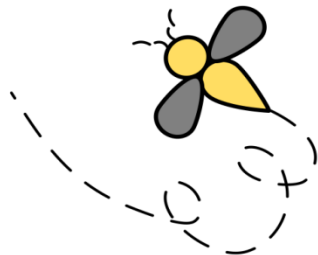


## What is an ELSA



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 your 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.

ELSA sessions are planned and designed to be interactive and fun.



## ELSAs can help with



Loss and bereavement

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Bullying

Conflict

Relaxation techniques



## ELSA



Emotional

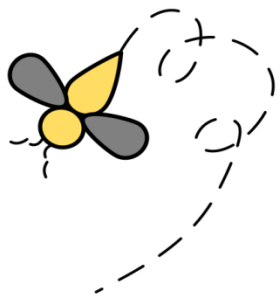
Literacy

Support

Assistant

Mrs Jessup





## 1-2-1 session

The ELSA will plan their sessions for your child very carefully and will include:

### Emotional check in

This is an opportunity to talk about feelings,

### Main activity

The ELSA will plan fun activities to encourage learning through a number of different ways. Such as; playing games, making things, drawing, colouring, playdough, sand, worksheets, work books, as well as talking and listening.

### Relaxation

Your child will be taught a variety of relaxation exercises to help get them ready to go back to class and for when they have 'big' feelings.



## Group session

The ELSA will plan their sessions for your child very carefully and will include:

### Emotional check in

This is an opportunity to talk about feelings,

### Warm up activity

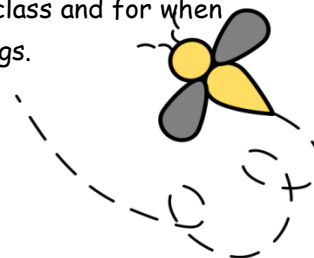
A fun game or activity to help relax your child.

### Main activity

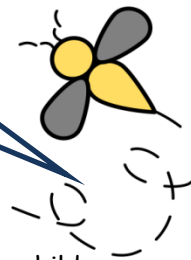
This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging.

### Relaxation

Your child will be taught a variety of relaxation exercises to help get them ready to go back to class and for when they have 'big' feelings.



## What can I do at home?



- ❖ Find time to listen to your child
- ❖ Do as many fun things together as you can, i.e: games, reading, making things, walking etc.
- ❖ Encourage problem solving to find peaceful solutions
- ❖ Help your child to see things from the view of other people.
- ❖ Discuss any problems or concerns you have about your child with their class teacher or SENCO.

### **What if my child needs further support?**

Your child's progress will be monitored closely during the ELSA sessions. If the school or parent feel that the child needs any additional support, the school has access to a range of external support services.

