

### What is an ELSA?

ELSA's are teaching assistants who have received additional training to be emotional literacy support assistants. They support children to understand their emotions. An ELSA provides children with time and space to think about their personal circumstances and how they manage them.

At school children learn lots of new skills which include social and emotional skills. Just like some children require a little extra help with Maths or English, some may benefit from support with emotional literacy. Therefore we have introduced the ELSA role within our school.

### What does Emotional Literacy mean?

- Emotional literacy involves having self-awareness of our own and others feelings.
- Knowing how to express our emotions appropriately.
- Interacting well with others.

Areas an ELSA may work on:

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

### How does ELSA work?

In collaboration with the teacher the ELSA will timetable a regular 20-30 minute session where the child will be released from lesson. Sessions will usually be delivered one to one but some group work may also be involved. Sessions might include; games, arts, crafts or simply just time to talk and listen to the child.

ELSA sessions will usually last for around 6-8 weeks, with an aim to support children to develop specific skills and/or coping strategies.

An ELSA's role is to support children to find their own solutions and strategies.

What if my child is offered ELSA support?

If a teacher identifies that your child might benefit from ELSA support then they will discuss this with you in person.

If you feel your child would benefit from ELSA support please speak with your class teacher in the first instance.

The ELSA at East Markham Primary school is Mrs Walls (Teaching Assistant).

If you have any questions please feel free to ask to speak with your child's teacher in the first instance.



**E**motional

**L**iteracy

**S**upport

**A**ssistant

Information leaflet for  
Parents and Carers.