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| **Personal, Social and** **Emotional Development**Starting the process of successful Personal Social and Emotional Development is essential for young children in all aspects of their lives.It will help them to:· relate well to other children and adults· make friends and get on with others· feel secure and valued* explore and learn confidently; and ultimately to

· feel good about themselves.Early Personal, Social and Emotional development has a huge impact on later well-being, learning, achievement, and economic circumstances. That is why the Childcare Act 2006 places a duty on local authorities, with their partners in settings ‘to improve the well-being of all young children in their area and to reduce the inequalities between them’. |
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**Daniella** |

**What can an ELSA**

**help with?**

· Loss and bereavement

· Self-esteem

· Social skills

· Emotions

· Friendship issues

· Relationships

·  Anger management

·  Behaviour

· Anxiety

·  Conflict

· Relaxation techniques

ELSA sessions can take place individually or in small groups.

Each session is set out with each specific child and their needs in mind.

**What is an ELSA?**

An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists.

An ELSA is a warm and caring person who wants to help your child feel happy in pre-school and to reach their potential. Their aim is to remove the barriers to learning and to have happy children in pre-school and at home.

The ELSA will plan their sessions for your child very carefully. The session consists of several parts.

· Warm up activity to help the child relax

· An emotional check in, an opportunity to talk about feelings.

· Main activity, this will be a planned activity with a key learning objective

· Relaxation exercise



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