

# ELSA Support



At Ansford, we recognise that every child's emotional wellbeing is essential to their ability to thrive in school. Life challenges big or small can impact a young person's capacity to engage with learning. That's why we're proud to offer ELSA (Emotional Literacy Support Assistant) intervention, a program developed and supported by educational psychologists.

## What is ELSA?

ELSA is built on the understanding that children learn more effectively and feel happier in school when their emotional needs are acknowledged and supported. While most ELSA sessions are delivered one-to-one, small group work is sometimes more appropriate – particularly when developing social and friendship skills.

## What Happens in an ELSA Session?

Sessions are engaging and tailored to each child's needs. We use a variety of activities, including:

- Games
- Mindfulness exercises
- Conversation starters

These sessions take place in our dedicated *ELSA Room*; a calm, nurturing space where children feel safe, supported, and free to express themselves.

## Areas We Support

Our ELSA program addresses a wide range of emotional needs, including:

- Loss and bereavement
- Building self-esteem
- Understanding and managing anger
- Developing social skills
- Emotional Literacy
- Self-esteem
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Emotional regulation
- Growth mindset
- Social and therapeutic stories
- Problem solving
- Mental Health

## How are Children or Young People Referred to ELSA?

- HOY
- SENDCo
- ELSA self-referral