

Homeroom Guidance

Quarter 1 – Module 2:

I Can Relate



Homeroom Guidance – Grade 6

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Gabay sa Magulang/ Tagapag-alaga

Nagdulot ng napakaraming pagbabago sa pamumuhay ng bawat Pilipino ang pandemyang nararanasan ng buong mundo. Sa gitna nito, kaisa ng inyong tahanan ang Department of Education upang maipagpatuloy ang edukasyon ng lahat ng mag-aaral sa buong Pilipinas. Dalawa sa mga pamamaraang ito ang paghahanda ng Learning Continuity Plan at ng Most Essential Learning Competencies (MELCs).

Sa taong ito, inihanda ang Homeroom Guidance During Crisis MELCs na naglalayong matulungan ang inyong mga anak upang maipagpatuloy ang pagkatuto sa kabila ng mga pagbabagong dulot ng pandemya. Ang Homeroom Guidance (HG) ay naglalayong maituro ang mga kasanayan sa buhay o *life skills* sa pamamagitan ng *self-directed learning modules*. Nakatuon ito sa tatlong mahahahalagang domeyn: ang *academic*, *personal-social* at *career development*. Binigyang pokus sa *Homeroom Guidance MELCs* ang mga gawaing makatutulong sa lahat ng mga mag-aaral na magkaroon ng Rasyunal na Pag-iisip (Rational Thinking), Malusog/Maayos na Pag-Gawi (Healthy Behavior) at Positibong Disposisyon (Positive Disposition) na higit na kailangan sa panahong ito.

Sa Ikalawang modyul na ito na pinamagatang “I Can Relate”, kinakailangan ng mag-aaral ang inyong gabay at patnubay sa mga gawain.

Maaaring may mga pagkakataon na hingin ng mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain. Hinihiling ng Kagawaran ang inyong supporta upang matagumpay niyang maisakatuparan ang mga gawain. Makatutulong ang araling ito upang hubugin ang kanyang kakayahan at pagpapahalaga sa pagpili ng tamang aksyon sa bawat sitwasyon. Tiyak na sasagutin niya ang bawat bahagi ng modyul nang tapat hangga’t maaari. Siguraduhing maipapasa niya ang kanyang sagutang papel sa petsa at oras na itinakda ng kanyang gurong-tagapayo.

Introductory Message

For the learner:

This module is designed for learners like you to help you in your academic-related needs; concerns affecting your individuality (self), your relationship with others and interaction in the community; and, in discovering your interests, talents and skills that will help you explore future career options and opportunities.

The module has six interactive activities for you to follow, namely:

Let's Try This – which will help you get ready to learn;

Let's Explore This – which will guide you towards what you need to learn;

Keep in Mind – which will give you the lessons that you need to learn and understand;

You Can Do It – which will help you apply the lessons learned in daily activities;

What I Have learned – which will test and evaluate your learning;

Share Your Thoughts and Feelings – which will help you express your thoughts, opinions and feelings.

Make sure to read, think, follow, and enjoy every task that you are asked to do.

Have fun! Stay safe and healthy!



MODULE

2

I CAN RELATE



Learning Objectives

At the end of the module, you are expected to:

1. enumerate ways on effectively relating with others;
2. explain the importance of respecting individual differences;
3. identify ways on how to build healthy relationship with others; and
4. value ways in building healthy relationship with others.

Suggested Total Time Allotment: 180 minutes

(Weeks 3, 4, and 5 of 1st Quarter)

Materials needed:

- Activity Sheets
- Paper
- Pen/Pencil



Introduction

Suggested Time Allotment: 5 minutes (Week 3)

Relating with others and respecting individual differences can help a person build positive relationships. As you grow, you will discover that there are different ways on how to relate with other people. There may be rules and norms that affect your relationship. Your interaction with your family, friends, school and other members of the community will help you in the development of these personal and social skills.

In this module, you will learn the different ways on how to effectively relate with others and the importance of respecting individual differences. This will help you appreciate the value of having positive relationships.

Gear up and discover another strength that will help you in your daily life experiences!



Let's Try This

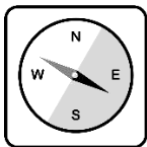
Suggested Time Allotment: 20 minutes (Week 3)

On a separate sheet of paper, write down the names of the person or group being described in each box. After doing this activity, answer the processing questions below.

(1) The person who helps you in your assignment or difficult tasks	(2) The person who listens to your stories	(3) They allow you to try other sports or hobbies.	(4) The person who gives constant reminders about your responsibilities	(5) The person who shares his/her things and belongings with you
(6) The person who stayed with you when your parents were away	(7) They did not judge you even if you did something inappropriate	(8) With them, you are allowed to express your thoughts and feelings	(9) The person who encourages you to become better	(10) The person who supports your plan
(11) The person who makes you laugh	(12) The person who helps you in your chores / duties	(13) The person who consistently shows concern for you	(14) The group whom you prefer to stay with during holidays or vacations	(15) The person who cries with you when you are in pain or lonely
(16) The person who has the same interest as you	(17) The person who teaches you with new skills	(18) The person you can call during emergencies	(19) The person who can tell you his/her honest opinion about things	(20) The person who enjoys your company

Processing Questions:

1. Based on the activity, is there a certain group or a certain person who matches most of the descriptions inside the box? Who are these people?
2. How can these people help you in learning ways of relating with others?



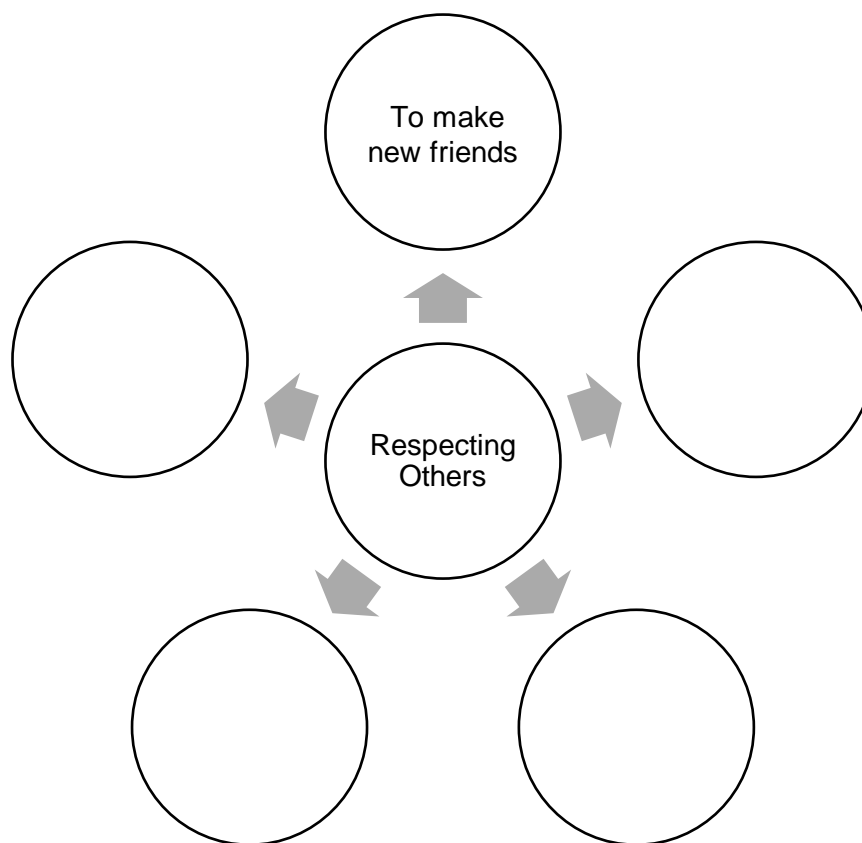
Let's Explore This

Suggested Time Allotment: 35 minutes

In the previous activity, you learned that there are people who are willing to stay with you. You also learned about people who can help you with your concerns, can make sacrifices for you, and can show you how to promote personal wellness and establish healthy relationships.

Mapping

1. Write down five words that best describe the effects of showing respect for others. The first one is done for you as an example.
2. After doing this activity, answer the processing questions on a clean sheet of paper.



Processing Questions:

1. What personal experiences best illustrate your answers?
2. How do you know if there is respect in your relationship with others?
3. How do we develop respect for others?



Keep in Mind

Suggested Time allotment: 20 minutes (Week 4)

Building Healthy Relationship

Humans are naturally social beings. It is all about the relationships we build. When we have healthy relationships, our interaction with others is very smooth and fun. When relationships are working, everyone becomes productive, happy, and creative. It helps us to understand other people's beliefs, feelings, experiences and intentions. It also allows us to empathize and think about things from another point of view.

Remember the following ways to have a healthy relationship with the people around you:

- R** – Respect everyone including yourself.
- E** – Express your thoughts and feelings responsibly.
- L** – Listen to others mindfully.
- A** – Accept unconditionally the similarities and differences of people.
- T** – Take time to spend quality moments with others.
- E** – Enjoy doing activities that improve your relationship with others.

Respect plays an important role in establishing a healthy relationship. Make sure to be mindful of everybody's boundaries. You need to be sensitive to the feelings and situations of others to effectively deal with them. You can appropriately express your thoughts and feelings while being respectful with others.

Another very important way to relate with other people is your ability to accept the similarities and differences of people. Even if there will be times when you disagree with your friends or classmates, it does not mean that you cannot have a positive relationship with them. There will be ups and downs in any relationship or interaction. As you overcome issues and problems together, you get to develop better understanding of one another. Most importantly, do not forget to enjoy doing activities together because this will make your relationship with others stronger.



You Can Do It!

Suggested Time Allotment: 40 minutes

Look at the illustrations that follow. On your paper, write the number of the picture that shows what you are already practicing. List down the benefits of those activities. Write your personal experience pertaining to each of your answer.

Picture 1



Helping sibling to understand a lesson

1. _____

Picture 2



Doing household chores

2. _____

Picture 3



Listening to a friend

3. _____

Picture 4



Obeying rules of the elders, parents, teachers and other authorities

4. _____

Picture 5



Appreciating efforts of parents and teachers

5. _____

Processing Questions:

On a sheet of paper, write your answers to the following questions:

1. Based on the activity, is there a particular group or a specific person you would like to spend time with, for example, a family member or a friend? What activities do you enjoy doing with them?
2. How can these activities help you in learning ways to build a healthy relationship with others?



What I Have Learned

Suggested Time Allotment: 30 minutes (Week 5)

Respecting Others

Share personal experiences where you were able to prove that respect improves your quality of relationship with the following people. Write your answers on a sheet of paper.

1. Parents or guardians
2. Friends or Classmates
3. Teachers
4. Neighbors



Share Your Thoughts and Feelings

Suggested Time Allotment: 30 minutes

Write an essay about a current situation where students like you should learn to appreciate the benefits of respect in promoting healthy relationship. The essay may contain a minimum of 3-4 paragraphs. Do this on a sheet of paper.

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