

ELSA (Emotional Literacy Support Assistant)

Intent

At River View Primary School, we use ELSA to support children's emotional wellbeing, resilience and social development. ELSA provides a nurturing and supportive approach that helps children understand and manage their emotions, develop coping strategies and build confidence.

Through targeted intervention, we aim to support children who may be experiencing emotional, social or behavioural difficulties, helping them to feel safe, understood and able to engage successfully in school life. The approach promotes emotional literacy, self-esteem, problem-solving and positive relationships.

Implementation

ELSA is delivered through individual and small-group sessions facilitated by trained staff. Sessions are planned according to identified needs and may focus on emotional literacy, self-esteem, friendship skills, anxiety management, bereavement, resilience or social understanding.

Principle	Purpose	Examples in Practice	Expected Outcome
Emotional Literacy	Understand feelings and express feelings	Feelings activities, emotion discussions	Improved self-awareness
Social Skills	Develop relationships	Friendship work, role-play, group activities	Improved interactions
Resilience	Develop coping strategies	Problem solving tasks, reflection activities	Increased confidence
Wellbeing Support	Provide a safe place for support	Individual ELSA sessions, check-ins	Improved emotional wellbeing

Examples of Activities

Area of Development	Example Activities	Resources
Wellbeing	Feelings work, emotion check-ins	ELSA resources, emotion cards
Friendships	Social skills games, role-play	Board games, visual prompts
Confidence	Strength-based activities, reflection tasks	Reflection journals, prompts
Resilience	Problem-solving scenarios, coping strategy work	Scenario cards, discussion prompts

Impact

Children will demonstrate improved emotional wellbeing, confidence and resilience. They will be better able to identify, express and manage their feelings and develop more effective coping strategies when faced with challenges.

Improved emotional regulation and social understanding will support participation in learning, attendance, relationships and overall engagement in school life. Staff will observe increased confidence, improved social interactions and greater emotional resilience over time.