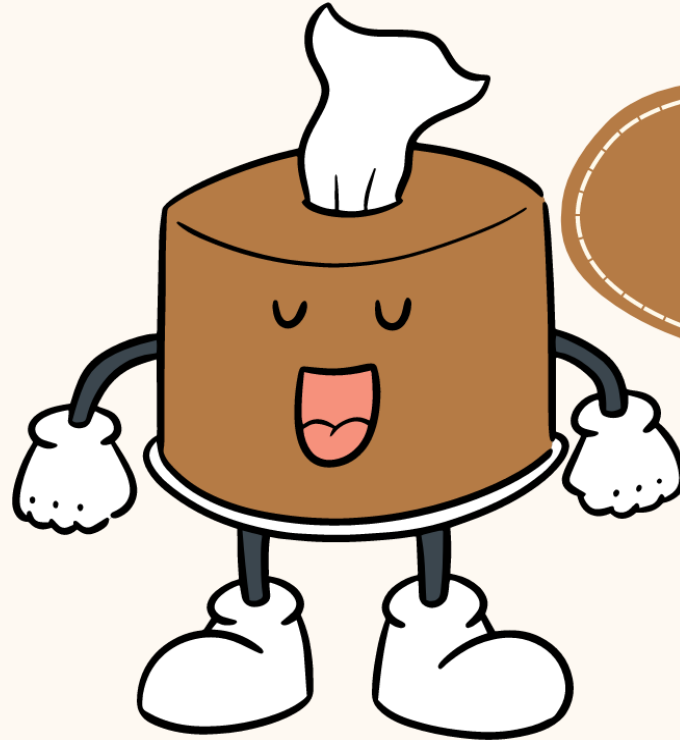
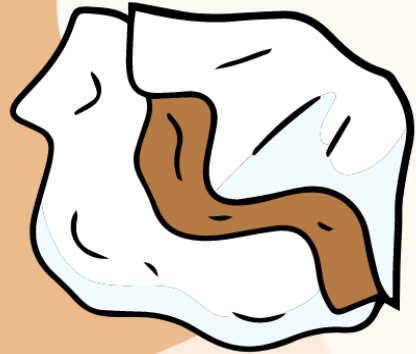


# ELSA First Aid Kit



Here is a first aid kit. Let's look inside...

# Tissues



It's ok to cry

ELSAs can help to wipe away your tears when you feel sad or unhappy. ELSAs remind you that it is ok to let out your tears. A good cry can make you feel better. It is better to express your feelings rather than keep them bottled up inside you.

# Tooth picks



Unpick your  
problems

ELSAs will help you to unpick your problems and make sense of them. We all get problems from time to time and an ELSA will always listen to your problems and help you to find a solution.

# chocolate bar



Special and fun  
like chocolate

Seeing an ELSA is always a 'treat' – it never means that you are in trouble! Also, just like a treat, ELSAs can help you feel better when you are sad or upset. Your time with an ELSA will make you feel special and you will also have fun

# Star

Help you to stay  
on track



Explorers from long ago used the “North Star” as a guide to help them stay on track and find their way when they were lost. Like the North Star, the ELSA can help you if you are feeling lost, confused, or unsure about how to solve a problem. They will support you in solving your problem.

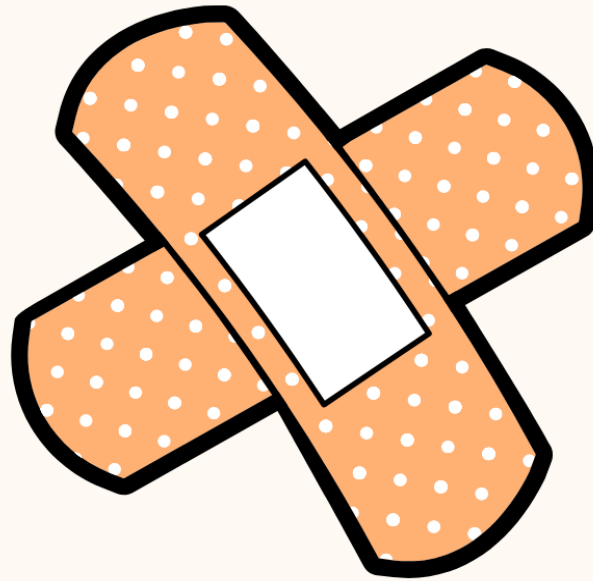
# Penny

You are so  
special



Pennies have value and are often considered lucky – ‘Find a penny, pick it up...all day long you’ll have good luck!’ The penny reminds us that each and every one of us is valuable, special, and lucky to be who we are! The ELSA will remind you constantly about how special you are.

# Plaster



Heal the inside  
hurting

ELSAs can help you to heal your wounds (the invisible ones that are deep inside of you). There are different 'hurts', ones that you can see such as a scraped knee, or a cut finger but some things hurt us inside such as when our feelings are hurt or if your pet dies.

# Swimming ring

Helps you to stay  
afloat



ELSAs are there to talk to you and help 'save' you from scary, sad, or stressful situations. ELSAs will help you 'stay afloat' throughout the school year by giving you support, guidance, and kindness!

# Eraser



Learn from mistakes  
and move on

Everyone makes mistakes and an ELSA can help you deal with your feelings when you make mistakes. She/He can also help you learn how to not make the same mistake again in the future! We can help you rub out the mistake and learn from it.

# Cotton wool

Warm fuzzies and compliments



Just like these cotton wool balls that feel soft and fuzzie, ELSAs are full of warm fuzzies and compliments. If you are feeling a bit down, sad or depressed then ask to see us or pop and see us at playtime/lunchtime and we can help to cheer you up!

# Watch



Always find the  
time to listen

**ELSAs will always find time to listen to you if you feel sad or have a problem.**

# Smiley face

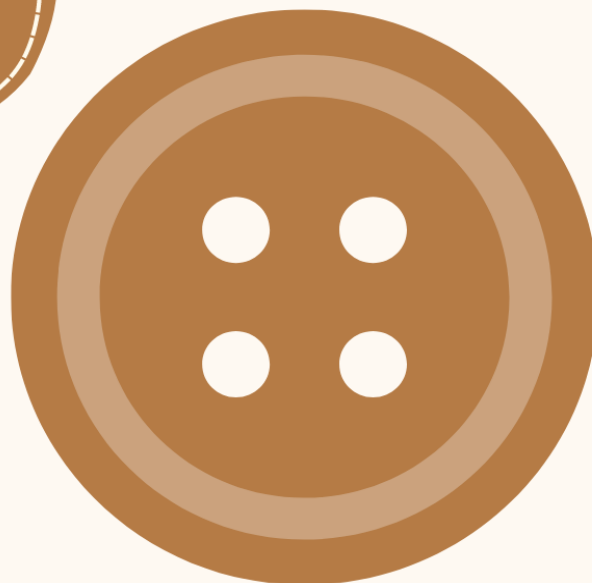
Laughter can be  
the best medicine



**ELSAs will try and help you to smile again. Sometimes smiling can really help you to feel better**

# Button

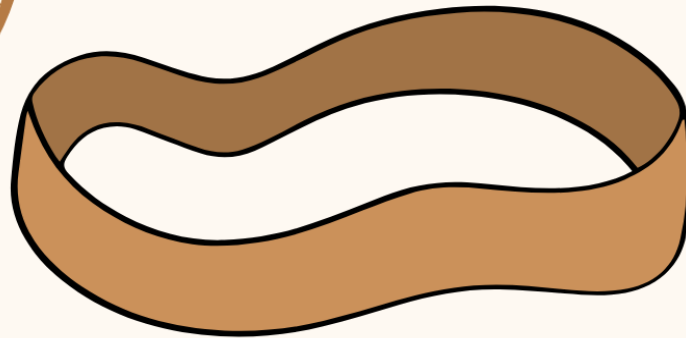
Think before you  
speak



**ELSAs will try to help you to think before you speak so you don't get into trouble or hurt other people's feelings**

# Rubber band

Flexible thinking



ELSAs will help you to be flexible with your thinking

# Mirror

Your strengths



ELSAs will help you to find all the amazing things that you are good at. They will help you to find all the strengths that you have.

# Balloon

Let them go



**ELSAs will help you to let go of all those worries and thoughts that are weighing you down**

# Bubbles

Breathe when  
emotions get too  
big



ELSAs will help you to develop coping skills that will help when you have BIG emotions. Learning to breathe slowly with a bottle of bubbles will help you

# Torch

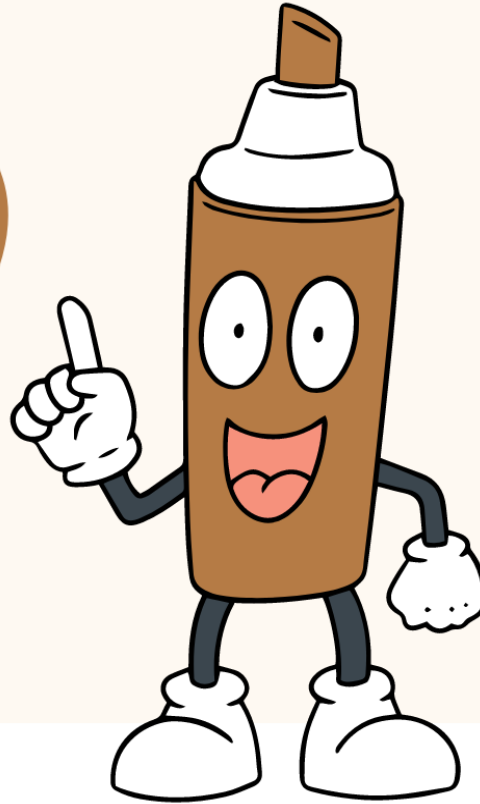
Light up the  
way



**ELSAs will help you to shine light into those darker places when you are finding it tough to find a way through**

# Highlighter

Find the  
positives



ELSAs will help you to highlight the positives in your day

# Blank Paper

Every day is a  
new day



ELSAs will show you that every day is a new day and you can start  
again today

# String

Help you feel  
connected



**ELSAs will help you to build relationships and feel connected to  
your friends and family**

# Sunglasses

You shine  
bright



**ELSAs will show you that you are bright enough and don't need to  
hide behind sunglasses**