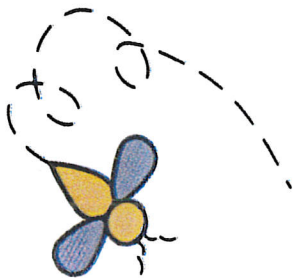


## Individual session



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,

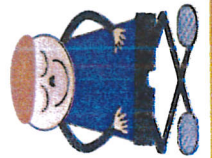
### Main activity

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 make something to reinforce those strengths.

### Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class

Your child will now be able to answer the question 'I can tell you about my strengths'



## Group session

The ELSA will plan their sessions for your child very carefully. The session consists of several parts, the first two parts consists of a circle-time where children sit in a circle and take turns to speak.

### Emotional check in

This is an opportunity to talk about feelings,

### Warm up activity

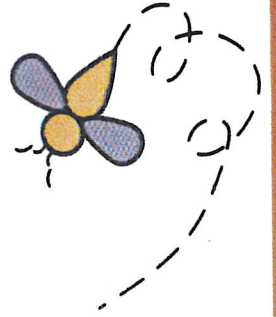
A fun game or activity to help relax your child.

### Main activity

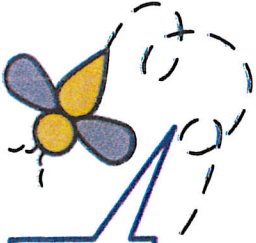
This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end of the session.

### Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class



## Typical problems



### 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 loved pet has died

ELSAs are trained in bereavement and understand that the loss of a pet is probably the first experience of death for your child. They will work with your child to help them feel supported in school.

