

# Homeroom Guidance

## Quarter 1 – Module 1: I Love The Way I Am



## **Homeroom Guidance Self-learning Module – Grade 3**

Quarter 1 Module 1: I Love The Way I Am

2020 Edition

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# Homeroom Guidance Grade 3

## Quarter 1 – Module 1:

### I Love The Way I Am

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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 gawaing nakapaloob dito. 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 nilang taglayin sa yugtong ito.

Basahin ang mga tagubilin, katanungan (Processing Questions) at nilalaman ng bawat bahagi ng modyul na ito kasama ang mag-aaral.

- Gawain 1: Isiping muli ang mga Karapatan ng Isang Bata
- Gawain 2: Makilala ang kanyang mga karaniwang gawain, interes at mga talento
- Gawain 3: Makilala ang labindalawang Karapatan ng Isang Bata
- Gawain 4: Ilarawan ang mga pagbabago sa kanyang sarili pagdating sa pag-aaral, relasyon sa pamilya at kinaugalian sa bahay.
- Gawain 5: Isulat ang isa sa kanyang mga abilidad o kasanayan na sa tingin niya'y kapaki-pakinabang at ilarawan ang nabago sa kanyang pansariling kalakasan noong siya'y nasa unang baitang (Grade 1) at ngayong siya ay nasa ikatlong baitang (Grade 3) na.
- Gawain 6: Ibahagi kung anu-ano pa ang mga nais na alamin upang mapabuti o lalo pang maalagaan ang sarili
- Gawain 7: Gabayan ang bata sa pagtukoy at pagsubok ng ilan sa mga paraan ng wastong pag-aalaga sa sarili. Ang listahan ng mga gawain ay maaring gawin o subukan nang higit pa sa isang araw.

Makatutulong ang araling ito upang hubugin ang kaniyang kakayahan at pagpapahalaga sa pagpili ng tamang aksyon sa bawat sitwasyon. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat hangga't maaari, kapag siya ay sumasagot sa mga gawain at pagtatasa. Siguraduhing maipapasa niya ang kaniyang sagutang papel sa petsa at oras na itinakda ng kaniyang gurong-tagapayo.

## Introductory Message

For the Learner:

This module is designed to help you understand and value yourself; identify your talents, abilities, and attitudes, describe the changes in yourself, and finally learn the ways of taking proper care of yourself.

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 Love The Way I Am



### Learning Objectives

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

1. recall the basic rights of a child;
2. name your talents' abilities and attitudes;
3. describe the changes in yourself; and
4. show ways of taking care of yourself.

**Suggested Total Time Allotment:** 120 minutes

**Materials needed:** Paper and pen



### Introduction

The scope of this module will help you become aware of yourself better. It will also give you an overview of your basic rights as a child. Knowing these rights gives you the chance to be treated equally in our society. You will also learn ways of taking care of yourself.

As time progresses, you will experience changes in your body including your likes and dislikes. You will also experience changes in your environment. Therefore, it is important to take care of yourself well and feel fit as an individual while facing the changes.



## Let's Try This

**Suggested Time Allotment:** 25 minutes

Using your previous learning, put a check on the item if the statement is a right of a child and an X if not. Write your answers on clean sheet of paper.

- \_\_\_\_\_ 1. To live with parents
- \_\_\_\_\_ 2. To look for work for the family
- \_\_\_\_\_ 3. To have food, shelter, and clothes
- \_\_\_\_\_ 4. To demand everything that he/she wants
- \_\_\_\_\_ 5. To have education
- \_\_\_\_\_ 6. To play and enjoy
- \_\_\_\_\_ 7. To be protected from abuse
- \_\_\_\_\_ 8. To have a life away from bad influences
- \_\_\_\_\_ 9. To take care of younger brothers and sisters
- \_\_\_\_\_ 10. To become a better citizen

### Processing Questions:

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

1. How many child's rights were you able to identify? Can you recall the other rights not stated in the items above?
2. What do you think is the purpose of the rights of children?
3. Can these rights help you as you grow up and become a better person?



## **Let's Explore This**

**Suggested Time Allotment:** 30 minutes

Read the short paragraph below and answer the questions on a sheet of paper after.

### **Thoughtful Third-grader Thomas**

Thomas is a nine-year-old boy who lives a simple life with his family. One afternoon, he arrives home from school. He approaches his parents and shows them his high scores in the exams. His parents praise him for doing well in school.

At night, Thomas cleans and prepares the table for dinner. After eating, he helps in washing the dishes. He also assists his younger sister in doing her assignments.

Before going to school, he waters the plants, cleans the house, and organizes his things. In school, he reads his lessons and shows respect to school personnel and classmates.

On Saturday, he helps his mother in feeding the chicken and the pigs. One afternoon, his father arrives with a new guitar which Thomas wished for as a gift. Upon receiving it, he hugs his parents who are so thankful for having him as a son.

**Processing Questions:**

1. What can you say about Thomas?
2. Can you enumerate the things that he does?
3. Which among those activities are similar to your activities? Can you name at least five activities that you like to do or that interest you?
4. What talents or abilities do you have like Thomas?



## Keep in Mind

**Suggested Time Allotment:** 10 minutes

Childhood is an exciting and fun part of life where care and love are abundantly expressed by parents or guardians to their children. Rights were established so that you can be protected as you grow up. The following are the 12 basic rights of a child:

1. Right to be born well
2. Right to live with family
3. Right to have proper care and importance
4. Right to be provided with basic needs like food, water, shelter, clothing
5. Right to have everything he/she needs for a better life
6. Right to education
7. Right to play and enjoy
8. Right to be protected from abuse
9. Right to live peacefully
10. Right to be cared, helped and protected in the absence of parents
11. Right to become a better citizen
12. Right to grow up and get what they want for their good



Aside from rights, any person like you has talents and abilities. You also have your interests and hobbies. As a young learner, you should start enjoying the things that you are good at.

But as you grow up, you need to be responsible enough to take good care of yourself. As a child, you already have talents and abilities. But you must also maintain a good attitude.

You will encounter changes in yourself and environment along the way. You can use your talents, abilities and attitude to handle these changes. It can shape you to become a better person. The abilities and talents that you have will enable you to succeed in many areas of life. You can use them to accomplish your goals in life.



## You Can Do It

**Suggested Time Allotment:** 20 minutes

You have learned that a person becomes a better person as he/she grows. Recall about your experiences as a child when you were in Grade 1. With the help of your parent/guardian, describe the changes that you have observed in each of the following aspects. Write your answers on a sheet of paper.

| Aspect                   | Changes observed |
|--------------------------|------------------|
| Performance in School    |                  |
| Relationship with family |                  |
| Habits at home           |                  |



## What I Have Learned

**Suggested Time Allotment:** 15 minutes

On a clean sheet of paper, answer the following questions.

1. What child's rights do you consider that you have?
2. What ability or skill do you want to improve more?
3. Try to compare the things where you were good at back when you were still in Grade 1 and now that you are in Grade 3.



## Share Your Thoughts and Feelings

**Suggested Time Allotment:** 10 minutes

Are you taking care of yourself well? How do your parents/guardians ensure that you are doing it? Write your answers on a sheet of paper.



## Assignment

**Suggested Time Allotment:** 10 minutes

Taking care of yourself is part of your growth. Take a look at the following checklist for self-care. Talk with your guardian/s and ask them to guide you in trying these activities and when to do them. On your sheet of paper, put a check-mark beside the item of the activity that you can already do or practice.

- \_\_\_\_\_ 1. Eight hours of sleep
- \_\_\_\_\_ 2. Pray
- \_\_\_\_\_ 3. Exercise
- \_\_\_\_\_ 4. Drink water regularly
- \_\_\_\_\_ 5. Express gratitude to people around you.

- \_\_\_\_\_ 6. Deep Breathing
- \_\_\_\_\_ 7. Laugh
- \_\_\_\_\_ 8. Doing your hobbies
- \_\_\_\_\_ 9. Use mobile phones or computers safely
- \_\_\_\_\_ 10. Eat regularly
- \_\_\_\_\_ 11. Observe proper hygiene
- \_\_\_\_\_ 12. Spend time with family

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## Reference

Presidential Decree No. 603. *Child and Youth Welfare Code*. Article 3: Rights of a Child 1974. <https://pcw.gov.ph/presidential-decree-no-603-the-child-and-youth-welfare-code/>

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