



Health & Wellbeing



Accredited Youth Work Programmes
14 – 18 Years

Learner Name:

Youth Club:

Session 1: Getting Active (Physical Health)

Explain why physical activity is important.

List and describe two benefits associated with physical activity.

Benefit 1.

Benefit 2.

Session 2: Physical Inactivity (Physical Health)

Identify one barrier to physical activity and provide a solution to overcome this.

Barrier Experienced	Solution

Session 3: Sleep Deprivation (Physical Health).

Provide one reason sleep deprivation occurs and provide a solution to overcome this.

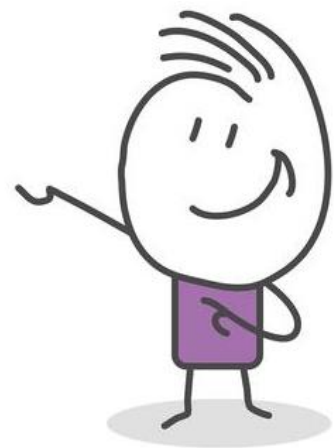
Reason	Solution

Session 4: Increasing Confidence (Social Wellbeing)

Identify and explain two examples of how you can increase your self-confidence.

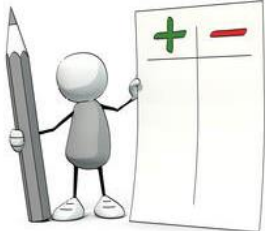
Example 1:

Example 2:



Session 5: Building Positive Relationships (Social Wellbeing)

In the box below, identify and explain two positive and negative features of a relationship.

Positive Feature	Negative Feature
1.	1.
2.	2. 

Select one relationship you have in your life and outline how you can make this better.

Relationship:
How I can improve this...

Session 6: Young People & Social Media (Social Wellbeing)

Identify and explain two examples on how social media influences our relationships.

Example One:

Example Two:

Session 7: Positive Emotional Wellbeing (Emotional Wellbeing)

In the boxes below, identify two stressful situations that you experienced and explain the actions or strategy that you used to overcome these.

Something That Made You Stressed	Action Taken
1.	
2.	

Session 8: Building Resilience (Emotional Wellbeing)

Drawing from examples discussed from the session, select a person that you would describe as resilient and explain why.

Name of person:
This person is resilient because...

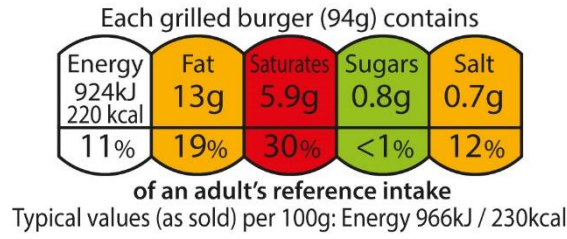
Session 9: The Eatwell Guide (Healthy Eating)

In the box below, list the five main foods groups outlined in the Eatwell Guide and explain why each is needed for a balanced diet.

Food Group	Why is this needed?
1.	
2.	
3.	
4.	
5.	

How many glasses of water should we drink each day? _____

Session 10: Understanding Labels (Healthy Eating)



Explain what the colours Green, Amber and Red mean in reference to food labelling.



I certify that all work is my own.

Signature: Date:

Tutor Signature:

