



ELSA

An ELSA (Emotional Literacy Support Assistant) is a member of staff who is trained to support children in the development of their emotional literacy.

What is emotional literacy?

- Understanding and coping with the feelings about ourselves and others
- Developing high self-esteem and positive interactions with others
- Being emotionally literate helps children focus better on their learning

Some of the areas the ELSA may work on:

- Recognising emotions
- Self-esteem
- Social Skills
- Friendship skills
- Anger management
- Loss and bereavement
- Emotional regulation

How does the ELSA work?

- A weekly slot during the school week for 40-60 minutes
- 1-2-1 sessions tailored to the child's individual needs
- Sessions last 6-12 weeks maximum
- Sessions are fun and might include lego therapy, role-play, puppets, stories, arts and crafts
- They include time to talk
- Progress is reviewed on a half term basis and is evaluated against SMART targets

As a parent/carer how can you help?

- By informing the class teacher if there are any issues that might be affecting your child
- Working in partnership with the teacher/ELSA/School
- Asking your ELSA/teacher any questions you may have



The ELSA at The Curzon School is Mrs Stevens