

**Unit Title:** Emotional Wellbeing  
**Unit Level:** Entry 2  
**Unit Credit Value:** 2  
**GLH:** 20  
**LASER Unit Code:** WJB182  
**Ofqual Unit Code:** K/502/4568

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		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

<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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