



## Emotional Literacy Support Assistant (ESLA)



An ELSA is member of staff who is trained to support children in the development of their emotional literacy.

### What is emotional literacy ?

- 😊 Understanding and coping with the feeling of ourselves and others
- 😊 Developing high self esteem and positive interactions with others.
- 😊 Being emotionally literate helps children focus better on their learning.

### Some of the areas the ELSA may work on:

- 😊 Recognising emotions
- 😊 Self-esteem
- 😊 Social skills
- 😊 Friendship skills
- 😊 Anger management
- 😊 Lose and bereavement

### How does the ELSA work?

- 😊 A regular a lot during the school week for 20-30 minutes
- 😊 Sessions can be individual or in small groups and tailored to the child's individual needs
- 😊 Sessions are fun and might include role-play, puppets, board games, arte and craft and stories
- 😊 They include time to talk
- 😊 A pupil's progress will be reviewed on a half-termly basis

### As a parent/carer, how can you help?

By informing the class teacher if there are any issues that may be affecting your child.

- 😊 Please feel welcome to contact your child's teacher or the ELSA if you have any questions.

**Our ELSA is Mrs Cope**

**To find out more information, please contact Miss Minnis or Mrs McLean**

**Email: [office@chevening.kent.sch.uk](mailto:office@chevening.kent.sch.uk)**

**Telephone: 01732 452 895**