Changing lives through learning

# 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 |

The intellectual property rights remain with Open Awards.