

Homeroom Guidance

Quarter 1 – Module 4: Understanding You and Me



Homeroom Guidance Self-learning Module – Grade 3

Quarter 1 Module 4: Understanding You and Me

2020 Edition

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Homeroom Guidance Grade 3

Quarter 1 – Module 4:

Understanding You and Me



Gabay sa Magulang/Tagapag-alaga

Hinihiling ang inyong gabay upang matagumpay na maisakatuparan ng mag-aaral ang mga tagubilin sa pagsasagawa ng mga gawain sa *bondpaper* o malinis na papel. Basahing maigi sa mag-aaral ang bawat bahagi ng modyul.

- Gawain 1: Kopyahin ang tsart sa papel. Sa ikalawa at mga susunod na kolum, isulat ang pangalan ng mga miyembro ng pamilya. Sa ilalim ng bawat pangalan, isulat ang kanilang gampanin sa pamilya. Magdagdag o magbawas ng kolum batay sa bilang ng miyembro ng pamilya.
- Gawain 2: Gamit ang *short bondpaper*, iguhit kung paano sinasabi o ipinapakita kung may nais sabihing isyu sa miyembro ng pamilya. Sundin ang ibinigay na pormat.
- Gawain 3: Maunawaan na ang bawat pamilya ay natatangi. Ang pagpapahayag ng mabisang pamamaraan sa paglutas ng mga alalahanin at ang pagsasagawa nito ay malaking gampanin ng bawat miyembro ng pamilya. Kaugnay nito ay naipapakita ang mga wastong pamamaraan ng mabuting pakikipagtalastasan sa tahanan at paaralan.
- Gawain 4: Sagutin ang ibat ibang sitwasyon na nakapaloob sa 'Kung Ikaw Sila, Ano ang Gagawin Mo?'
- Gawain 5: Gumuhit ng hugis puso sa mga pangungusap na nagpapahayag ng mabisang paglutas ng mga suliranin o mga hindi inaasahang pangyayari.
- Gawain 6: Gumuhit at kulayan ang simbolo na nagpapakita ng nararamdaman ng mag-aaral tungkol sa mga paraan ng paglutas ng mga alalahanin (*concerns*) sa tahanan.

Tiyaking magagawa ito nang tapat at maipapasa sa petsa at oras na itinakda ng kanyang gurong-tagapayo.

Introductory Message

For the learner:

This module is designed to help you become more aware of the roles you have in the family and with the community you deal with. Our roles in the family give us a sense of confidence to build a good relationship and growth to individual members.

This 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; and

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

4

UNDERSTANDING YOU AND ME



Learning Objectives

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

1. define your role in the family;
2. demonstrate healthy ways in resolving concerns with others;
and
3. appreciate the importance of positive ways in resolving concerns with others.

Period: Weeks 6 and 7 of 1st Quarter

Suggested Total Time Allotment: 120 minutes

Materials Needed: Clean pieces of paper, pencil, coloring materials



Introduction

Family has a very strong influence to every person. This influence started during childhood years. They were there when you uttered your first words. They were there when you started walking.

As you grew up, your family taught you many things. They taught you through assigned tasks. For example, when you were tasked to fix your toys, they taught you to be organized with your belongings.

If you are asked to make choices for your own, your family is training you to make decisions. Hence, take those chances to learn better. You can use these learnings to relate to other people.



Let's Try This

Suggested Time Allotment: 20 minutes

Copy the table below on a sheet of paper. On the second and next columns, write the names of your family members. Under each name, write their role in your family. Add or remove columns depending on the number of your family members. An example is provided as your guide. Answer the processing questions after.

In My Family

Family Members	Father	Mother	Older Sister	Me
Our Role	Cares for us at home	Works to provide food for us	Waters the plant	Sweeps the floor

Processing Questions:

1. What can you say about the roles of your family members about your role?
2. Do you think your role will change as you grow up? Why?



Let's Explore This

Suggested Time Allotment: 25 minutes

What do you do when you have an issue to resolve with your family member/s? How do you express it to them? On a short bond paper, draw your way of expressing your issue to each member of the family. Follow the format below.

Family Member	Way of expressing my issue

Processing Questions:

1. What do you notice with your answers?
2. With your ways of expressing your issue, do you clearly make them understand your message?
3. Is there something you want to change in your ways? What is it and why?



Keep in Mind

Suggested Time Allotment: 20 minutes

No family is perfect. There are moments when you will disagree on some topics or situations. There will also be events in your lives that will put your families in a difficult situation. It is important to be open and share what you feel and think about those situations to facilitate understanding among you.

Being honest about things will surely help in achieving peace and harmony in your homes. This is also true with other people surrounding your family.

In the family, communicating your feelings is the best way to encourage understanding and harmony. This is applicable even if there are disagreements. Practicing this will make you grow as a person who can understand also the feelings of others around you.



You Can Do It

Suggested Time Allotment: 20 minutes

If You Were Them, What Will You Do?

(Kung Ikaw Sila, Anong Gagawin Mo?)


Write your answer to this particular school situation.

1. Your classmate took the snacks of one of your classmates.
(*Inagaw ng isa mong kaklase ang baon ng isa mo pang kaklase.*)
2. Your classmate tore your classmate's notebook. (*Pinunit ng kaklase mo ang notebook ng isa mo pang kaklase mo.*)
3. Your sibling tore a page of your HG portfolio.
(*Pinunit ng kapatid mo ang iyong HG portfolio.*)



What I Have Learned

Suggested Time Allotment: 20 minutes

Copy the the following items on a sheet of paper. Draw a heart  beside a sentence that shows an effective way of resolving concerns at home.

- _____ 1. I just sleep instead of talking to my family.
- _____ 2. I can say "I am sorry" whenever I did something wrong.
- _____ 3. I listen carefully to what my parents tell.
- _____ 4. I avoid my sister or my brother if I don't feel good about them.
- _____ 5. I go back playing with my siblings after a fight.



Share Your Thoughts and Feelings

Suggested Time Allotment: 15 minutes

Draw and color a symbol of your feelings about your ways of resolving issues at home. Use a short bondpaper and coloring materials.



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