

# ELSA in Northumberland



In the autumn term we ran the 6 day emotional literacy support assistant course (ELSA). We had an amazing group of 14 participants, teachers and teaching assistants across first, primary, middle and high schools. It was a privilege to facilitate the course as we got to hear about so much good practice and to problem solve around pupils who are experiencing difficulties with staff who were imaginative and looking for solutions.

The course covered the following topics over the 6 days:

***Raising Emotional Literacy Awareness; Emotional Literacy in Schools.***

***Building Resilience 1: Borba's model - Security and Affiliation.***

***Building Resilience 2: Borba's model - Selfhood, Competence & Mission.***

***Emotional Regulation; Social and Friendship Skills.***

***Active Listening and Reflective Conversations; Therapeutic Stories and Social Stories.***

***Loss, Bereavement and Family Break-Up.***

As part of the course we will be running a follow up half day session in the summer term.

