

## What can I do to help my child at home?

- Find time to listen to your child
- Enjoy fun activities together
- Encourage your child to see the positives in every situation
- Encourage problem solving to find peaceful solutions
- Help your child to see things from other people's views
- Discuss any problems you have with your child's teacher

### Some ideas to try at home...

Make a dream catcher with your child if they have bad dreams.



Encourage children to be thankful and act kindly towards others.



## Children's comments post

### ELSA:

*"I don't worry anymore"*

*"I have learnt to talk about my feelings"*

*"I understand why I sometimes feel angry"*

*"I'm happy coming to school now"*

*"I can take turns when I play games"*

*"when I feel anxious I can talk to my friends"*



Painters Ash  
Primary School



# E.L.S.A

Supporting your child with  
Emotional Literacy



E.L.S.A



## Who is an ELSA?

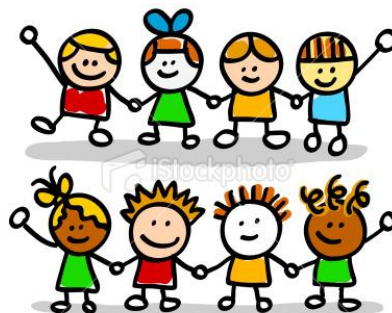
An ELSA is a specialist-teaching assistant who is qualified to work with children who are showing a wide range of emotional or social difficulties. ELSAs receive regular support and guidance from Kent Educational Psychology Service.

An ELSA is a warm and caring person who wants to help your child feel happy in school and to reach their potential educationally. Their aim is to remove the barriers to learning and to have happy children in school and at home.

Please talk to your class teacher or ELSA (Mrs Savill) in school if you have any questions regarding your child's emotional wellbeing.

## ELSAs can help your child with:

- Loss and bereavement
- Self-esteem
- Social skills
- Recognising emotions
- Friendship problems
- Relationships
- Understanding anger
- Building resilience
- Anxiety
- Conflict
- Relaxation techniques
- Coping strategies



## What do ELSAs do?

The ELSA will plan their session for your child very carefully. The session lasts between 20-30 minutes and can be individual or in small groups and consists of several parts:

1. Emotional check in
2. Main activity
3. Relaxation

The sessions are designed to be fun and interactive to engage and motivate the child.

The ELSA will use a range of activities throughout the sessions, which might include games, role-play, puppets, arts and crafts, stories.

They also include a time to talk and discuss any worries.

A child's progress is monitored closely as it would be in any other lessons.