



## What is ELSA?

In school ELSA stands for Emotional Literacy Support Assistant. ELSAs are trained to plan and deliver programmes of support to pupils in their school who may be experiencing temporary or long term additional emotional needs. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

ELSA support is an intervention for 6-12 weeks designed to help support the emotional needs of pupils. Examples of things are social skills, emotions, bereavement, social stories and therapeutic stories, anger management, self-esteem, and counselling skills such as solution focus and friendship.

A lot of work that ELSAs do will be on an individual basis with one child, however, there are cases where group sessions may be appropriate such as when working on social skills and friendship skills.