

Homeroom Guidance

Quarter 2 – Module 3: It Feels Good



Homeroom Guidance Self-learning Module – Grade 1

Quarter 2 Module 3: It Feels Good

2021 Edition

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Recommended Entry for Citation Purposes:

Department of Education. *Homeroom Guidance Grade 1 Self-learning Module 3: It Feels Good*. Manila: Department of Education Central Office, 2021.

Published by the Department of Education

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Homeroom Guidance Grade 1

Quarter 2 – Module 3:

It Feels Good



Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito upang gabayan ang mag-aaral na linangin ang kaniyang aspektong 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 pag-iingat dulot ng pandemyang Covid-19.

Hinihiling na basahin sa mag-aaral ang bawat bahagi ng modyul at gabayan siya sa bawat gawain upang matagumpay na maisakatuparan ang mga tagubilin. Siguraduhing maisagawa at masasagot ang mga gawain at katanungan (*Processing Questions*).

Gawain 1: Babasahin ng mag-aaral ang maikling kwento at sasagutan ang mga tanong kasama ang magulang o tagapangalaga.

Gawain 2: Susuriin ng mag-aaral ang dalawang larawan na nagpapakita ng mabuti at hindi mabuting karanasan.

Gawain 3: Magbabahagi ang mag-aaral ng isang mabuting karanasan sa panahon ng pandemya.

Gawain 4: Maglalagay ang mag-aaral ng **TSEK** kung ang pangungusap ay nagpapakita ng mabuting karanasan at **EKIS** kung hindi.

Gawain 5: Ibabahagi ng mag-aaral ang nararamdaman sa tungkol sa kanyang mabuti at hindi mabuting karanasan.

Tiyakin na ang lahat ng gawaing natapos sa bawat bahagi ng modyul ay maipapasa sa petsa at oras na itinakda ng kanyang gurong-tagapayo.

Introductory Message

For the learner:

In this module, you will be guided in identifying your healthy and unhealthy experiences in school and in community. You will also get to compare them, too. As you do the activities, you will learn to appreciate and treasure your healthy experiences.

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 feelings.

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

Have fun! Stay safe and healthy!

MODULE

3

IT FEELS GOOD



Learning Objectives

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

1. identify the healthy and unhealthy experiences;
2. differentiate the healthy and unhealthy experiences at home, in school and in the community; and
3. tell a story of a healthy experience at home, in school and community.

Period: Weeks 1 and 2 of 2nd Quarter

Suggested Total Time Allotment: 120 minutes

Materials Needed: pencil, crayons, any clean sheet of paper

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Introduction

You experience many things as you grow older. These experiences can be healthy or unhealthy. In this module, you will get to appreciate your healthy experiences. You will also get to learn from your unhealthy experiences in school and in the community.



Let's Try This

Suggested Time Allotment: 20 minutes

Read the story with your parent or guardian.

Nena went to the school canteen to buy snacks. On her way out, other students came rushing to the door. Some of them tripped over Nena. Her food fell on the floor!

There was no way Nena could eat her food anymore. She did not have extra money to buy that time.

Abby saw what happened. She decided to help Nena. They ended up happily sharing the food of Abby.

Processing Questions:

Read and share your answers orally to the following questions with your parent or guardian.

1. If you were Nena, what would you do in that situation?
2. If you were Abby, would you also help Nena?
3. How would you feel if you were Nena? If you were Abby?



Let's Explore This

Suggested Time Allotment: 30 minutes

Below are pictures of healthy and unhealthy experiences. Look at them and answer the following questions orally.



Getting a high score
in the test
(Healthy Experience)



Chased by a dog
(Unhealthy Experience)

Processing Questions:

1. Have you experienced the situations in the picture?
What did you do?
2. If you were the child who got a high score in the test, what would you feel for having such healthy experience?
3. If you were the child who was chased by a dog, what would you feel for having such an unhealthy experience?



Keep in Mind

Suggested Time Allotment: 25 minutes

Experiences teach us to learn important lessons. These experiences can happen at home, in school, and in the community. There are healthy and unhealthy experiences.

Healthy experiences are those that make you a better person. Examples are studying well and meeting new friends in school. You can also have healthy experiences during quarantine. You can learn new skills or help your family with simple house chores.

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Unhealthy experiences are those that harm you or put you at risk. Examples are having a fight with your siblings or wasting food and water. It is also unhealthy to play outside during quarantine or to break the rules at home.

WAG
WASTING FOOD OR WATER



You Can Do It

Suggested Time Allotment: 20 minutes

Tell a story of a healthy experience you have learned during this quarantine period. Share your story with your parents or guardian. You can tell how you prepare food, read storybooks, grow plants, or spend time with your

family. You can tell anything that makes you a better person.



What I Have Learned

Suggested Time Allotment: 20 minutes

On a clean sheet of paper, put a checkmark (✓) if the statement is a healthy experience and a cross (X) if not.

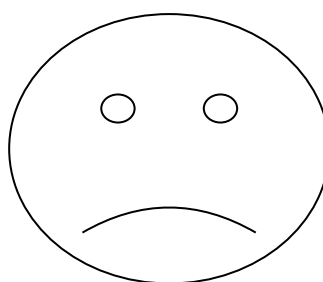
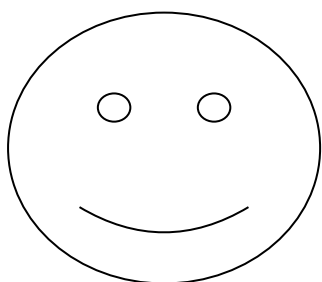
	1. Studying hard.
	2. Staying at home during the quarantine period with my family and loved ones.
	3. Learning new skills during the quarantine period.
	4. Fighting with my classmates or friends.
	5. Playing with my classmates, friends, or sibling outside our house during pandemic.



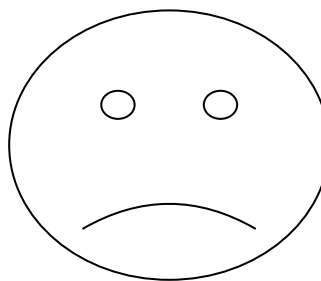
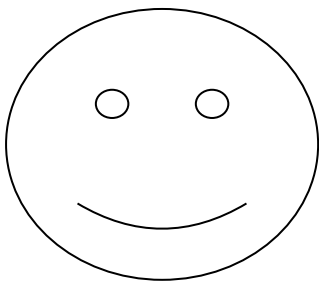
Share Your Thoughts and Feelings

Suggested Time Allotment: 5 minutes

Copy and color the face which describes your feeling when you have a healthy experience.



Copy and color the face which describes your feeling when you have an unhealthy experience.



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For inquiries or feedback, please write or call:

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