

Developing Emotional Regulation Strategies

Level: Level One



In successfully completing this unit, the learner will have	Evidence needed
experienced 1. taking part in activities exploring positive ways of managing emotions	Summary sheet
2. taking part in a self reflection and discussion exercise	Summary sheet
demonstrated the ability to 3. identify at least three familiar emotions and give examples of when someone might experience them	Summary sheet
4. identify at least three familiar situations that might trigger given feelings in others	Summary sheet
5. identify at least two behaviours that might indicate someone is having difficulties coping with their emotions	Summary sheet
6. identify at least three situations that might trigger given feelings within themselves	Summary sheet
7. identify at least two behaviours within them that might indicate they are not coping with an emotion	Summary sheet
8. discuss how it feels to experience given emotions	Summary sheet
9. identify an effective strategy for coping with emotions in a positive way	Summary sheet
10. utilise at least two coping strategies in a safe environment	Summary sheet

In successfully completing this unit, the learner will have	Evidence needed
11. set at least one personal goal relating to their emotions	Summary sheet
shown knowledge of 12. what is meant by 'fight or flight responses'	Student completed work
13. the importance of self-regulation for future control of their behaviour.	Student completed work

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