

**Resources to Support ELSA (Emotional Literacy Support Assistants)
During COVID-19**

This newsletter to keep in touch with East Riding ELSAs. Due to the current situation, the Educational Psychology Service is unable to plan ELSA supervision group sessions. However, ELSAs are invited to contact their usual group supervisor or the Educational Psychologist for their school if there are any issue they would like to discuss

We very much hope to be able to go ahead with group ELSA supervision sessions as usual in the Autumn Term, when it will be lovely to welcome the new ELSAs who completed their training in March, just in time before lockdown began!

In the meantime, we have put together a list of resources to help you with any coronavirus-related casework and we hope you will find these useful. If you have any questions regarding the resources, or if you have any other resources that you would like to share, please get in touch at Rebecca.Clarke@eastriding.gov.uk

Resources

<http://eastridinglocaloffer.org.uk/coronavirus/>

There are a lot of really good resources on the East Riding local offer website to support emotional wellbeing, including some wellbeing apps.

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

I am sure many of you may have already seen these but if not they have some free resources which may be good to use with the young people you support (aimed at primary more than secondary).

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

There are some good tips on here for young people and what they can do if they are feeling anxious regarding the current situation (good for secondary). The Young Minds website in general is a good resource for older students.

<https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/advice.page?id=s8d0HI3q3O0>

Surrey County Council has provided guidance and resources for ELSAs during this time as well as resources to support worry and anxiety which can be found under the 'Educational Psychology' heading.

<http://www.em-edsupport.org.uk/Page/7730>

Therapeutic story: The little elf who missed his birthday party. Nottinghamshire Educational Psychology Service has provided a therapeutic story for primary aged children to support strong emotions linked to coronavirus.

We do hope that you are well and coping with the very difficult situation we all find ourselves in. Best wishes to you and looking forward to seeing you next term.

Contact Details: 01482 394000 – option 4 then option 2, or Email : eps@eastriding.gov.uk