

Homeroom Guidance

Quarter 1 – Module 1:

“I” is for IDEAL



Homeroom Guidance – Grade 5
Quarter 1 – Module 1: “I” is for Ideal
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Homeroom Guidance Grade 5

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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 ang mga gawaing nakalatag dito. Kakailanganin ng mag-aaral ang inyong patnubay at gabay sa mga gawain. Kung kaya, hinihingi ng Kagawaran ang inyong suporta upang mapagtagumpayan niya 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 may pamagat na "I" is for Ideal ", tatalakayin ang kaniyang pagiging natatangi (uniqueness), mga pagbabagong nararanasan (changes) at pagkakaroon ng positibong pag-uugali na makatutulong sa pagbuo ng kaniyang pagpapahalaga sa sarili. Makatutulong rin ito upang maunawaan niya na may natatanging siyang kalakasan; ang kanyang mga karanasan ay maaaring kapulutan ng aral; at makita niya na sa kabila ng mga suliranin, siya ay may kakayahang magpatuloy at magtagumpay.

Sa bahagi ng Let's Try This, mangyari lamang na maglaan ng panahon para makipag-usap sa mag-aaral. Inaasahan na tatanungin kayo tungkol sa inyong interes, kakayahan, at mga pagpapahalaga. Bahagi ito ng gawain upang makilala niya ang kaniyang pagiging natatangi batay sa kaniyang mga interes, kakayahan, at pagpapahalaga. Makabubuting gabayan siyang magbahagi sa inyo tungkol dito.

Introductory Message

For the learner:

This module is designed 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 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

“I” IS FOR IDEAL



Learning Objectives

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

1. identify your uniqueness from others;
2. enumerate the changes as you age; and
3. demonstrate positive and appropriate behavior in valuing yourself.

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

Material Needed:

- Ball pen/Pencil
- Clean sheets of paper



Introduction

Suggested Time Allotment: 30 minutes (Week 1)

Self-awareness will help you recognize your personal uniqueness. It will also help you value yourself and manifest positive behaviors. When you were in Grade 4 or even in earlier grade levels, you might have identified already some of your personal strengths. You might also have started to cope with your weaknesses. Self-awareness is expected to deepen as you age.

In this module, you will identify your uniqueness from others. You will also enumerate the changes as you age. You will also demonstrate positive and appropriate behavior in valuing yourself. It may be fun to share your interests, thoughts, and feelings with your family member, and express some appropriate actions you would want to do in valuing yourself!



Let's Try This

Suggested Time Allotment: 30 minutes (Week 1)

You are surely unique even among the members of your family. Notice your similarities and differences as you go along.

For this first activity, ask one of your family members to share about his/her likes, interests, talents, skills and values. List down his/her responses. List down yours, too! Look at the example below:

My mother / father/ sister/brother/_ Likes _____ Interests _____ Talents _____ Skills _____ Values _____	My personal: Likes _____ Interests _____ Talents _____ Skills _____ Values _____
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Processing Questions:

Write your answers to the following questions on a clean sheet of paper. Sample responses have been provided as your guide.

1. What do you have in common with a family member?

Sample response: Both my father and I enjoy cooking, like chicken adobo and lumpiang gulay.

2. How are you different from your family member?

Sample response: My father and I differ in values; I follow my planned schedule in studying while he changes his calendared activities.

2. How do you feel about it?

Sample response: I'm happy because I am unique.



Let's Explore This

Time Allotment: 15 minutes (Week 2)

The next activity will allow you to discover further your uniqueness from others in terms of feelings, actions, and thoughts/ beliefs.

Accomplish the “All About Me” using a clean sheet of paper and copy the only items that refer to you.

ALL ABOUT ME

The things I like the most

People: _____

Song: _____

Sport: _____

Subject: _____

Book: _____

My beliefs

In life, I believe that studying _____

Awesome Activities

What I really love to do...

with my family is _____.

with my male friends is _____.

with my female friends is _____.

with _____ is _____.

My Feelings

I feel proud that I _____.

I feel shy when _____.

I feel embarrassed when _____.

_____.

I feel sorry when _____.

Whats new?

Changes happen everywhere including in my life. If I compare myself now with that when I was in the lower grades, I could say that

My body changed because _____

The activities I like now have changed, such as _____

I now believe that studying _____

Processing Questions:

Write your answers on a clean sheet of paper.

1. What did you find enjoyable in the activity?
2. What changes have you discovered in yourself?
3. What made you feel confident or proud about the changes in yourself? Why?



Keep in Mind

Suggested Time allotment: 20 minutes (Week 2)

The following discussion will help you understand that self-awareness entails recognizing your uniqueness, and the changes you manifest as you age. These will guide you to carryout appropriate actions in valuing yourself.

Self-awareness is the key cornerstone to emotional intelligence, as defined in a research by Courtney Ackerman. This self-awareness is the ability to monitor our emotions and thoughts from moment to moment. It is a key to understanding ourselves better, being at peace with who we are and proactively managing our thoughts, emotions, and behaviors.

All people are unique from one another. You have your likes and dislikes. You have things that attract you more than others. You have your preferences, or things that draw your thoughts and feelings more than others. You have your own traits; you may behave differently from other children when faced with the same situation.

In the earlier activity, you noticed that you are truly the ideal version of you in the making! As shapes come in different forms, colors project different hues, and friends come in different sizes, you came along as one special being. You can never be repeated nor replaced throughout the history of this planet. And just as the alphabet is not complete without “U”, this world could not be the same without you! Your interests, talents, skills, competencies, and values and how they mixed up in forming your personhood is just so amazing!

You are growing and developing physically. Both boys and girls grow tall. Secondary sex characteristics begin to appear your age and continue to be very obvious during the puberty period. These are results of hormones produced by the body. Generally, the male body becomes more muscular, and the shoulders grow broader than the hips. On the other hand, the female's hips become wider than her shoulders, and breasts develop.

You are also developing personal-social skills. At your age, you are now developing competence or ability to do various things. Your friends and classmates play a role in how you progress. Through proficiency at play and schoolwork, children are able to develop a sense of competence and pride in their abilities. By feeling competent and capable, children are able to also form a strong self-concept. In other cases, kids may discover that they are not quite as capable as the other kids, which can result to feelings of inadequacy. This was stated in a research by Cherry Kendra.

Grade 5 learners like you who are developing personal-social skills tend to feel good about yourself. You also believe in what you can do. You tend to be more responsible in doing simple house chores and in finishing module requirements. You are also gentle with yourself in your weaknesses. You know it is but proper to ask the

help of family, relatives, teachers, or friends when needed. As a result, you tend to succeed in meeting your academic goals at the end of the school year. This is why you need to always choose to be mindful of your thoughts, feelings, beliefs, and behaviors.

You might have realized that you have developed some good qualities or values which you did not yet have during your earlier grade levels. You may have become a better team player or a leader. You may also have become better speaker or reader. These mean a lot in growing into a better person and a nation-builder that you aspire to be in the future.

You are ideally unique and you continue to grow and develop into a better person. Hence, you must also be gentle to yourself in your thoughts and actions. Being aware of the appropriate and inappropriate thoughts, feelings, and beliefs that you hold about yourself is important in your continuous growth and development. If you value yourself and the person you are creating, you should take good care of your physical body. You should also nurture your mind. This can be done by eating a balance diet. Not only that, but also doing exercise and having the right amount of sleep. Believe in the good things about you.

APPROPRIATE BEHAVIORS	INAPPROPRIATE BEHAVIORS
PERSONAL	
Acknowledging your strengths (things you are good at)	Playing small and keeping your strengths to yourself
Using your skills and talents to help others	Bragging and putting others down
Practicing no-physical touch and other health protocols	Doing physical touch/ unsafe touch
Speaking to a trusted adult when feeling hurt	Just keeping quiet or shouting when hurt
ONLINE	
Communicating only to personally known people	Over-sharing personal information
Being respectful to others with one's posts or messages	Bullying, bashing, or being rude to others
Browsing only on the safe, and relevant sites for my growth and development	Spending too much time on games or entertainment, or browsing on topics and sites that are inappropriate for Grade Five learners.

If you have good regard in yourself, chances are, you will feel confident and strive more. You can gain more knowledge and develop your skills and values. Moreover, you will be behaving appropriately. For instance, if you respect and value yourself by doing appropriate and avoiding inappropriate behaviors in studying, you will be successful in your academics this school year.



You Can Do It!

Suggested Time Allotment: 10 minutes (Week 2)

After learning that you are unique and special along with some changes in your body, feelings, actions, and beliefs, you came to understand that there are appropriate behaviors or actions to do in valuing yourself. The next activity will ask you to write and express your commitment to do three appropriate actions.

1. Think of three (3) appropriate actions you really want to do because you value yourself.
2. Find a good space, then stand still.
3. Hug yourself by touching your left shoulder with your right hand. Do the opposite with your left hand on your right shoulder.
4. Close your eyes and slowly take three deep breaths.
5. Whisper to yourself the statement,

*“Since I love and value myself, I will _____,
_____, and _____.”*

6. Repeat the statement. This time, say it out loud. Feel this appropriate act of valuing yourself.



What I Have Learned

Suggested Time Allotment: 10 minutes (Week 2)

The next activity will help you sum up the strengths and changes you discovered as you age. You will also identify the appropriate or correct behaviors in valuing yourself.

Copy the table below on a clean sheet of paper and fill in the needed information. Examples are given below:

Unique Things About Me	Because I value myself, it would be nice to
My Strengths	
1. <i>I have a good voice.</i>	<i>lead the singing of Pambansang Awit or in the church choir</i>
2. <i>I am confident in leading my peers</i>	<i>lead in a group work</i>
3.	
4.	

Changes in my body, thoughts and behavior	
1. <i>I am growing taller.</i>	<i>wear clothes with appropriate length</i>
2. <i>I sometimes feel guilty and sorry of hurting others.</i>	<i>Say "sorry; what can I do to help make things better?"</i>
3. <i>I can understand and manipulate gadgets independently.</i>	<i>use my skill on accessing learning materials and other related matters.</i>
4.	
5.	

After completing the table, choose and do one statement. Share your experience to your parents/guardian after.



Share Your Thoughts and Feelings

Suggested Time Allotment: 5 minutes (Week 2)

Write your answers to the following questions on a clean sheet of paper.

1. What makes you unique from others?
2. How does studying in this new normal help you become a better child?
3. Aside from what were given in the discussion, give other examples on how you can show correct personal and online behavior.

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References

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