

Emotional Well-Being: The 5 Ways of Well-Being

Level: Level One



In successfully completing this unit, the learner will have	Evidence needed
shown knowledge of 1. what connecting with others means and how it can help them be happier	Summary sheet and/or student completed work
2. how exercise or being active can help their overall wellbeing	Summary sheet and/or student completed work
3. two ways they can be active	Summary sheet and/or student completed work
4. two ways those with a physical disability can be active	Summary sheet and/or student completed work
5. two examples of how they can ground themselves or take notice in their life	Summary sheet and/or student completed work
6. what mindfulness is and how it can help to reduce stress	Summary sheet and/or student completed work
7. how learning helps to positively improve wellbeing	Summary sheet and/or student completed work
8. how giving to others helps their own wellbeing	Summary sheet and/or student completed work

demonstrated the ability to 9. identify at least two things they can do to keep learning outside the classroom environment	Summary sheet and/or student completed work
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In successfully completing this unit, the learner will have	Evidence needed
experienced 10. being involved in a mindfulness meditation practical activity	Summary sheet
11. being involved in a charity fundraiser or volunteering event for their community.	Summary sheet

Approved 02 Jul 2021