

ELSA (Emotional Literacy Support Assistant)

Emotional literacy support for students (Educational Psychologist trained and supervised). Supporting students with emotional development and helping them cope and find solutions to life's challenges. (Usually 6 to 12 week interventions). The course is run on an individual basis.

ELSA can help with:

- Loss and bereavement
- Emotional Literacy
- Self-esteem
- Social Skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Conflict
- Emotional Regulation
- Growth Mindset
- Social and therapeutic stories
- Problem solving