

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Anger Management

**Unit Reference Number:** J/615/5792

**Level:** Entry Level Two (2)

**Credit Value:** One (1)

**Minimum Guided Learning Hours:** 10

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know different emotions	1.1 Point out a range of emotions that they have experienced
2. Know the effects of anger	2.1 Indicate what happens when someone gets angry
3. Be able to use an anger management technique	3.1 Indicate a way of managing anger
	3.2 Point out who can help when they are angry
	3.3 Use an anger management technique