



Emotional wellbeing







Selected activities from
ASDAN Personal Development
Programmes









Name:

Emotional wellbeing

Challenges Complete 4 challenges over 10 hours







<input checked="" type="checkbox"/> 1A4 Take part in a group discussion	 Ability to learn	<input type="checkbox"/>
Take part in a group discussion and present the main points raised. Topic: activities that are good for your mental health and wellbeing. Different points raised: <hr/> <hr/>	 Teamwork	<input type="checkbox"/>
	 Problem solving	<input type="checkbox"/>
	 IT skills	<input type="checkbox"/>
	 Literacy	<input type="checkbox"/>
	 Numeracy	<input type="checkbox"/>

 Sign off:	Evidence ref:	Verified by:	Date:
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<input checked="" type="checkbox"/> 5A1 Report back on a walk in the countryside	 Ability to learn	<input type="checkbox"/>
Carry out one of the following tasks: <ul style="list-style-type: none"> Follow a public footpath. Observe the Countryside Code, for example remembering to shut any gate you open. Visit a local park or country park. Report what you saw, including sketches or photographs of interesting items.	 Teamwork	<input type="checkbox"/>
	 Problem solving	<input type="checkbox"/>
	 IT skills	<input type="checkbox"/>
	 Literacy	<input type="checkbox"/>
	 Numeracy	<input type="checkbox"/>

 Sign off:	Evidence ref:	Verified by:	Date:
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Emotional wellbeing

<input checked="" type="checkbox"/>	7A3 Take part in emotional wellbeing activities	 Ability to learn	<input type="checkbox"/>
<p>Show that you have taken part in at least two activities to support your emotional wellbeing, for example:</p> <ul style="list-style-type: none"> • gardening • cooking • reading • listening to music • other: _____ 		 Teamwork	<input type="checkbox"/>
		 Problem solving	<input type="checkbox"/>
		 IT skills	<input type="checkbox"/>
		 Literacy	<input type="checkbox"/>
		 Numeracy	<input type="checkbox"/>

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<input checked="" type="checkbox"/>	7A4 Keep a record of emotional wellbeing activities	 Ability to learn	<input type="checkbox"/>
<p>Keep a record of the emotional wellbeing activities you do over a two-week period. Compare how much time you have spent on activities with how much time others have spent. Discuss the benefits to your mental health on taking part in these activities.</p>		 Teamwork	<input type="checkbox"/>
		 Problem solving	<input type="checkbox"/>
		 IT skills	<input type="checkbox"/>
		 Literacy	<input type="checkbox"/>
		 Numeracy	<input type="checkbox"/>

 Sign off:	Evidence ref:	Verified by:	Date:
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Note for tutors

These activities have been chosen from modules across ASDAN's Personal Development Programmes, with a theme of emotional wellbeing.

These challenges could be completed as part of Module 13 Combined studies, which allows learners to complete **four Section A challenges for 1 credit**, or **eight Section A challenges for 2 credits** from any combination of modules in the book.

Learn more about ASDAN's Personal Development Programmes at asdan.org.uk/personal-development-programmes

