



Wellbeing and Arts Curriculum Plan 26-27

Wellbeing Adult Skills

Award in the Importance of Resilience and Grit
Entry 3 A 20

**Award in Healthy Living for Wellbeing and
Mental Health Entry 3 A 10**

**Award in Introduction to Safeguarding Entry 3
10**

Award in the Importance of Resilience and Grit
L1 A 20

Award in Progression L1 G 34

Award in Mental Health and Wellbeing L1 10

Award in Personal Health and Wellbeing L1 31

Award in Managing Personal Finance L1 31

Award in Healthy Living L1 21

Award in Healthy Living L2 21

Award in Mental Health and Wellbeing L2 A 30

Ascentis Short Qualifications (assessment test)

Individual Initial
Assessments

Beginners /
Entry Level
Qualifications

Improvers /
Level 1
Qualifications

Intermediate /
Level 2
Qualifications

Wellbeing Tailored Learning

Beginners Courses & Workshops

Building Confidence and Self Esteem
with Positive Thinking

Achieving Your Goals

Cooking on a Budget

Introduction to Mental Health

Supporting your Mental Health

Hill Skills and Navigation 1:
(Beginners)

Hill Skills and Navigation 2:
(Improvers)

Beginners Mindfulness

Improvers Mindfulness

Compassionate Mindful Resilience
(Courses must be taken in order)

Wellbeing Targeted Provision

Art for Wellbeing + title

Craft for Wellbeing + title

Stitch for Wellbeing + title

Drama for Wellbeing + title

Improved
Wellbeing

Further Study

Confidence

Volunteering
Employment