ELSA

Emotional Literacy Support Assistant

Helping children understand feelings, build resilience and feel supported in school.

Working together to support wellbeing

What is ELSA?

ELSA stands for Emotional Literacy Support Assistant.

ELSAs are trained members of school staff who support children with their emotional wellbeing. They help children understand their feelings, talk about worries and develop positive ways to cope.



How can ELSA help?

- recognising and naming emotions
- building confidence and self-esteem
- managing worries and anxiety
- developing friendships and social skills
- coping with change, loss or bereavement
- managing anger, frustration and big feelings



What does ELSA support look like?

- short-term, targeted support
- usually weekly sessions
- a calm, safe space to talk
- activities may include games, stories, drawing and reflection
- support is tailored to the child's needs



Important to know

- ELSA is not counselling
- ELSA is not behaviour management
- ELSA support is gentle, supportive and child-centred
- safeguarding procedures always apply

How can parents and carers help?

- talk positively about ELSA support
- encourage your child to share feelings in their own time
- use simple emotion words at home
- praise small steps and progress
- share helpful information with school when needed



Why ELSA matters

Children learn best when they feel safe, understood and ready to learn. ELSA support helps children build emotional awareness, resilience and confidence so they can thrive in school.



Helping children feel listened to, understood and supported.

My ELSA Toolbox

Feel · Talk · Reflect · Cope · Grow

ELSA helps children feel listened to, understood and supported.