

## Request for Emotional Literacy support.

ELSA is not a behavioural management programme, though some behaviours may be linked to children's emotional literacy, please keep this in mind when referring children.

Name: \_\_\_\_\_ Preferred name: \_\_\_\_\_

Age: \_\_\_\_\_ Class: \_\_\_\_\_

Request made by: \_\_\_\_\_ Date of referral: \_\_\_\_/\_\_\_\_/\_\_\_\_

Reason for referral: \_\_\_\_\_

This was first observed: \_\_\_\_\_

ELSA intervention focuses on 1-3 Specific, Measurable, Attainable, Realistic, Time bound (SMART) targets to be achieved during 6-10 weekly sessions. Targets will be agreed during an initial planning meeting between ELSA and staff.

Please complete the table below. Tick here if child has had input ☐

	Skill	Ability				
		1 Very poor	2	3	4	5 Very good
Emotional awareness	Ability to realise how they feel					
	Ability to verbalise how they feel					
Social Skills	Making eye contact					
	Taking turns					
	Speaking in pleasant tone					
	Asking for help					
	Sharing					
	Paying attention when spoken to					
Friendship skills	Ability to initiate friendships					
	Ability to maintain friendships					
	Understanding what friends do and do not to.					
Self-esteem	Able to identify strengths					
	Ability to accept praise					
	Ability to accept constructive criticism					
	Perseverance in tasks they find difficult					
	Ability to cope with new experiences or change.					
Anger management	Ability to recognise when feeling angry					
	Knowledge and use of strategies to help calm down when angry					
	Ability to seek adult help when angry/frustrated					
Please use this space for other skills you have concerns over and the ability.						

What would you like the main aim of the sessions to be?

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