

Looking after my Mental Health (Unit 10)

Level: Entry Level



In successfully completing this unit, the learner will have	Evidence needed
experienced 1. recognising two emotions	Summary sheet
2. recognising two things that can happen when they feel low	Summary sheet
3. identifying one way to get help when they feel low	Summary sheet
4. participating in a group activity to identify their emotions over a given period of time, eg keeping a 'feelings chart' for one week	Summary sheet
demonstrated the ability to 5. identify two things they can do to look after their mental health	Summary sheet and/or student completed work
6. participate in one activity to promote relaxation, eg yoga, mindfulness or meditation.	Summary sheet

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