

Assessment Task (AT)

Workbook for Level 1 Unit

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| Learner Name: |  |
| Date Issued: |  |
| Final Submission Deadline: |  |

## Assessment Criteria covered

* 1. Describe what is meant by the term ‘emotional resilience’.
	2. Give one example of own resilience in a given situation.

2.1. Describe own possible responses to new social, environmental and emotional situations.

2.2. Identify one personal response to others’ emotions.

3.1. Give at least three examples of ways of developing emotional resilience.

# Brief

Answer the questions that start over the page to show your knowledge and understanding in relation to the assessment criteria listed above.

All assessment criteria must be met by your answers, before you achieve this unit.

## Answer the following 5 questions

 (Write a brief paragraph for each aspect indicated below.)

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| **1)** | **Describe what is meant by the term ‘emotional resilience’** **(AC 1.1)**(NB Box below expands to fit the amount of text typed in.) |
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| **2)** | **Give an example of when you have shown resilience in a particular situation****(AC 1.2)**(NB Box below expands to fit the amount of text typed in.) |
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| **3)** | **Describe how you might respond in the following situations: a new social situation, a new environmental situation and a new emotional situation****(AC 2.1)** (NB Box below expands to fit the amount of text typed in.) |
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| **4)** | **Identify how you might respond to someone else’s emotions****(AC 2.2)**(NB Box expands to fit the amount of text typed in.) |
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| **5)** | **Give at least three examples of ways to develop emotional resilience****(AC 3.1)** (NB Box expands to fit the amount of text typed in.) |
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### End of Assessment Task document