

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Emotional Wellbeing

Unit Reference Number: H/615/5816

Level: Entry Level Two (2)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to identify emotions and know how to manage emotional experiences	1.1 Identify four emotions
	1.2 Communicate how two given emotional experiences might be managed
2. Know about bullying	2.1 Recognise three actions that can be seen as bullying
	2.2 Communicate an assertive attitude to bullying
	2.3 Name one agency that supports the victims of bullying
3. Know how to be a good friend	3.1 Identify three ways to be a good friend
4. Know that illness can be mental or physical	4.1 Identify given illnesses as mental or physical