



ELSA EMOTIONAL LITERACY SUPPORT

HELPING YOUNG CHILDREN DEVELOP ESSENTIAL EMOTIONAL SKILLS

Purpose of ELSA Support

Emotional Literacy Development

ELSA helps children develop emotional understanding and resilience to support their wellbeing and learning.

Safe and Nurturing Environment

Sessions provide a secure space where children explore feelings and build coping strategies effectively.

Empowerment Through Skills

ELSA empowers children to manage emotions through empathy, reflection, and interactive activities like games and role-play.

Positive Impact on Confidence

By addressing emotional needs, ELSA boosts children's happiness, confidence, and academic progress.



CORE CATEGORIES OF ELSA SUPPORT

Emotional Literacy

Recognizing Emotions

Teaching children to identify and name their own emotions and understand those of others builds emotional awareness.

Building Emotional Vocabulary

Developing a rich vocabulary for emotions helps children articulate their feelings clearly and effectively.

Empathy and Reflection

Storytelling and reflective discussions encourage empathy and deeper understanding of others' emotions.

Emotional Regulation Foundation

Emotional literacy lays the groundwork for emotional regulation and positive social interaction in children.





Self-Esteem & Confidence

Recognizing Strengths

Helping children identify their unique strengths and achievements boosts their self-esteem and self-awareness.

Building Confidence

Confidence enables children to face challenges positively and develop resilience for future success.

Support Techniques

Using positive affirmations, achievement charts, and personal success activities fosters self-worth in children.



Social Skills, Relationships and Friendship

Importance of Social Skills

Social skills help children form and maintain meaningful friendships essential for personal growth.

ELSA Teaching Methods

ELSA sessions use role-play, group games, and problem-solving tasks to teach communication and empathy.

Friendship Support Focus

Support programs address conflict resolution and bullying, empowering children to navigate social challenges.



Managing Strong Feelings - Conflict, Worries and Anxiety

Emotional Regulation Strategies

ELSA offers practical strategies to help children regulate strong emotions like anger and anxiety effectively.

Breathing Exercises

Breathing exercises are essential tools that children use to reduce stress and regain emotional control.

Promoting Emotional Balance

Mindfulness activities support children in managing worries, fostering emotional balance and reducing disruptive behaviour.



Loss, Bereavement, and Growth Mindset

Supporting Grieving Children

Create a safe space for children to express grief and understand changes caused by loss and bereavement.

Memory and Therapeutic Activities

Use memory books and therapeutic stories to help children process grief and remember loved ones.

Growth Mindset and Resilience

Encourage resilience by teaching children that mistakes help learning and effort leads to improvement.



Wellbeing and Mindfulness

Self-Awareness Development

Mindfulness helps children build self-awareness and emotional stability effectively.

Relaxation Techniques

Guided breathing and visualization techniques promote relaxation and better focus.

Support for Mental Health

Mindfulness supports mental health and creates a positive foundation for learning and social interaction.