

## **FREE RESOURCES**

After attending the Counselling Skills for ELSA's course in March this year, I picked up the idea of making my own set of feelings photos. These have proven to be a very useful addition to any ELSA resource.

Using the computer, I sourced some suitable pictures, printed them off and laminated them. Amongst my collection I have photos of an erupting volcano, rollercoaster ride, calm seas, rough seas, idyllic scenes and many others.

Using these photos I get the children to pick the photo that best represents how they feel, then get them to explain the reason for their choice. A brilliant way to start the session. Recently, with my colleagues in our supervision sessions, we have passed on useful photos to one another to add to our own collections. A great resource for the price of just printing and laminating.

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