



Emotional literacy support assistants (ELSAs)

Overview

Ealing EPS will be running this project again in the 2025 Autumn term to train ELSAs to deliver emotional wellbeing interventions in their schools.

ELSAs are members of school staff who receive detailed training and ongoing supervision from educational psychologists to enable them to plan and deliver individual and small group SEMH support programmes in schools.

ELSAs help children & young people to recognise, understand and manage emotions to increase their learning success and participation in schools.

Programme structure

ELSAs attend 6 days of training (plus ongoing half termly group supervision. Cost: £840per candidate or £1600 for two, to include: all training, materials and first four supervision sessions) Ongoing supervision thereafter £210pp per annum.



Training will cover:

- Raising emotional awareness
- Understanding and raising self-esteem
- Active listening and communication skills.
- Managing emotions, including anger. Social skills and friendship skills
- Bereavement and Loss
- Writing therapeutic and social stories.

BENEFITS TO PUPILS (evidence-based)

- Increased learning success and engagement
- Pupils feel supported by being listened to and having 'special time.'
- They develop greater self-awareness and coping strategies
- They can build more positive relationships with peers and others.
- They learn to talk about their difficulties.

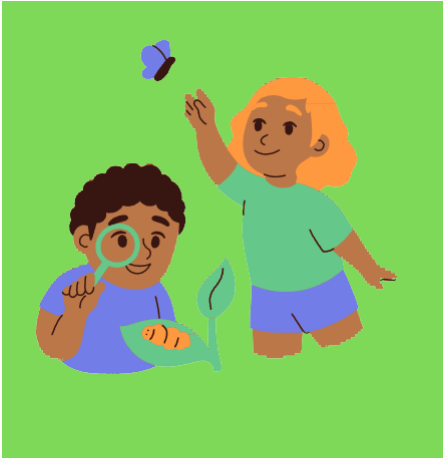


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**DON'T JUST TAKE IT FROM US SEE FEEDBACK
FROM OUR ELSAS BELOW**



**IT HAS GIVEN ME A SPECIFIC
FOCUS OUTSIDE THE DAY-TO-
DAY INTERACTIONS WITH THE
YEAR GROUP I SUPPORT. I HAVE
BEEN ABLE TO MEET AND WORK
WITH KS3 STUDENTS, WHICH
PROBABLY WOULDN'T
OTHERWISE HAVE HAPPENED**

**I'VE ALWAYS
BEEN VERY
SUPPORTIVE
BUT, IN THE
PAST, FELT
LIKE I NEEDED
TO PROBLEM
SOLVE - NOW I
LISTEN MORE
AND ALLOW
THE PUPILS TO
FEEL MORE
VALUED**



**IT HAS GIVEN ME
GREAT INSIGHT
INTO EMOTIONAL
NEEDS AND HOW
TO HELP USING
VARIOUS
ACTIVITIES**

**YOU LEARN
SO MUCH AND
ARE ABLE TO
TAKE IT ALL
BACK TO
SCHOOL!**

**LOOKING AT THE THEORIES WAS
VERY USEFUL AS IT GAVE A BETTER
UNDERSTANDING OF WHY CERTAIN
EMOTIONS MAY PRESENT
DIFFERENTLY FOR DIFFERENT
CHILDREN**

