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Personal Characteristics of an ELSA

EMPATHY

An ELSA needs to deeply understand and empathise with the emotional experiences of the children they work with

PATIENCE

Dealing with children's emotions requires patience to listen attentively and actively, to support them as they navigate their feelings.

CREATIVITY

Using creative methods and activities to engage children in emotional literacy sessions helps keep them interested

RESILIENCE

Being able to remain calm and composed in challenging situations is crucial, as they often deal with sensitive issues and Big EMOTIONS.

FLEXIBILITY

Adopting strategies and approaches based on the individual needs and progress of each child.

POSITIVE OUTLOOK

A positive attitude and outlook can inspire hope and optimism in children, helping them see challenges as opportunities for growth.

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