

Emotional Literacy Support Assistants (ELSA)

What is ELSA?

ELSA stands for Emotional Literacy Support Assistants working in schools. ELSAs are support staff who are trained to plan and deliver psychologically informed interventions to individuals and groups of children, typically over a 6 to 12 month period.

Who is this for?

The ELSA training is for support staff e.g. teaching assistants and learning mentors, who have an interest in working with vulnerable children and young people.

ELSAs work with children and young people who would benefit from support to develop their social, emotional and mental health.

How will ELSA help?

ELSA builds capacity within schools to have a positive impact on the wellbeing of vulnerable pupils, including their self-esteem and confidence, relationships, self-awareness, emotional regulation, and engagement in school.

What will this involve?

- 6-day training programme for ELSAs, run by the Educational Psychology Team
- ½ day training session for SENCOs/Inclusion Leads who will be overseeing ELSA within their school
- Half-termly group supervision for trained ELSAs, facilitated by the Educational Psychology Team
- Following the training, ELSAs can begin to deliver the ELSA programme within their school.



Emotional Literacy Support Assistants - 6 hours per participant