

What is an ELSA?

- ❖ There will always be children and young people in schools facing life challenges that detract from their ability to engage with learning. Some will require greater support to increase their emotional literacy than others.
- ❖ 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 also 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 take place in our very own 'ELSA room' which provides a calm, safe space for the child to feel supported and nurtured.