



## Emotional Literacy

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 recognises that children learn better and are happier in school if their emotional needs are also addressed. Sessions are fun, we use a range of activities such as: games, activities, role-play with puppets 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. Please remember that an ELSA is there to provide emotional support, not fix children's problems. We aim to establish a warm, respectful relationship with pupils and to provide a reflective space where children can share their thoughts and feelings.

It needs to be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues. For children with complex or long-term needs it is unrealistic to expect ELSA intervention to resolve all their difficulties, however support will be designed to target specific aspects of a child's needs. Training and development of ELSAs is an ongoing process and wisdom is required to recognise when issues are beyond the level of expertise that could reasonably be expected of an ELSA. The Educational Psychologist that works with our school is able to offer advice on suitability or nature of ELSA involvement in complex cases.

We really hope you enjoy our information page and find the recommended resources useful. Please feel free to approach Mrs Austin if you would like a chat. We are always willing to listen and hopefully provide you with some helpful strategies.