

Homeroom Guidance

Quarter 1 – Module 1: The Real Me



Homeroom Guidance Self-learning Module – Grade 4

Quarter 1 Module 1: The Real Me

2020 Edition

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Homeroom Guidance Grade 4

Quarter 1 – Module 1:

The Real Me



Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito upang gabayan ang inyong anak o alaga 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.

Makatutulong ang araling ito upang mas makilala ng mag-aaral ang kaniyang sarili tungo sa paghubog ng kaniyang pagkatao. Kahit wala siya sa paaralan dulot ng krisis na ating kinahaharap, maaari pa rin niyang mapalago ang kaniyang mga katangian o kakayahan at mapangibabawan ang kaniyang mga kahinaan. Malaki ang gampanin ng mga magulang upang mapagtagumpayan ang mga gawaing nakalatag dito. Kakailanganin ng mag-aaral ang inyong patnubay at gabay. Maaaring may mga pagkakataong humingi ng tulong ang mag-aaral sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain. Hinihiling ng Kagawaran ang inyong suporta at pakikiisa upang matagumpay niyang maisakatuparan ang bawat bahagi tulad ng mga sumusunod:

1. Maaaring gawin ng mag-aaral sa loob ng dalawang linggo ang mga gawaing nakapaloob dito.
2. Nangangailangan ng panulat at papel sa bawat bahagi ng modyul na ito upang masagutan ang mga gawain at katanungan sa “Processing Questions.”
3. Tiyaking sasagutin niya ang bawat bahagi nang tapat. May limang gawain at dalawang set ng “Processing Questions” ang modyul na ito.
4. Pagsama-samahin sa isang folder na may *fastener* ang mga gawaing isinulat niya sa papel. Ito ang magsisilbi niyang portfolio sa kaniyang Homeroom Guidance Activities.
5. Siguraduhing maipapasa niya ang kaniyang portfolio sa petsang itinakda ng kaniyang gurong-tagapayo.

Introductory Message

For the learner:

This module is designed to help you know more about yourself. There are activities intended to help you determine your own skills, interest, strengths and weaknesses, and the developmental changes that you will experience. You will also learn how to overcome your own weaknesses. You might not be good in doing something like singing and dancing as of this time, but remember you are a work in progress. Even if you stay at home, you can still discover something about yourself. Acknowledge it first, then keep on practicing.

You are expected to finish this module in two weeks. There are six activities provided for you to practice and complete, 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

THE REAL ME



Learning Objectives

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

1. identify the developmental changes that you experienced;
2. determine the differences between appropriate and inappropriate behavior in expressing thoughts, feelings, and beliefs; and
3. appreciate the developmental changes as part of growing up.

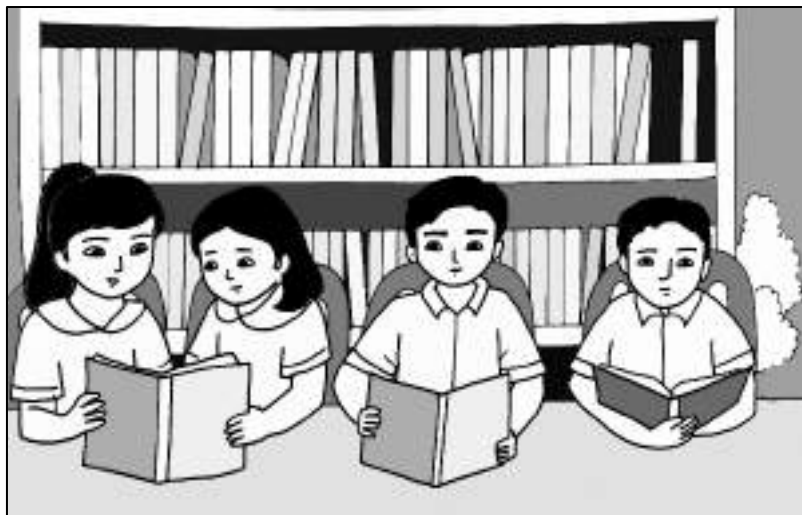
Period: Weeks 1 and 2 of 1st Quarter

Suggested Total Time Allotment: 120 Minutes

Materials Needed: Blank Paper, Pen/Pencil



Introduction



Have you noticed the changes in your body? Can you compare how you react in a given situation back when you were still in Grade 1 and now that you are in Grade 4? These are the developmental changes

that you experience as you grow up. However, you need to manage yourself well while undergoing such development. Remember, you have time and ways to discover the REAL YOU! Be proud of what you are and what you are capable of becoming.



Let's Try This

Suggested Time Allotment: 20 minutes

Time Travel

1. On a clean sheet of paper, copy the table below.

| | Physical Changes | Skills | Interests |
|---------|-------------------------|---------------|------------------|
| Grade 1 | | | |
| Grade 2 | | | |
| Grade 3 | | | |
| Grade 4 | | | |

2. Think back when you were in Grade 1, Grade 2 and Grade 3.
3. Complete the table by listing down the physical changes in your body, skills that you have acquired, and interests that you have up to the present.

Processing Questions:

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

1. What can you say about the "Time Travel" activity?
2. What changes did you see when you were in Grade 1 and now that you are in Grade 4?
3. How do you feel about these changes?



Let's Explore This

Suggested Time Allotment: 20 Minutes

It's Me

1. Use another sheet of paper and write numbers 1 to 10.
2. Read the following statements and put a check (✓) mark if it describes you and a cross mark (X) if not.

Statements:

1. I started to take a bath on my own when I was eight years old.
2. I always have to be reminded to brush my teeth before sleeping at night.
3. I sweep the floor every morning.
4. I help my mother in preparing food.
5. I knew how to tie my shoelaces at the age of five years old.
6. I still cry a lot inside a toy store so that my parents would buy me what I want.
7. I still leave my dirty clothes everywhere.
8. I started praying before meal when I was five years old.
9. I finish my school work before playing with my friends.
10. I always had leftover food when I was in Grade 1.

Processing Questions:

Write your answers on the paper you used from the previous activity.

1. Did you enjoy the activity? Why or why not?
2. Choose two statements that show changes in you.
3. Choose two statements that show appropriate behavior and inappropriate behavior for a Grade 4 learner.
4. Why did you consider them as appropriate and inappropriate behavior?



Keep in Mind

Suggested Time Allotment: 20 Minutes

Developmental Change is a kind of process of change that happens in every person while growing up. It includes physical changes in the body, learning of new skills, improvement of strengths, and overcoming weaknesses among others.

Skills are abilities to do something well. Examples are reading, communicating, writing, listening, and solving Math problems.

Interests are things that you want to have, do or learn. Examples are running, planting, cleaning, eating, washing.

Strengths are the good qualities that you have which you can use in certain situations. Examples are honesty, punctuality, cleanliness, obedience, respectful, and good singing voice.

Weaknesses are qualities that you need to overcome. Examples are being talkative in class, tardy, gullible, shy, impatient, and indecisive.

Remember to practice good or positive behavior towards others so you can maintain good relationship with them. It also includes having appropriate thoughts, feelings, and beliefs.

Appropriate behavior is the proper way on how you react to a given situation.

Inappropriate behavior is the improper way on how you deal with a given situation.

Example Situation: Your classmate got the highest score in your test.

| Area | Appropriate | Inappropriate |
|----------|---|----------------------|
| Thought | He/she studied very hard. | He/she cheated. |
| Feelings | I am happy for him/her. | I envy him/her. |
| Belief | He/she is a smart student. | It is just luck. |
| Behavior | I will strive harder just like him/her. | I will bash him/her. |



You Can Do It!

Suggested Time Allotment: 25 minutes

My Plan of Action

1. Use another sheet of paper.
2. Name one weakness that you have and think how you wish to address it.
3. Create a Plan of Action on how you are going to overcome your weakness following the template below.
4. Write the appropriate behaviors that you can have.

Sample Action Plan

MY PLAN OF ACTION TO OVERCOME MY WEAKNESS

My Weakness: Most of the time I am late, I cannot finish my tasks on time.

My Target : To finish my tasks on time

Plan of Action

Step 1: Write down the task and its deadline, plan out my daily activities

Step 2: I will hang reminders in my room so that I will be reminded of my tasks and ask my parents to help me with these reminders

Step 3: I will try to finish everything before the deadline



What I Have Learned

Suggested Time Allotment: 25 Minutes

This is Me

1. Try to draw yourself on a piece of paper.

2. Below your drawing, write down specific changes in your body, skills, and interest that you are happy to have.
3. Color your drawing and share your work to your parent/s or guardian/s. Tell them what it is about.



Share Your Thoughts and Feelings

Suggested Time Allotment: 20 Minutes

Try to recall the activities that you have in this module and answer the following questions. Write your answers on a piece of paper.

1. What is your most favorite activity in this module? Why?
2. What are the things that you learned that you are proud of?
3. How can you use your strengths to improve your skills?

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Reference

Tomonari, Rachelle Feiler Dana. "Stages of Growth Child Development." *StateUniversity.com Education Encyclopedia*. Accessed August 25, 2020 <https://education.stateuniversity.com/pages/1826/Child-Development-Stages-Growth.html>.

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