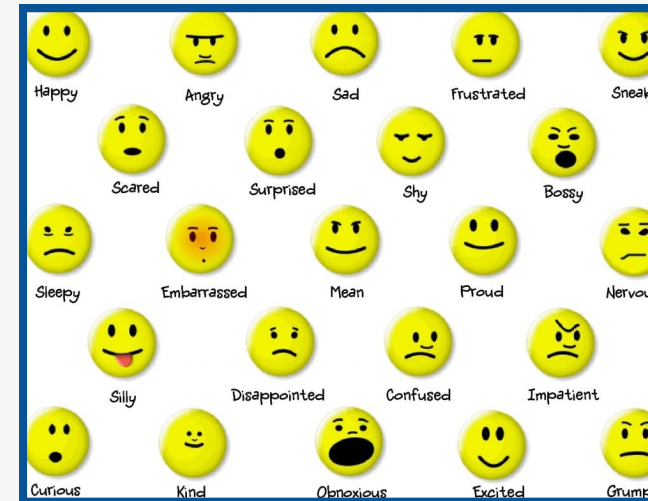


Educating
the mind
without
educating the
heart is no
education
at all.
— Aristotle

ELSA Support



It's not always easy for children to reach out for emotional support. They may be unsure who to reach out to or what to say. Helping children learn how to ask for help can be an important step in helping them learn self-advocacy skills.



Elsa's should:

- Be caring and friendly and calm.
- Have good communication skills.
- Know the child, build relationships and understand the child's social challenges to help understand the kind of support needed.
- Respect confidentiality

"Elsa is fun and it helps me smile"

"I don't get so angry when I'm playing with my friends"

ELSA provides interventions through games, activities and craft to support:

- Emotional awareness
- Self esteem
- Anger management
- Social and friendship skills
- Social communication difficulties
- Loss and bereavement
- Bullying

Make a difference

"The education setting is probably the greatest opportunity we have, outside the family to promote and maintain children's well being" (Geddes006)

