

Aspire Award: Developing Emotional Resilience

Level: Level One



In successfully completing this unit, the learner will have	Evidence needed
shown knowledge of 1. what is meant by the term 'emotional resilience'	Summary sheet and/or student completed work
2. at least two of their own possible responses to new social, environmental and emotional situations	Summary sheet and/or student completed work
3. one personal response to others' emotions	Summary sheet and/or student completed work
4. at least three examples of ways of developing emotional resilience	Summary sheet and/or student completed work
demonstrated the ability to 5. give one example of their own resilience in a given situation.	Summary sheet and/or student completed work

Approved 18 Oct 2019