



# Catcott Primary School

## ELSA

Emotional Literacy Support  
Assistant



**Karen  
Bishop**

**ELSA's are Emotional Literacy Support Assistants. They are a specialist TA with a wealth of experience of working with children.**

**Their aim is to build your child's emotional development and help them cope with life's challenges**

**An ELSA is not here to fix problems but to help children find their own solutions and offer that important support**

**Karen delivers  
ELSA on a  
Thursday**

**To access ELSA support please speak to your child's class teacher\***

\*There may be a waiting list to access this support

**What areas does an ELSA 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**

