Year 10: ASK Yourself!

Subject: Life Skills Unit: Emotional Wellbeing

	Wellbeing Launching Developing Progressing Mastering					
	1-2	3-4	5-6	_		
	1-2	3-4	3-6	7-9		
S kills						
Expression	I need to	With support I can	I can express my	I always express		
•	contribute in class.	respond to	ideas logically and	my ideas logically		
		questions and ask	clearly. I can	and clearly in		
		questions using	advocate	different ways.		
		appropriate	confidently and be	I can confidently		
		language.	flexible in	advocate, be		
			negotiations.	flexible in		
				negotiations and		
				compromise when		
61: 611.	I need to be able	With support I can	I can evaluate	necessary. I can successfully		
Solving Problems	to offer solutions	evaluate problems	problems, offer	evaluate problems,		
	to problems.	and offer potential	potential solutions	think 'outside of		
	To problems.	solutions.	and justify my	the box' in order		
		Solutions.	responses.	to offer potential		
				solutions and		
				justify my		
				responses.		
Naviladaa						
nowledge						
	I need to	\A/;+la_quesada T_aas	I know what it	T andidonal desam		
	understand what it	With support I can understand what it	means to be	I confidently know what it means to		
Emotional	means to be	means to be	means to be mentally and	be mentally and		
Wellbeing	mentally and	mentally and	emotionally	emotionally		
	emotionally	emotionally	healthy.	healthy.		
	healthy.	healthy, to	I know that	I know that		
WELL-BEING	I need to	understand that	relationships can	relationships can		
STRESS AWARENESS	understand that	relationships can	cause strong	cause strong		
MENTAL HEAL TH	relationships can	cause strong	feelings and	feelings and		
POSITIVE A WARENESS	cause strong	feelings and	emotions.	emotions.		
PERSONAL RESILIENCE EMPOWERMENT CONFIDENCE	feelings and	emotions.	I know that	I know that		
SAFET ALK PRODUCTIVE MINDFUL MANAGER CENDORMENT FULFUMENT	emotions. I need	I am aware that	pressure can be	pressure can be		
ENCOURAGEMENT	to know that	pressure can be	used positively or	used positively or		
HAPPINESS/ PEACEHEALTH	pressure can be	used positively or	negatively to	negatively to		
	used positively or	negatively to	influence others.	influence others.		
	negatively to	influence others.	I can make	I can confidently		
	influence others.	With support I	informed choices	make informed		
	I need to make	can make	about safety,	choices about		
	informed choices	informed choices	health and well-	safety, health		
	about safety,	about safety,	being, including	and well-being,		

health and well- being, including evaluating my personal choices and making changes if necessary. I need to know when, where and how to get help.	health and well- being, including evaluating my personal choices and making changes if necessary. I can find support on when, where and how to get help.	evaluating my personal choices and making changes if necessary. I know, where and how to get help.	including evaluating my personal choices and making assertive changes if necessary. I know, where and how to get help.