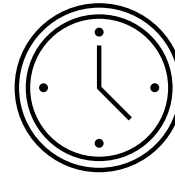


What is an ELSA?

An ELSA in a school is an Emotional Literacy Support Assistant. They have received special training from Educational Psychologists to support the emotional wellbeing of their pupils.

An ELSA receives regular supervision from the Educational Psychologist to guide and support them.



ELSA training covers a range of topics, including social skills, emotions, bereavement, social stories and therapeutic stories, emotional regulation, and self-esteem.

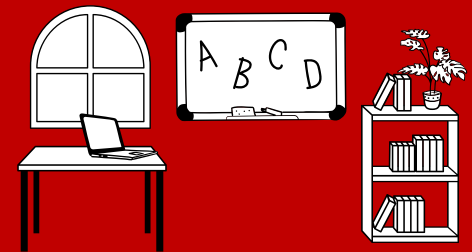
An ELSA nurtures and develops children's emotional wellbeing by helping them to understand, manage, and express their emotions in a safe and healthy way.



Cyngor **Abertawe**
Swansea Council

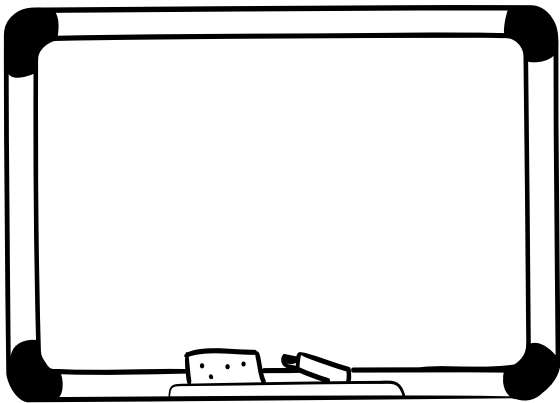
ELSA

Tips for Schools



How Does ELSA Work?

ELSA programmes will last 6 to 12 weeks, helping their pupil to learn new coping strategies. Clear objectives for each session need to be set early on, with a clear aim.



What Makes the ELSA Effective?

- Open communication between staff about the promotion of ELSA work.
- The ELSA is informed about the child's background and current needs.
- Open communication between the ELSA and class teacher to assess and review progress.
- The ELSA has time to prepare materials for upcoming sessions.
- The ELSA attends regular supervision for personal and professional development.
- The ELSA and pupil have a consistent space within the school to work together, free from distraction.
- Pupils attend ELSA sessions regularly and consistently.
- Pupils are empowered to find their own solutions to the problem, which will foster self-efficacy and independence, rather than dependence on the ELSA.