

“I thought when I first came in it wouldn't help but it actually did because now I can communicate with people, without getting moody about everything.”

“Emotions aren't something to be feared, but a sign that your alive, and trying to figure it out.

Numbness is a far more dangerous thing.”

“Anyone can be angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - that is not easy.”

“Look for something positive in each day, even if some days you have to look a little harder.”

Strode College
Church Road
Street
Somerset
BA16 0AB
Tel: 01458 844400



bgreenter@strode-college.ac.uk



tcattermole@strode-college.ac.uk
Tel: 01458 844432



Emotional Literacy Support (ELSA)



Succeed, Believe,
Achieve

Becky Greenter and
Tim Cattermole

What is an ELSA?

An ELSA is a specialist Learning Support Assistant with a wealth of experience of working with young people.

ELSAs are trained and regularly supervised by Educational Psychologists.

An ELSA is a warm, caring, genuine and respectful person who wants to help young people express and understand theirs and other peoples' feelings and emotions.

They provide the time and space for students to think about their personal circumstances and how they manage them.

You can be referred to us by your Personal Tutor, the Student Support Team, ALS team, or self referral.

ELSAs can support you with:

- Self esteem
- Social skills
- Emotions
- Friendship issues
- Relationships
 - Behaviour
 - Anxiety
 - Bullying
 - Conflict
- Anger management
 - Self care
- Relaxation techniques
- Loss and Bereavement
 - Resilience

ELSAs will plan **individual sessions** with you where you can work on emotions and feelings that you need help with and give you strategies and practical guidance to enable you in your day to day life. These sessions are 1 hr long, every week for 6 weeks.

ELSAs may invite you to join other students to complete **group work**. This will only be done if you feel comfortable and confident in sharing emotions with others.

