

ELSA RESOURCES LIST

01



Things you need!

- Getting to know you resources
- Emotional check-ins, emotion cards
- Pre and post assessments
- End of session games e.g., Dobble, Top Trumps, Connect 4, Sort it Out
- Notebooks for children to log feelings in between sessions

02



Anger management

- Body map template
- ELSA Support Angry Arnold lapbook
- An anger firework
- ELSA Support 'Control your thunder' workbook
- 'How Hattie hated kindness' by Margot Sunderland
- 'The Red Beast' by K.I. Al-Ghani

03



Worries and anxiety

- Relaxation activities - grounding, mindfulness, breathing
- ELSA Support Worries and Fears lapbook
- 'Willy and the wobbly house' by Margot Sunderland
- 'The Huge Bag of Worries' by Virginia Ironside
- 'What to Do When You Worry Too Much' by Dawn Huebner
- 'Starving The Anxiety Gremlin' by Kate Collins-Donnelly

04



Social and friendship skills

- What I want in a friend/what kind of friend do I want to be?
- Circle of Friends information
- Social stories - [Carol Gray website](#)
- Comic strip conversations
- 'Will You Be My Friend?' by Molly Potter
- 'Socially Speaking' by Alison Schroeder
- 'Kindness is my superpower' by Alicia Ortego

05



Loss and bereavement

- Comic strip conversations
- 'The day the sea went out and never came back' by Margot Sunderland
- 'Goodbye Mog' by Judith Kerr
- 'Badgers Parting Gifts' by Susan Varley
- 'The Invisible String' by Patrice Karst

06



Secondary focused

- Talkabout for Teenagers - developing social and emotional communication skills
- Social thinking: Thinksheets for Tweens and Teens - Marcia Garcia Winner
- [Therapist Aid website](#)

07



Websites

[ELSA Network](#) - the official ELSA website includes a range of planning tools as well as resources to address all areas of need
[ELSA Support](#) - a range of resources which are updated regularly