

Angeles City Science High School  
Homeroom 10

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Section: 10-Hawking

**Let's Try This**

**Suggested Time Allotment:** 5 Minutes

With an instrumental music background, sit comfortably, close your eyes and take a deep breath. Avoid talking to anybody near you and allow yourself to be calm. Be in a reflective mood.

Try to recall experiences whether painful or happy memories. Keep yourself calm and relax but do not sleep. Listen to the sound that surrounds you. Do not forget to inhale and exhale. After 3 minutes of doing the activity, slowly open your eyes.

Keeping calm and relaxed when recollecting experiences can be difficult, especially those challenging times in your life – it may bring some feeling of anxiousness, sadness and even a feeling of unworthiness. Nonetheless, these experiences are bound to make you a better person.

Processing Questions:

You may write your answers on a clean sheet of paper.

1. How do you feel recalling those memories?

I feel sad and traumatic when I recall those memories in the past.

2. Was it easy to recall and remember those experiences?

For me, it was because they were a big deal to not forget.

3. What actions have you taken when you experience some negative and traumatic experiences?

Just keep repeating to myself, "Forget about the past, seek happy and joyful memories in future"

## Let's Explore This

**Suggested Time Allotment:** 10 Minutes

Experiences may be positive or negative, memorable, or traumatic but either way these experiences make you stronger, braver and a better person because you were able to empower yourself despite the challenges that come along your way. When you are empowered, you can also inspire, influence, and empower others and the community.

With this, choose a song that inspires or empowers people and communities you. Write the lyrics on the clean sheet of paper. Don't forget to acknowledge the singer or the composer of the song.

### **The way I am Charlie Puth**

Yeah, maybe I'ma get a little anxious  
Maybe I'ma get a little shy  
And I'm just tryna find a place to hide (Oh)  
All I wanna do is just hold somebody  
But no one ever wants to get to know somebody  
I don't even know how to explain this  
I don't even think I'm gonna try

And that's okay  
I promise myself one day  
(Hey!)

I'ma tell 'em all  
I'ma tell 'em all that you could either hate me or love me  
But that's just the way I am  
I'ma tell 'em all  
I'ma tell 'em all that you could either hate me or love me  
But that's just the way I am

That's just the way I am  
That's just the way I am  
That's just the way I am  
That's just the way I am

Maybe I'ma get a little nervous  
Maybe I don't go out anymore (Oh)  
Feelin' like I really don't deserve this (-serve this)  
Life ain't nothing like it was before (It was nothing like before)  
But no one ever wants to get to know somebody  
If you go and look under the surface (Surface)  
Baby, I'm a little insecure

And that's okay (Baby, now, that's okay)  
I promise myself one day  
(Hey!)

I'ma tell 'em all  
I'ma tell 'em all that you could either hate me or love me  
But that's just the way I am  
I'ma tell 'em all (All)  
I'ma tell 'em all that you could either hate me or love me (Hate me, love me)  
But that's just the way I am

That's just the way I am (I am)  
That's just the way I am (I am)  
That's just the way I am  
(Baby, now) That's just the way I am

I'ma tell 'em all (That's just the way I am)  
I'ma tell 'em all that you could either hate me or love me  
(That's just the way I am, that's just the way I am)  
But that's just the way I am

Am, am  
Yeah, this is what you wanted  
Oh, this is what you wanted  
I am, am, am (Oh)  
Yeah, this is what you wanted  
Oh, this is what you wanted all along (Oh)

Everybody's tryna be famous  
And I'm just tryna find a place to hide

I'ma tell 'em all ('Em all)  
I'ma tell 'em all that you could either hate me or love me  
But that's just the way I am  
I'ma tell 'em all ('Em all)  
I'ma tell 'em all that you could either hate me or love me (Hate me, love me)  
But that's just the way I am

That's just the way I am  
That's just the way I am  
(Maybe I'ma get a little anxious, maybe I'ma get a little scared)  
That's just the way I am  
(Baby, now) That's just the way I am  
(Cause everybody's tryna be famous)

I'ma tell 'em all  
(That's just the way I am)

I'ma tell 'em all that you could either hate me or love me  
 (That's just the way I am)  
 But that's just the way I am

Processing Questions:

1. What is the message of the song?

The message of the song is that we should accept what we are and the way we are.

2. How do you feel while listening to the song?

I feel sad but also just accept the reality that this is the way I am or this is who I am. Nobody's perfect in this world but the best thing we could do to ourselves is to accept ourselves.

3. Starting in your homes, what actions can you do to help the community?

I can help my neighbours cope in tough situations and comfort them until they are okay.

Activity 2: **Suggested Time Allotment:** 10 Minutes

The words in this puzzle game are words that you often hear or experience during these challenging times. Get a copy of the Puzzle Game and look for the words that are being asked below.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | S | A | D | S | I | K | L | M | F | G | F | A | A | D | B |
| Q | S | V | E | T | E | R | E | N | A | X | Y | U | B | K | P |
| W | C | O | P | I | N | G | M | E | C | H | A | N | I | S | M |
| G | R | J | R | E | O | K | P | D | R | P | W | O | T | G | E |
| K | T | H | E | R | Y | L | O | B | S | R | E | F | G | C | N |
| Y | O | I | S | A | S | D | W | V | A | Q | S | D | Q | X | T |
| A | I | L | S | O | N | F | E | N | H | A | D | H | S | G | A |
| N | E | P | I | H | A | S | R | B | C | E | T | D | E | B | L |
| X | B | A | O | U | A | Z | M | O | O | U | R | K | A | L | H |
| I | M | A | N | J | T | M | E | K | N | T | W | L | P | I | E |
| E | K | F | N | T | C | P | N | I | K | T | A | I | T | R | A |
| T | A | E | G | Q | O | L | T | D | E | Z | L | J | D | E | L |
| Y | J | U | E | A | V | I | E | O | G | B | J | I | Y | Z | T |
| W | U | C | S | W | I | R | E | W | G | V | M | M | N | B | H |
| B | P | P | A | N | D | E | M | I | C | R | O | P | H | E | E |
| M | L | C | F | N | T | Y | J | O | A | R | P | H | M | G | R |

Processing Questions:

1. How do you feel after completing the puzzle?

I feel okay.

2. Did you have a hard time looking for the words?

A little bit, since some of them are diagonal.

3. What are the words that you have found on the puzzle?

Pandemic, Mental Health, Depression, Anxiety, COVID, Coping Mechanism, Front-liner, Sad, Empowerment

4. Cite 3 words that struck you?

Anxiety, Depression, Sad

## You Can Do It!

**Suggested Time Allotment:** 5 Minutes

Directions: Below is a simple outline for a Plan of Action. Think of an advocacy activity that is feasible and doable in this time of pandemic. This advocacy focuses on mental health awareness and resiliency during this difficult time.

| Objective  | Activity   | Time Frame | Target Unit/Institution             | Remarks          |
|--|--|------------|-------------------------------------|------------------|
| To inform others to take care of themselves during pandemic      | Make a poster on taking care about yourself mentally and physically. | June 2022  | Facebook and social media platforms | Not accomplished |
| To inform people that we shouldn't lose hope about this pandemic | Make a poem  | June 2022  | Everyone                            | Not accomplished |

## What I have Learned

**Suggested Time Allotment:** 5 Minutes

Directions: Share with your parent/parents or guardian your plan of action for the advocacy activities. Encourage your parent/s or guardians to take part and be involved in your advocacy activity.

I have shared this with my parents.

## **Share Your Thoughts and Feelings**

**Suggested Time Allotment:** 5 Minutes

Direction: In a clean sheet of paper write your reflection based on the following guide questions.

1. When you promote positive change in the community, what comes into your mind?  
What comes into my mind is that I should also apply these to myself and keep it in my mind.

2. Is it deemed necessary to do such activities?  
Yes

3. What part of your activity that struck you the most?  
You can Do It activity.

4. What did you learn from the activities conducted?  
I learned that we should be thankful and take care of our mental health during this pandemic. We shouldn't let our emotions and feelings get the best of us.