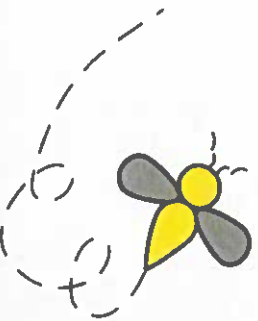


What is an ELSA



An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists in your Local education authority (Sutton Borough). 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 do talk to the ELSA in your school if you have any problems with your child.



ELSAs can help with



- Loss and bereavement
- Self-esteem
- Social skills
- Emotions
- Friendship issues
- Relationships
- Anger management
- Behaviour
- Anxiety
- Bullying
- Conflict
- Relaxation techniques

www.elsa-support.co.uk

ELSA



Green Wrythe
Primary School

Emotional

Literacy

Support

Assistant

Mrs Winter and Mrs
Stammers



Individual session



The ELSA will plan their sessions for your child very carefully. The session consists of several parts.

Emotional check in

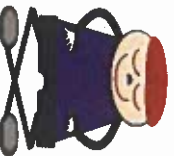
This is an opportunity to talk about feelings, using zones of regulation.

Main activity

The ELSA will plan the activity to a learning objective. Something your child will be able to do at the end of the session that they cannot do now. This is usually a 'I can' statement such as 'I can tell you about my strengths' (A self-esteem objective). The ELSA will encourage your child to tell you about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child will then complete an activity to reinforce those strengths.

Secure and safe place

Your child will be reassured that they have the right to talk and feel safe. The sessions are for them to express how they feel and for the ELSA to support and guide the child to feel confident to make change.



Zones of Regulation

Goals of The ZONES Curriculum

TEACHERS STUDENTS

- Identify their feelings are levels of alertness
- Understand their feelings in context
- Effective regulation tools
- When and how to use tools
- Problem solve positive solutions
- Understand how their behaviors influence others' thoughts and feelings
- And ultimately move towards Independent Regulation

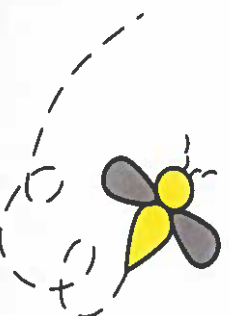
Understanding Regulation & the ZONES of Regulation

The ZONES of Regulation

20 ES REGULATOR

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone Overjoyed/Excited Panicked Angry Terrified
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<http://www.zonesofregulation.com/>



Typical Issues

A very angry child

The ELSA will take the child through an anger management intervention to help them recognise their anger triggers, techniques to avoid those triggers and calming down techniques.

A loss or separation of a loved one.

ELSAs are trained in helping a child to understand the impact of loss or separation of a loved one. They will work with your child using books, art, games, and a listening ear to help them feel supported in school.

