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S upport

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DESIGNED TO SUPPORT CHILDREN'S WELLBEING AND DEVELOPMENT

The intervention is tailored to meet individual needs and may focus on areas such as:

- Understanding and managing emotions
- Building confidence and self-esteem
- Developing friendships and social skills
- Managing worries and anxiety
- Coping with change, loss, or difficult experiences
- Problem-solving and resilience

Sessions are planned carefully to support their specific needs and progress will be monitored throughout the intervention. ELSA sessions are not a form of counselling or therapy.

Instead, they provide practical emotional support and help children develop skills that will enable them to thrive both in school and beyond.

We value the importance of working in partnership with parents and carers. While the content of sessions is generally kept confidential to help children feel comfortable sharing their thoughts and feelings, any concerns relating to a child's safety or wellbeing will always be shared with appropriate staff and parents/carers where necessary.

ELSA is a programme designed to support children and young people with their emotional wellbeing and social development. The sessions provide a safe and supportive environment where children can explore their feelings, develop emotional awareness, build self-esteem, and learn strategies to help them manage challenges they may face.