

Managing Difficult Emotions



Level: Level One

In successfully completing this unit, the learner will have	Evidence needed
demonstrated the ability to 1. name at least four emotions experienced by self or others	Summary sheet
2. identify at least three triggers each for happiness, sadness, anger and fear	Summary sheet and/or student completed work
3. identify a real situation in which they have experienced at least three of these feelings	Summary sheet and/or student completed work
4. identify one way they express feelings of sadness, anger and fear and at least two ways to deal with these feelings more effectively	Summary sheet and/or student completed work
shown knowledge of 5. at least one person they can discuss changing feelings and emotions with	Summary sheet
6. the importance of sharing feelings, worries and fears	Summary sheet
7. at least two ideas and strategies for dealing with difficult emotions, e.g. embodiment breathing techniques	Summary sheet
experienced 8. taking part in one to one or group discussion sessions on emotions and feelings	Summary sheet
9. taking part in activities to explore positive ways to help manage emotions.	Summary sheet