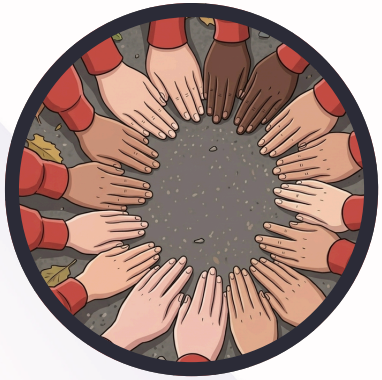
WHAT IS TALA?

Therapeutic Active Listening Assistant (TALA)

A TALA is a specially trained member of school staff who provides children with a safe, non-judgemental space to talk about anything that may be worrying or affecting them.
Using counselling skills and therapeutic listening techniques, TALA practitioners help children explore their thoughts and feelings, gain perspective and develop greater self-understanding.
TALA is not counselling, but it offers children dedicated time to talk, reflect and feel heard.



OUR PASTORAL TEAM



At The Crescent Primary School:

Our TALA Practitioners are:
Mrs Eldridge & Mrs Gigg

Our practitioners receive specialist training and regular supervision from Educational Psychologists and other experienced professionals.

Need More Information?
Please contact:
Mrs Howard – Pastoral Lead
Or speak to your child's class teacher.

📧 pastoral@crescent.hants.sch.uk
Together we can help children feel safe, supported and understood.

📞 **Phone: 02380 612536**
✉️ **pastoral@crescent.hants.sch.uk**
🌐 **https://school.thecrescentprimary.com**

THE CRESCENT PRIMARY SCHOOL

THERAPEUTIC ACTIVE LISTENING ASSISTANT **(TALA)**

A Safe Space to Talk, Be Heard and Feel Understood

Sometimes children need more than advice or solutions. They simply need someone to listen.

TALA provides a safe, supportive and confidential space where children can explore their thoughts, feelings and experiences with a trusted adult.

💙 **Supporting emotional wellbeing, one conversation at a time.**



WHY MIGHT A CHILD BENEFIT FROM TALA?

Children may benefit from TALA when they are experiencing difficulties that are affecting their emotional wellbeing, including:

☁️ Worries and anxiety
🏠 Difficulties at home
👫 Friendship concerns
💔 Loss, separation or bereavement
📚 School-related pressures
🌧️ Low mood or emotional distress
🦋 Significant life changes or transitions
❤️ Feelings that are difficult to understand or express

Sometimes children simply need an opportunity to talk through what is on their mind with a trusted adult.

HOW CAN TALA HELP?

TALA gives children the opportunity to:

🌱 Talk through difficult feelings
🌱 Feel listened to and understood
🌱 Develop greater self-awareness
🌱 Build confidence and self-esteem
🌱 Learn healthier ways to cope with challenges
🌱 Recognise their strengths and abilities
🌱 Explore solutions and different perspectives
🌱 Improve their emotional wellbeing

By feeling heard and supported, children are often better able to cope with life's challenges and engage positively in school and everyday life.

TALA and ELSA – What's the Difference?

ELSA	TALA
Focuses on learning emotional skills	Focuses on therapeutic listening
Structured activities and interventions	Child-led conversations
Develops emotional literacy skills	Provides a safe space to explore feelings
Teaches practical strategies	Helps children process experiences
Skills-based approach	Relationship-based approach

In simple terms:
ELSA helps children learn emotional skills.
TALA gives children the time and space to talk and be heard.



WHAT HAPPENS DURING TALA SESSIONS?

Each child is offered a regular weekly session, usually lasting between 30 minutes and 1 hour, over an agreed period of time.

Sessions are:

✅ One-to-one
✅ Child-led
✅ Confidential
✅ Tailored to individual needs

Children choose what they would like to talk about and set the pace of the conversation.

Some sessions may also include:

🎨 Creative activities
🧩 Play-based resources
📚 Story work
💬 Therapeutic conversations

These approaches can help children express feelings that may be difficult to put into words.