

## Zones of Regulation



## What can ELSAs help with?

- 😊 Emotional literacy
- 😊 Anxiety
- 😊 Social skills
- 😊 Bullying
- 😊 Self esteem
- 😊 Loss and bereavement
- 😊 Relationships
- 😊 Friendship issues
- 😊 Growth mindset
- 😊 Conflict issues
- 😊 Social stories
- 😊 Emotional regulation
- 😊 Managing feelings

## Who to contact

If you believe you child would benefit from ELSA sessions, please contact

Mrs Marsden (SENDCO and Head of Inclusion)

Email: [senco@wandsworth.floreat.org.uk](mailto:senco@wandsworth.floreat.org.uk)

Tel. 020 83534195

Meet the team

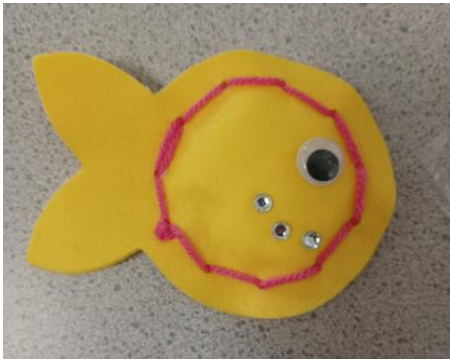
Lead ELSA – Miss Frederick

ELSA – Miss Synnott



**ELSA**  
**EMOTIONAL**  
**LITERACY SUPPORT**  
**ASSISTANT**

*Information for  
 Parents and Carers*



### Example Session

Emotional check in - How is the child feeling today? Are they okay?

Activity - The ELSA will plan the activity using a learning objective that the child will be able to complete by the end of the session.

Wind down/Relaxation - Your child will be taught a relaxation technique such as deep breathing or meditation to help get them ready for their return to class. They will also have the option of some mindfulness colouring in.

Review - Your child will reflect on the session where they will be able to identify the many strengths they have which will help to improve self-esteem and boost confidence which will lead to a happier child.

### Individual sessions

Initially your child will be offered between 6 to 12 sessions. This can vary depending on the child. At times your child may need more than 6 to 12 sessions, this is completely normal. The first few weeks will be spent getting to know your child to help with planning the sessions they will deliver to your child.

The ELSA will carefully plan the sessions tailored to your child's needs using information collected from parents/carers and teachers.

The sessions will consist of several parts which will all assist in helping to grow your child's emotional development and improve their well-being within the school.



"ELSA helps me and gives me a safe space to talk."

### What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They are specialist trained teaching assistants who are trained and supervised by Educational Psychologists. ELSAs come with an extensive background working with children and have a wealth of knowledge behind them.

An ELSA is a caring and compassionate person who wants to see your child feel happy and be confident in school whilst ensuring they reach their full academic potential.

The aim of ELSA is to help your child cope with the challenges of life by building on their emotional development. ELSAs will help your child to find solutions to problems they may face offering continued guidance and support.