards/>

<https://www.elsa-support.co.uk/families-mindmap/>

How does ELSA work?

Children are usually referred for ELSA support by their class teacher or on occasion the SENCo. Every half term the ELSA and SENDCo meet together to discuss, identify and prioritise which children require a weekly programme for the next 6-8 weeks. With the programme aims in mind, support sessions are planned to facilitate the pupil in developing new skills and coping strategies that allow them to manage social and emotional demands more effectively.

Supporting - not fixing

Remember, ELSAs are not there to fix problems. They provide emotional support; establishing a warm, respectful relationship with a pupil, creating a reflective space where they are able to share honestly their thoughts and feelings.

It needs to be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues. For children with complex or long-term needs it is unrealistic to expect ELSA intervention to resolve all their difficulties, however support will be designed to target specific aspects of a child's need. Training and development of ELSAs is an ongoing process and they have regular supervision sessions with the Torbay EP service, who is able to offer advice on suitability or nature of ELSA involvement in complex cases.

Signposting

Here we can sign-post you to some of the different websites online which offer help and advice to parents.

Books:

https://www.partnershipforchildren.org.uk/what-we-do/wellbeing-activities/#dp_good-books-for-tough-times

<https://www.matthewsyed.co.uk/book/you-are-awesome/>

<https://www.dawnhuebnerphd.com/outsmarting-worry-managing-anxiety/>
<https://copingskillsforkids.com/calming-anxiety>

<https://www.dawnhuebnerphd.com/worry-too-much-overcoming-anxiety/>

<https://www.socialworkerstoolbox.com/category/mental-health/>

<https://www.socialworkerstoolbox.com/category/parenting/childrens-behaviour/>

<https://www.socialworkerstoolbox.com/category/storybooks/>

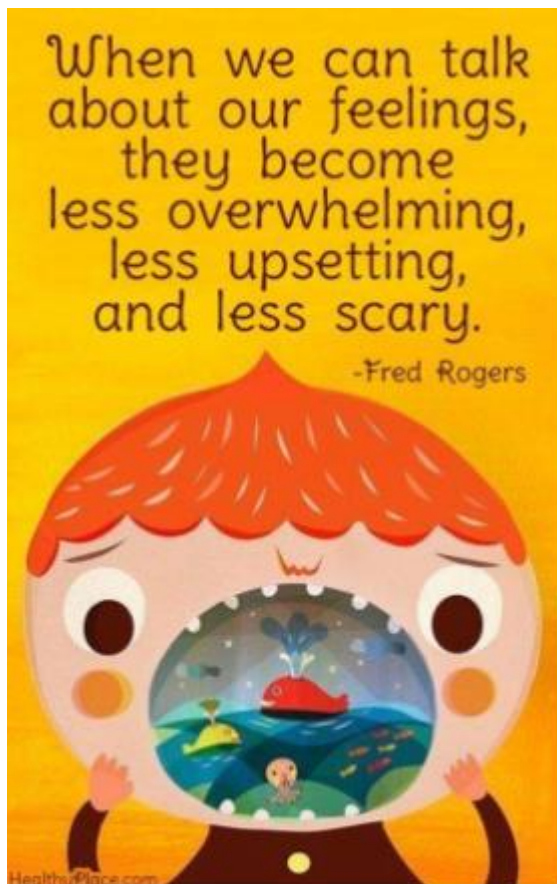
<https://www.socialworkerstoolbox.com/category/wishes-feelings-2/>

Websites:

<https://psychcentral.com/blog/stress-better/2016/03/49-phrases-to-calm-an-anxious-child#1>

<https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem>

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/#:~:text=Encourage%20regular%20active%20play%20and,a%20short%20walk>





What is Emotional Literacy?

Recognising facial expressions in yourself and others
 - Is that a sad face? Angry face? Happy face?

Understanding feelings
 - what do they mean? Why do I feel THAT way when THAT happens?

Knowing how your feelings affect your body
 - How does anger affect my body? How does anxiety affect my body?

Expressing and communicating your feelings in different ways
 - It could be through speech, drawing, writing, facial expressions, and non verbal communication

Being able to label a feeling
 - What is that feeling called? Are there any other words that mean the same or similar?

Being able to regulate your feelings
 - Manage your feelings. What do I do when I feel that way?

Expressing empathy for others
 - You may have been in the same situation - eg your dog has died, just like that person's dog and you felt sad too

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What is an ELSA?



ELSAs are Emotional Literacy Support Assistants. They are a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists.

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 build your child's emotional development and help them cope with life's challenges.

The ELSA will help your child to find solutions to any problems they may have.

Please do talk to the ELSA in your school if you have any concerns about your child.



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 your child all of 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.