



# Department for Education



## STORY BOARDS FOR WELLBEING

### COURSE SUMMARY:

This course will help you to use pictures to explore your life story and uncover ways to improve your mental health by overcoming personal barriers.

### ENTRY REQUIREMENTS:

- Aged 19 or over

### WHAT WILL YOU DO ON THIS COURSE?

This course will provide you with the opportunity to reflect on your mental health and wellbeing in a visual format which can be developed further through speech and language as you share your ideas. It will provide you with the opportunity to build resilience in mental health and wellbeing by sharing life experiences. You will:

- ✓ **Document one** of your personal challenges and how you overcame it
- ✓ **Identify three** key concepts relating to your own mental health
- ✓ **Formulate and** record a next step plan for your creative learning journey
- ✓ **Write a** compelling story using graphic media and English vocabulary
- ✓ **Create a** multi-frame cartoon comic strip about my superhero
- ✓ **Create a** personal target, tailored to your own aims



**AWARD:**  
Unaccredited

### PROGRESSION FROM THIS COURSE:

- Level 1 Award in Personal Wellbeing
- Build on your progress by attending another one of our health and wellbeing courses



**REALISE  
FUTURE-S**  
Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**