

**Unit Title:** Understanding Feelings And Emotions  
**Unit Level:** Level 2  
**Unit Credit Value:** 1  
**GLH:** 8  
**LASER Unit Code:** WJA332  
**Ofqual Unit Code:** H/503/1003

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand what is meant by 'feelings' and 'emotions.'	1.1	Describe a range of feelings and emotions.
2.	Understand how feelings and emotions might be expressed.	2.1	Describe how feelings and emotions might be expressed in different situations.
		2.2	Describe how the expression of feelings and emotions can be perceived by others.
3.	Understand how to manage and respond to emotions and feelings.	3.1	Compare positive and negative emotional responses to a given situation.
		3.2	Describe strategies to manage own emotions and feelings.

**Assessment Guidance:**

NA

**Additional Information:**

NA