Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Emotional Wellbeing

Unit Reference Number: L/615/5664

Level: Entry Level One (1)

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 where to obtain emotional support	1.1 Communicate (a) two happy experiences (b) two sad experiences
	1.2 Recognise who might help deal with two given emotional experiences e.g. break-up of parents, bereavement
2. Know about bullying	2.1 Recognise one action that can be seen as bullying
	2.2 Identify through participation in or observation of role play, an assertive attitude to bullying
	2.3 Identify a person to tell if bullying is taking place
3. Know a way to be a good friend	3.1 Communicate one way to help a friend

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