

## ELSA SESSIONS

ELSA SESSIONS CAN BE RAN INDIVIDUAL OR AS A GROUP. IN ORDER TO CHOOSE IF AN INDIVIDUAL OR GROUP SESSION IS BEST, THE ELSA MUST CONSIDER THE DYNAMIC OF A POSSIBLE GROUP AND WHETHER THE YOUNG PERSON MIGHT BE MORE COMFORTABLE IN A GROUP OR ON THEIR OWN.

WHETHER THE CHILD IS IN AN INDIVIDUAL OR GROUP SESSION, THE ELSA WILL HAVE PLANNED THE SESSION IN DETAIL BEFOREHAND TO ENSURE THAT THE SESSION IS RELEVANT TO THE CHILD'S NEEDS.

### **EXAMPLE** (NOT THE FIRST SESSION)

- START THE SESSION ASKING HOW THEIR WEEK HAS BEEN, OR IF THEY HAVE ANYTHING THEY WOULD LIKE TO SHARE.
- MAIN ACTIVITY: SOMETHING THE ELSA HAS PLANNED THAT IS RELATED TO ONE OF THE CHILD'S TARGETS E.G. SESSION ON SELFESTEEM. THE ELSA WILL HAVE RESOURCES TO HELP DEVELOP THIS, PERHAPS THROUGH REFLECTING ON THEIR STRENGTHS AND PERSONAL TALENTS.
- AS HOMEWORK ASK THEM TO THINK ABOUT 3 GOOD THINGS THEY HAVE ACHIEVED THAT WEEK. BY DOING THIS THEY'LL HAVE TIME TO THINK ABOUT THEIR STRENGTHS.
- A CHANCE TO RELAX BEFORE GOING BACK TO THEIR LESSON.



## FREQUENTLY ASKED QUESTIONS (FAQ)

### **HOW WILL MY CHILD BE REFERRED TO THE ELSA PROGRAMME?**

- THE SCHOOL'S ALN CO-ORDINATOR IS RESPONSIBLE FOR REFERRING THE CHILDREN TO THE ELSA SESSIONS, THIS CAN BE THE RESULT OF A CONSULTATION WITH THE SCHOOL'S EDUCATIONAL PSYCHOLOGIST OR THROUGH A CHAT WITH THE STAFF OR PARENTS ABOUT A CONCERN THEY HAVE.

### **PRIVACY?**

-WHAT IS DISCUSSED DURING THE ELSA SESSIONS ARE COMPLETELY CONFIDENTIAL AND THE CONTEN WILL NOT BE SHARED WITH STAFF OR PARENT UNLESS THERE'S CONCERN FOR YOUR CHILD'S WELLBEING OR SOMEONE ELSE'S WELL-BEING.

### **WILL I BE INFORMED OF THE CONTENT OF THE SESSIONS?**

-AS MENTIONED ABOVE, YOU WILL NOT BE INFORMED OF THE CONTENT OF THE SESSIONS UNLESS ANY CONCERNS ARISE ABOUT YOUR CHILD'S WELL-BEING, BUT YOU WILL BE ABLE TO CONTRIBUTE TO SETTING THEIR GOALS AND YOU WILL RECEIVE FEEDBACK ABOUT HOW THE SESSIONS ARE GOING.

### **WILL THE REST OF THE CLASS BE AWARE OF WHY MY CHILD IS TAKEN OUT OF CLASS?**

- THIS ISN'T SOMETHING TO WORRY TOO MUCH ABOUT, CHILDREN ARE TAKEN OUT OF CLASS OFTEN FOR DIFFERENT REASONS, SUCH AS LANGUAGE GROUPS, READING SESSIONS, INSTRUMENT LESSONS, THEREFORE STUDENTS ARE USED TO THIS HAPPENING WITHOUT QUESTIONING IT

FOR MORE INFORMATION ABOUT THE PROGRAMME:  
[WWW.ELSANETWORK.ORG](http://WWW.ELSANETWORK.ORG)



# ELSA PROGRAMME

INFORMATION FOR  
PRIMARY SCHOOL  
PARENTS / GUARDIANS  
GWYNEDD AND ANGLESEY  
EDUCATIONAL  
PSYCHOLOGY SERVICE



## WHAT IS ELSA?

ELSAS ARE EMOTIONAL LITERACY SUPPORT ASSISTANTS. THEY'RE EXPERIENCED TEACHING ASSISTANTS THAT ARE ALREADY PART OF THE SCHOOL STAFF, BUT HAVE RECEIVED FURTHER TRAINING BY EDUCATIONAL PSYCHOLOGISTS ON HOW TO SUPPORT WELL-BEING AND CHILDREN'S EMOTIONAL DEVELOPMENT. AS PART OF THE COURSE THEY WILL ATTEND REGULAR SUPERVISION BY EDUCATIONAL PSYCHOLOGISTS IN ORDER TO SUPPORT THEIR WORK.

ELSA CAN HELP CHILDREN AND YOUNG PEOPLE TO UNDERSTAND THEIR EMOTIONS AND TO RESPECT THEIR FEELINGS AND OTHERS' FEELINGS. THEY CAN GIVE THE SPACE AND TIME THAT SOME CHILDREN NEED, TO THINK ABOUT THEMSELVES AND HOW THEY CAN DEAL WITH THOSE FEELINGS IN AN EFFECTIVE WAY.

## HOW DOES THE ELSA PROGRAMME WORK?

USUALLY THE ELSA PROGRAMME WILL RUN FOR A PERIOD OF BETWEEN 6-12 WEEKS, THIS WILL BE DEPENDENT ON THE YOUNG PERSON'S PROGRESS DURING THE SESSIONS, WHERE THEY'LL LEARN NEW SKILLS AND COPING STRATEGIES.

BEFORE STARTING THE SESSIONS THE ELSA WILL NEED TO THINK ABOUT TARGETS FOR THE YOUNG PERSON IN ORDER TO HAVE A SPECIFIC GOAL TO REACH BY THE END OF THE SESSIONS. PERHAPS SOMETHING THAT THE YOUNG PERSON NEEDS HELP WITH TO REACH OR ACHIEVE.

ONCE THE ELSA BELIEVES THE YOUNG PERSON HAS REACHED THEIR GOAL, THE ELSA SESSIONS WILL FINISH. THIS MAY BE DIFFICULT FOR SOME, SO THE ELSA MAY OFFER A "CHECK-IN" EVERY NOW AND THEN TO REMIND THEM THAT SOMEONE'S THERE TO TALK TO.



## WHAT CAN ELSA HELP WITH?

GRIEF AND BEREAVEMENT

EMOTION REGULATION

STRONG EMOTIONS

RELATIONSHIPS

ANGER MANAGEMENT

BEHAVIOUR

ANXIETY

COPING AND RELAXATION

STRATEGIES

SELF ESTEEM

SOCIAL SKILLS

