

## ELSA - Emotional Literacy Support



Welcome to the school ELSA page.

On this page of the website we share information with parents and carers about the Emotional Literacy Support we offer within Old Sodbury Primary School. Also, to offer ideas and advice parents can use to help your child in areas such as; self-esteem, friendship or using calming techniques.

A wide range of books are available covering children's emotional literacy, and below, there will be recommendations to book which may be useful along with links to other websites for self-help at home.

Mrs Toghil

### What is an ELSA?

ELSA is an initiative developed and supported by educational psychologists. It is based on the understanding that children learn better and are happier in school and home, if their emotional needs are addressed, and that the child can understand and talk about their emotions. There are always children in schools facing different life challenges, be that, family breakdown or bereavement, that detract from their ability to engage in their learning. Some will require further and greater support to increase their emotional literacy than others, and this is where the ELSA programme comes in.

**We can provide support for a wide range for emotional needs:**

**Recognising and dealing with emotions**

**Self-esteem**

**Anger management**

**Anxiety**

Friendship skills  
Social Skills  
Loss and bereavement

Mrs Toghill is a qualified Emotional Literacy Support Assistant at Old Sodbury School. Mrs Toghill has been trained by local Educational Psychologist to plan and deliver programmes to children experiencing additional emotional needs. The ELSA work is often on a one to one basis, but can be small group work, if the child is working on friendship or social skills. The ELSA sessions are fun using a range of tools and activities for example: - art and crafts, role play and using small word figures. The sessions take place in the 'Discovery Room' or 'Reflection Room' which is a calm and safe place for the children to learn, in a supported manner.

How does the ELSA programme work?

Children are referred for ELSA support by their class teacher, SENCo, Family Support Worker or parent. The programme runs over a 6-8 week period, with sessions that are planned to help the children develop skills and coping strategies based on their social and emotional needs. Thus, hopefully help them deal with their emotions more effectively.

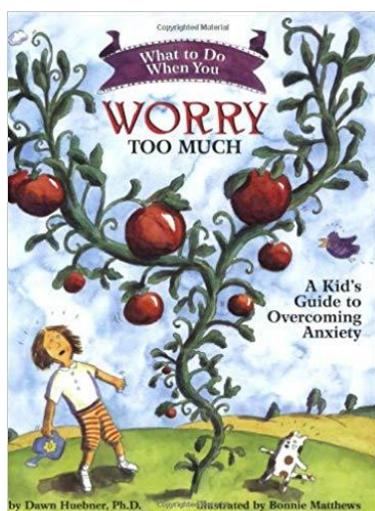
## Helping children with anxiety

Follow the links below for guidance on helping an anxious child:

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

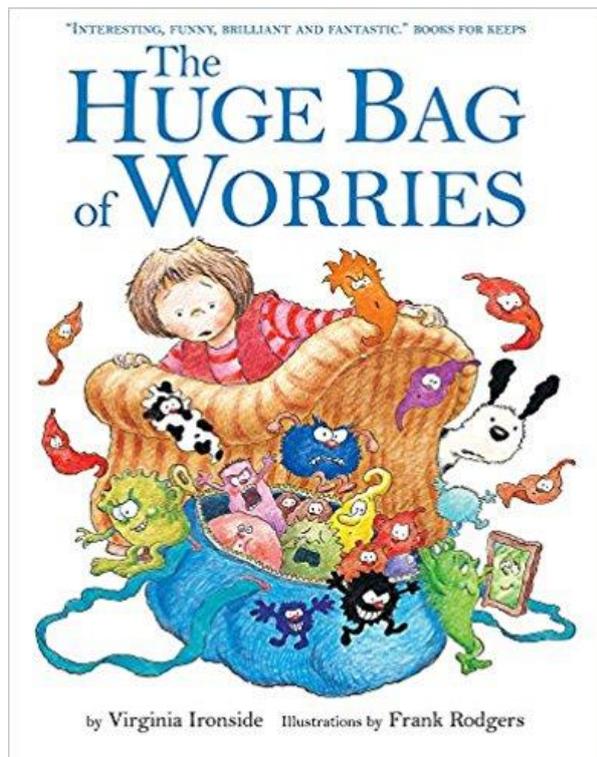
<http://www.southglos.gov.uk/health-and-social-care/staying-healthy/mentalhealth-emotionalwellbeing/young-people-and-mental-health/> look at the Mind You page

### Books for Helping Children with Anxiety



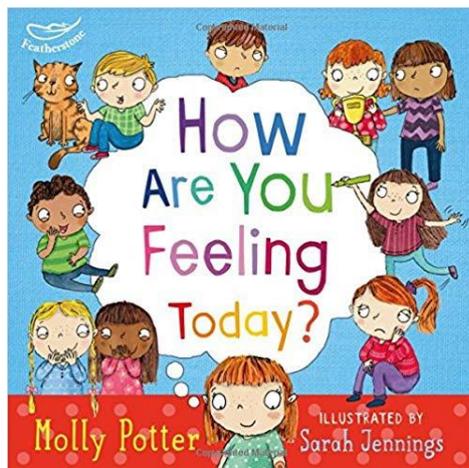
*What to Do When You Worry Too Much* is an

interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.



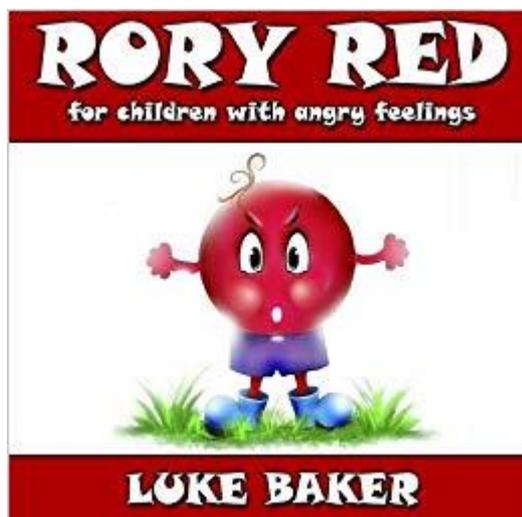
Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

## Books for helping children talk about their feelings



Children have strong feelings and they can't always handle them very well. Perfect for sharing, *How Are You Feeling Today?* is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears!

A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all-important skill of dealing with feelings.



Rory Red - This delightful book uses CBT at its core to help children understand their angry feelings and make the necessary changes to regulate their emotions. The book was written by Luke Baker, a Trainee Teacher and a former ELSA. The book is set in the small town of Hue. The Red family live there and their youngest member is called Rory. Rory Red is very angry all of the time. He wants to change but is told by both parents that 'It is just who you are.' 'There is nothing you can do about it!' Rory begins to believe that this was just who he was and he really couldn't do anything about it. Until one day he meets Yasmine Yellow. Yasmine shows him the way and helps him to understand how he can change. The book leads the child through the different stages of anger such as the triggers for anger - 'someone being mean to him', 'when he can't go out to play because it is raining', 'when he isn't allowed his dessert'. It takes the child through the physical effects of anger such as breathing heavier, his heart beating harder and faster and also looks at Rory's thoughts such as 'hit them!' 'Break something!' 'Say bad words!' Yasmine helps him by suggesting different calming techniques to help him cope with his anger.

