#### **ELSA SESSIONS**

ELSA SESSIONS CAN BE RAN INDIVDUAL 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.



### 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?

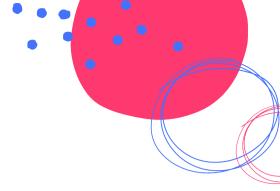
-AS MENTIONED ABOVE, YOU WILL NOT BE INFORMED OF THE CONTENT OF THE SESSIONS UNLESS ANY CONCERNS ARISE ABOUT YOUR CHILD'S WELL-BEING, BUT YOU WILL BE ABLE TO CONTRIBUTE TO SETTING THEIR GOALS AND YOU WILL RECEIVE FEEDBACK ABOUT HOW THE SESSIONS ARE GOING.

### 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





## 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 RECIEVED
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 AN OTHER'S FEELINGS. THEY CAN GIVE THE SPACE AND TIME THAT SOME CHILDREN NEED, TO THINK ABOUT THEMSELVES AND HOW THY 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** 

