

Homeroom Guidance

Quarter 1 – Module 1: Embracing the Best in Me



Homeroom Guidance Self-learning Module – Grade 6

Quarter 1 Module 1: Embracing the Best in Me

2020 Edition

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Homeroom Guidance Grade 6

Quarter 1 – Module 1:

Embracing the Best in Me



Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito upang gabayan ang inyong anak na linangin ang kaniyang aspetong pansarili at pakikipagkapuwa, akademiko at karera. Dinisenyo ito para sa *distance learning* o alternatibong pamamaraan ng pagkatuto na hindi nangangailangan ng pisikal na presensya sa paaralan, bilang tugon sa direktiba na pagkansela ng *face-to-face class* dulot ng pandemyang COVID-19.

Malaki ang gampanin ng mga magulang upang mapagtagumpayan ng mag-aaral ang mga gawaing nakalatag dito. Kakailanganin niya ang inyong patnubay at gabay sa mga gawain. Kung kaya, hinihingi ng Kagawaran ang inyong suporta upang mapagtagumpayan ng mag-aaral ang mga hamon sa buhay, maisakatuparan ang mga inaasahang gawain at higit sa lahat, matutuhan ang mga kasanayan sa buhay na kailangan niyang taglayin sa yugtong ito.

Sa unang modyul na ito na pinamagatang “Embracing the Best In Me”, may mga pagkakataon na hingin ng inyong mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain.

Makakatulong ang araling ito upang hubugin ang kanyang kabutihan na tanggapin ang pagkakaiba-iba ng bawat tao sa katangian, kakayahan, damdamin at pananaw. 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.

Sa bahaging “**Let’s Try This**”, sa pahina 6, mangyaring gabayan ang mag-aaral sa pagkilala ng kanilang mga kalakasan (strengths), kahinaan (weaknesses) kakayahan, interes, talento at pagpapahalaga (skills, interest, talents, abilities and values).

Introductory Message

For the learner:

In this module, you will be guided in identifying your likes, dislikes, talents, and interests, as well as your basic rights as a child. As you go through the different activities, you will realize that as you grow older, you will learn simple tasks at home and in school which will make you a more responsible and obedient child.

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

Let's Try This – which will help you to 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 1

Embracing the Best in Me



Learning Objectives

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

1. enumerate your personal interests, abilities, skills, values, strengths and weaknesses as part of your development;
2. explain the importance of self-awareness in achieving self understanding and acceptance;
3. examine appropriate and inappropriate behaviors observed in different situations; and
4. appreciate changes by showing appropriate behavior in different situations.

Period: Week 1 and Week 2 of 1st Quarter

Suggested Total Time Allotment: 120 minutes (Week 1 and 2)

Materials needed: Paper, Pen/Pencil



Introduction

This module will engage you in a meaningful learning experience as you journey to better understand yourself. You will discover changes as part of your development and realize your strengths and weaknesses, your interests, talents, abilities, skills, and values. This will guide you as you discover and embrace the best in you!

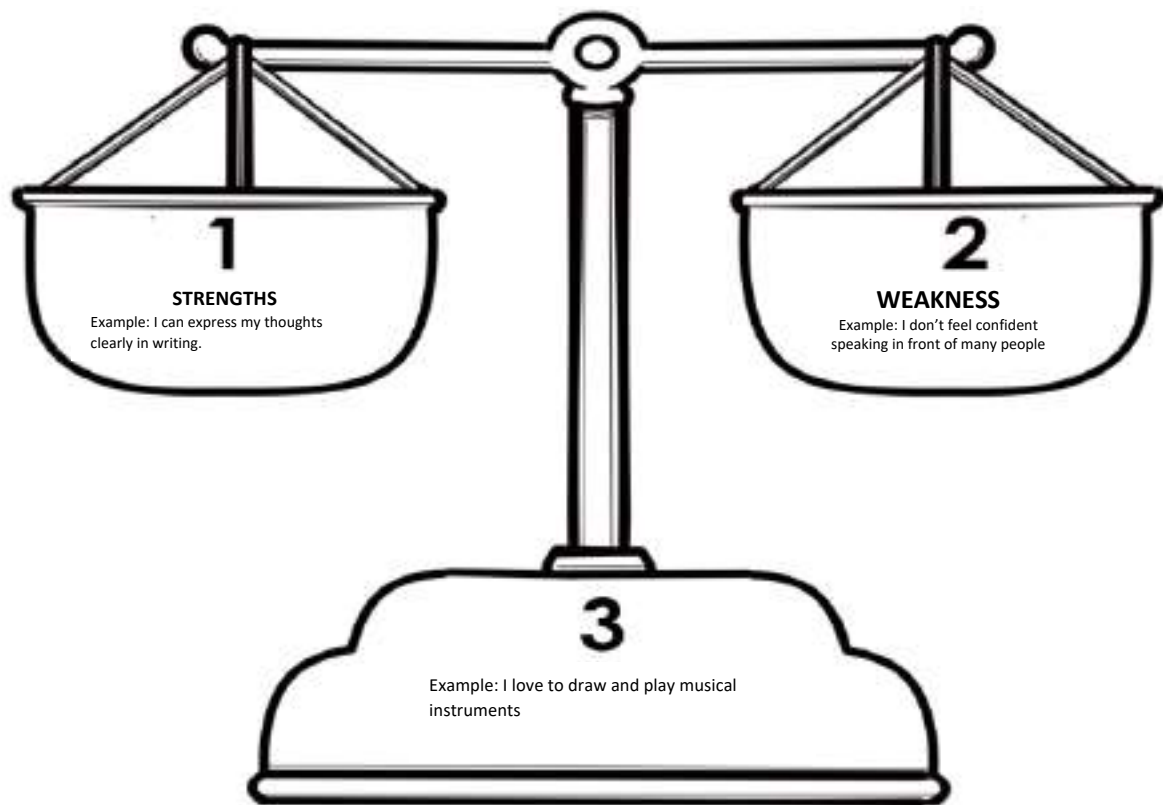


Let's Try This

Suggested Time Allotment: 20 minutes

“THIS IS ME”

Copy the drawing on a sheet of paper. Write your strengths in box 1, weaknesses in box 2, and your skills, interest, talents, abilities and values in box 3. Examples are written in each box as your guide.



Processing Questions:

On a sheet of paper, answer the following questions.

1. What are your thoughts and feelings while doing the activity?
2. What are your strengths and weaknesses that you discovered recently?
3. How did your skills, interests, talents, abilities and values help you in discovering your strengths and weaknesses?
4. How does this pandemic affect your thoughts and feelings about yourself?



Let's Explore This

Suggested Time Allotment: 30 minutes

In the previous activity, you learned that your skills, interests, talents, abilities and values change as you grow. These may have influenced how you think, form your personal beliefs and affect how you feel about certain situations. In this activity, you will have a deeper understanding about yourself by examining your thoughts, feelings and beliefs. This will help you in understanding appropriate and inappropriate behaviors in a given situation.

“PATHWAYS TO SELF DISCOVERY”

On a sheet of paper, copy the table below and fill in your responses. Remember that there is no right or wrong answer in this activity. Responses indicated in number 1 will serve as your guide.

Situation	Thoughts (What do you think about the situation?)	Feelings (How do you feel about the situation?)	Beliefs (What are your personal beliefs about the situation?)	Behavior (Is the behavior in the situation Appropriate or Inappropriate?)
1. Submission of Homework beyond deadline	It's okay, at least I submitted	I feel nervous because my teacher might not accept my homework	Submission of homework beyond deadline is better than none submission	Inappropriate
2. Playing mobile /online games during class hours				
3. Reading other materials related to the lessons				
4. Telling the truth even if there will be consequences				
5. Talking to complete strangers and sharing personal information				
6. Engaging in activities that may cause harm				
7. Helping younger siblings in doing household chores				
8. Participating in activities that will help me in discovering new skills and abilities				
9. Reporting to authorities about bullying incidents				
10. Communicating with family members about personal experiences				

Processing Questions:

On a sheet of paper, answer the questions below.

1. How can your thoughts, feelings and beliefs help you in determining if the behavior in a certain situation is appropriate or inappropriate? Explain.

-
-
2. What have you discovered about yourself after doing this activity?
-



Keep in Mind

Suggested Time Allotment: 30 minutes

Like other children your age, you may have many questions about the changes that happen you. This is normal because you are now in the adolescence stage and this may be challenging and confusing. During this stage of development, you will experience physical, emotional and psychological changes. These may have effects on your personal interests, abilities, skills and values as well.

As you continue in developing your best version, remember **B.E.S.T** :

1. B – Be true to yourself and Be responsible for your actions

Can you still recall your answers in the activity “This is Me!”? Who is the person being referred to with these activities? Yes, it’s You! You possess these strengths, skills, talents and values that led you to where you are right now and you should be proud of yourself. You need to be aware that you are capable of doing great things.

During this process of development, however, there are challenges that may affect you. This is normal and being aware of your personal weakness is being true to yourself. You cannot pretend to be somebody else, because if you will do that, you will surely burden yourself and this may cause you problems. Your weaknesses may stem from a bad decision or a negative experience. Just take it easy. Learn from the experience and do not repeat the same mistakes. Accept it for that is who you are, and next time, remember to choose the right decision. You need to consider these:

This IS you:

- I can plan for my future even if I am still young.
- I can accomplish the task entrusted to me such as doing my assignments, doing my chores or being helpful to others.
- I know how to follow house and school rules.
- I do not say bad words, I am respectful and I don’t hurt my siblings or others.
- I am aware of my weaknesses and I can change to be the best.

2. E – Exemplify positive behavior and Establish healthy relationships

Are you aware now of who you are and the many good things that you can do? Good! Keep on doing it and nurture it. It is a must that you strive to be the best version that you can be by showing positive actions and behaviors. Before, you used to have tantrums or easily get hurt, but you cannot be like that now for you already have the capacity to understand. Before, you take a lot of things for granted but now everything has its meaning and importance. Before, friendship is only about playtime but now you have to be a true friend by being aware and helpful to other's needs. Before, you take for granted your parents, siblings, teachers, classmates or even your friends but now they are important to you. Build healthy relationships with them with care and respect.

3. ***S – Share your talents and skills and Set your personal goals in life.***

You might say that you are still young and should not be bothered about life or goals. You know what? As young as you are, you can already set what you would like in the years to come. You need to set your personal goals even if it is on a short-term basis. You can do it even by simply asking yourself. “Should I go back to sleep or finish my school project?” “Must I follow what my mother told me about taking care of my siblings or to keep on playing video/online games?” These are just a few and simple examples but this is a start. Aim to be better than who you are before.

Talents and skills are not meant to be hidden, it must be shared. You have your talents or your skills – share it with everybody. For example, contribute if your group has a task. If you have the resources for your class project, volunteer to be of great help. If you have an idea on how to do things, share it with others. If you are good at something, like drawing, doing Math, etc., help others to be good, too.

4. ***T - Talk to your parents or other significant adults in your life.***

Sharing your thoughts, feelings and experiences to your parents or other significant adults in your life, will help you in making decisions in life. By now, you should already realize how important family is. Spend quality time and communicate with them. They will protect you. Your parents will be there for you. You can talk to them about your personal experiences. A lot of issues and concerns may be resolved with their help. They know you far better than anybody else.



You Can Do It

Suggested Time Allotment: 10 minutes

The New Me

Copy the table on a sheet of paper. Complete the sentences.

As I have discovered many changes within me, what I like most among them _____

These changes in my “New Me” help me to _____

I feel _____ about these changes.



What I have Learned

Suggested Time allotment : 15 minutes

On a sheet of paper, copy the “This is Me!” table. Read the situations on the first column and answer the questions in the second and third columns.

This is Me!		
Situation	What will you do?	Why will you do it?
1. You are about to go to school when your mother asked you to stay at home and take care of your baby brother/sister...		
2. Your classmate invited you to attend her/his birthday party after class but it is far away from your home...		
3. Just like your friends, you stayed at home for several months due to quarantine. You learned from them that they use gadget 24/7 to ease their boredom...		
4. Many of your classmates told you that you are better than they are because you belong to a well-off family – you have gadgets, nice dresses and packed foods...		
5. You enjoy chatting with your friends this pandemic time that is why you sleep late at night.		



Share your Thoughts & Feelings

Suggested Time Allotment: 15 minutes

1. Read the situation below.
2. Reflect and answer the guide questions after reading the situation.
3. Write your answer on a clean sheet of paper.

Situation:

You are assigned to take charge of your younger siblings for a week because your parents are required to stay in their respective work places due to health protocols. They gave you instructions regarding food, safety and money in cases of emergency for the whole week.

- a. How do you feel about the task?
- b. What is your plan of action to accomplish the task?
- c. How will this experience help you in your development?

Now that you have gained knowledge about yourself – both identifying your strengths and overcoming your weaknesses, you open yourself to new possibilities for personal growth. This will also help you establish good relationship with others and respect for individual differences. You are now ready for the next Module. Valuing others begins by gaining understanding of oneself.

Continue your Journey!

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Reference

Cleveland Clinic. *Adolescent Development*. Accessed September 15, 2020.
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