

Unit Title: Emotional wellbeing

OCR unit number: M8

Life and Living Skill Area: Personal Skills

Level: Entry 1

Credit value: 2

Guided learning hours: 20

Unit purpose and aim

The aim of the unit is to develop the learner's understanding of factors that can affect emotional wellbeing and how these may be addressed.

This unit spans a range of achievement for learners working at the 'Consolidation' to 'Application' stages of the Entry 1 Achievement Continuum.

Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
The Learner will: 1 Be able to identify emotions and know where to obtain emotional support	The Learner can: 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	<ul style="list-style-type: none"> Communicating with signing, symbols, communication aid or verbally details of, for example, (a) their birthday party, when they went on holiday; (b) when a grandparent died, when they argued with a friend Indicating with signing, symbols, communication aid or verbally that they could ask, for example, a tutor, college counsellor, parent, or friend for help
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	<ul style="list-style-type: none"> Communicating an understanding that bullying might be, for example, calling someone a silly name; not including someone in a board game Indicating a clear feeling/decision through signing/gesture or verbally that, for example, they do not want someone to keep poking them in the back, that they will resist calling someone silly names if they themselves are not called silly names

Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
	2.3 Identify a person to tell if bullying is taking place	<ul style="list-style-type: none"> Indicating by signing, gesture, communication aid or verbally that they could tell, for example, a parent, tutor, college counsellor, link worker
3 Know a way to be a good friend	3.1 Communicate one way to help a friend	<ul style="list-style-type: none"> Indicating by signing, gesture, communication aid or verbally that they could, for example, do shopping for a friend who is ill; help a friend to clear the table after lunch.

Assessment

Assessment of this unit must make use of the Entry 1 Achievement Continuum. Assessors will be required to indicate the stage on the continuum at which the learner has achieved the learning outcome.

This unit spans a range of achievement from the **consolidation** to **application** stages of the Achievement Continuum. It may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

The requirement to communicate two happy and sad experiences, also to recognise who might help with two emotional experiences, may happen on the same or on different occasions.

The examples provided above are just that: learners may demonstrate their ability to meet the criteria in many other ways. Learners are not expected to undertake all these activities in order to meet the assessment criteria.

Evidence requirements

Candidates must show that they can recognise achievements in understanding of factors that can affect emotional wellbeing and how these may be addressed this will be reflected in their Record of Assessment and Evidence.

The Record of Assessment and Evidence for this unit must be completed in full and signed by the assessor to confirm the evidence is authentic and meets the requirements of the learning outcomes and assessment criteria. The completed Record of Assessment and Evidence , together with any other appropriate form of evidence, must be submitted for moderation.

Additional information

The following documents must be used to record candidate evidence and their level of achievement on the Entry 1 Achievement Continuum:

- Entry 1 Achievement Continuum
- Record of Assessment and Evidence