



ELSA

Talk • Support • Grow



A specially trained teaching assistant who helps children manage their emotions, mental wellbeing, and social skills.

Role & Area Identification

Signs and door posters show pupils where the ELSA room is, who the practitioner is, and how children can ask for help or leave a note.



Meet Your ELSA:

Preet Kaur

Emotional Regulation

Visual charts like anger intensity scales or emotion recognition wheels help children identify and talk about what they are feeling.



Reassurance & Mindset

Inspirational displays remind children that it is normal to make mistakes, feel upset, or ask for help.



Self-Esteem Building

Thematic anchor charts focusing on confidence, positive characteristics, and coping strategies.



Structure & Duration

Support is a proactive, time-limited intervention rather than long-term counselling.



The Block

6 – 12 weeks
(roughly a half term or full term)



Session Length

30 – 60 minutes
once a week
(often a school lesson period)



Format

Usually 1:1
Small groups
(2–4 students)
for social skills,
relationships or
transition support.

6 Expressing empathy for others

- You may have been in the same situation. For example, your dog has died, just like that person's dog, and you felt sad too.



Preet Kaur

Small steps can make a big difference

Feel

Understand

Build

Thrive