

Emotional Literacy Support Assistants (ELSAs)

Project 2021/22

Supporting children's emotional wellbeing in schools

Overview

Following a successful pilot project, Ealing EPS will be running this project in the Spring term to train ELSAs to deliver emotional well being interventions in their schools.

ELSAs are members of school staff who receive detailed training and ongoing support from educational psychologists to enable them to plan and deliver individual and small group SEMH support programmes in schools.

ELSAs help children & young people to recognise, understand and manage emotions to increase their learning success and participation in schools.



Benefits to Pupils

- ✓ Increased learning success and engagement
- ✓ Pupils feel supported by being listened to and having 'special time'
- ✓ They develop greater self awareness and coping strategies
- ✓ They are able to build more positive relationships with peers and others
- ✓ They learn to talk about their difficulties



ELSA Programme Structure

ELSAs must attend 6 days of training plus ongoing half termly group supervision.

COST: £800 per candidate (or £1500 for two) including all training, materials & first four supervision sessions)

Training will cover:

- Emotional literacy in schools and raising emotional awareness.
- Self-esteem, active listening and communication skills.
- Managing emotions, including anger.
- Social skills and friendship skills
- Writing social and therapeutic stories