

# Homeroom Guidance

## Quarter 1 – Module 1: Look How I Have Grown



## **Homeroom Guidance Self-learning Module – Grade 1**

Quarter 1 Module 1: Look How I Have Grown

2020 Edition

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# Homeroom Guidance Grade 1

## Quarter 1 – Module 1:

### Look How I Have Grown

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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 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:** Pupunan ng mag-aaral ang mga pahayag na nakasaad. Ibabahagi ang mga ito sa kahit na sinong miyembro ng pamilya.
- **Gawain 2:** Ipapakita ng mag-aaral ang angking mga talento at hilig sa pamamagitan ng paggupit mga litrato mula sa mga lumang magasin o dyaryo gamit ang lapis, pangkulay, gunting at pandikit. Maaari rin naman gumuhit na lamang kung walang lumang magasin o dyaryo sa bahay. Ilalagay ito sa isang kulay puting long folder na may plastik na pabalat at fastener.
- **Gawain 3:** Maiisa-isa at maibabahagi ng mag-aaral ang ilan sa kanyang mga karapatan bilang bata.
- **Gawain 4:** Sa tulong ng magulang o tagapangalaga, gagawa ang mag-aaral ng iskedyul ng mga gawain sa tahanan at paaralan na siya niyang gagawin sa loob ng isang Linggo. Ibabahagi ito sa kahit na sinong miyembro ng pamilya na siyang maaaring mag-tsek kung naisasagawa ng mag-aaral ang nasabing gawain.
- **Gawain 5:** Sasagutin ng mag-aaral ang mga nakasaad na katanungan.
- **Gawain 6:** Sa patnubay ng magulang o tagapangalaga, iguguhit ng mag-aaral ang kanyang kaliwa at kanang kamay sa isang malinis na papel. Sasagutan at kumpletuhin ang mga nakasaad na pahayag.

Magsisilbing **Portfolio** ng mag-aaral sa Homeroom Guidance ang long folder na nabanggit sa Gawain 2. Dito isisilid lahat ng gawaing natapos sa bawat bahagi ng modyul. Tiyaking magagawa ito nang tapat at 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 likes, dislikes, talents, and interests. You will also get to know some of your basic rights as a child. As you do the activities, we hope you will realize that you will learn simple tasks at home and in school as you grow older. This can help you to be more responsible and obedient child.

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 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

## See How I Have Grown



### Objectives:

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

1. identify your likes, dislikes, talents, interests, and basic rights as a child;
2. identify your tasks at home and in school as a child;
3. demonstrate willingness to follow directions; and
4. show appreciation of yourself and others.

**Suggested Total Time Allotment:** 120 minutes

### Materials Needed:

pencils  
crayons  
scissors  
paste  
any clean sheet of paper  
long white folder with plastic cover  
fastener  
old magazines or newspapers



# Introduction



In this lesson, you will discover the changes that happen to you as you grow up. You will also get to appreciate your talents and skills.



At the same time, growing up also means being able to do more tasks in school and at home.



Part of it is learning how to...

behave well,

study well,

help in house chores

care for your friends, and

spend more time with your family.





## Let's Try This

### **Suggested Time Allotment: 15 minutes**

Look at the pictures carefully. With your parent/s, guardian, or any family member, read and answer the questions orally including the processing questions below.



- What are the changes in your body when you were a baby and now as a Grade 1 learner? Example: I grew taller.
- Complete the following statements:
  - Now that I have grown up, I like \_\_\_\_\_(your favorites) Example: Now that I have grown, I like to eat bananas.
  - Now that I have grown up, I can \_\_\_\_\_(your talents) Example: Now that I have grown, I can sing well.



- Now that I have grown up, I go to \_\_\_\_\_ to study.

### **Processing Questions:**

#### **Suggested Time Allotment: 15 minutes**

1. What happens to your body when you grow up?
2. Do you see some changes as you grow? What are those changes?
3. How did you feel about these changes?

### **Activity 2:**

#### **Suggested Time Allotment: 30 minutes**

Based on your answers from Activity 1, design your portfolio for Homeroom Guidance.

1. Cut pictures from old magazines and newspapers. You may also use any available materials that you can find at home. The pictures must show your:
  - favorites or the things that you like
  - hobbies or the things that you love doing
  - talents or the things that you are good at
  - traits or qualities that you are known for
2. Paste the pictures on the front cover of your long white folder. Feel free to design it. You can put as many pictures as you want.
3. Put a title on top of it. (Example: I am Happy to be Me!)
4. Write your name, grade level and section.
5. Cover it with plastic.
6. Put a fastener inside the long folder.

This will serve as your portfolio in Homeroom Guidance. Keep it in a safe place because you will need this to compile all your outputs this school year.



## Let's Explore This

**Suggested Time Allotment: 5 minutes**

Look at the pictures carefully. Tell to your parent or guardian what you saw including your answers to the processing questions.



**I have a life.**



**I study.**



**I live in a safe home.**



**I play.**

## **Processing Questions:**

### **Suggested Time Allotment: 10 minutes**

1. Based on the pictures above, can you name the things that applies to you?
2. How do you feel if you have those things mentioned in the pictures?
3. Do you still have those even today?



## **Keep in Mind**

### **Suggested Time Allotment: 20 minutes**

As you grow up, you will notice the different changes in your body. You might become taller and heavier. Your hair grows longer, too!

You get to know more about yourself.

You discover your talents like singing, dancing, reading, writing, and coloring.

As you grow older, you also learn simple tasks at home. You also learn tasks in school.

At home, you can help in the household chores. You can play with your siblings. It is important that you also obey and respect your parents.

In school, you study your lessons. You also follow school rules.

It is important that you also study at home. Do your homeworks. You can even learn by yourself at home.

These tasks will help you become a more responsible child.

Along with your responsibilities in school and at home, you also have rights to stand up for. These rights are entitlement that everyone should claim and hold. Here are your basic rights as a child, according to the United Nations Children's Fund (UNICEF).

1. Right to live and right to have better quality and improved way of life (Survival Rights) ;
2. Right to education, being active learners and have a well-nourished, healthy life (Development Rights);
3. Right to be protected from harm and conflict, safe and free from violence, abuse, neglect and exploitation (Protection Rights);
4. Right to be heard, to play, to actively participate in decision-making processes affecting their lives according to their evolving capacities (Participation Rights)

During the quarantine period, you can still study and learn new things. At this time of crisis, your home is the safest place to live in. By obeying your parents when they tell you to stay at home, you will be protected from any harm like COVID-19. This is also a good chance for you to practice helping in household chores. It also means more time with your family.

Studying at home with your parents, siblings, cousins and other family members is also fun. Even if you don't go to school for now, they will help you do your school tasks like reading, writing, coloring, and drawing.



## You Can Do It

**Suggested Time Allotment: 15 minutes**

With the help of your parent or guardian, identify a simple task that you will do for a specific week. Your parent or guardian will check and monitor if you were able to perform the tasks. ( Refer to the sample table below.) Then, answer orally the processing questions with your parent or guardian.

Example:

### **My Simple Tasks**

<b>Day</b>	<b>Home Tasks</b>	<b>Observed / Not Observed</b>	<b>School-related Tasks</b>	<b>Observed / Not Observed</b>
Monday	<i>help sweep the floor</i>		<i>practice writing</i>	
Tuesday	<i>help sweep the floor</i>		<i>practice writing</i>	
Wednesday	<i>help sweep the floor</i>		<i>practice writing</i>	

Thursday	<i>help sweep the floor</i>		<i>practice writing</i>	
Friday	<i>help sweep the floor</i>		<i>practice writing</i>	

### Processing Questions:

**Suggested Time Allotment: 10 minutes**

1. What are your tasks at home? How about in school?
2. How do you feel while doing your tasks at home and in school?
3. What will happen to you if you always do your tasks at home and in school?



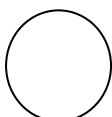
## What I Have Learned

**Suggested Time Allotment: 10 minutes**

Draw a star ☆ if the picture shows your task.

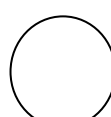
Draw a heart ♥ if the picture shows your basic right as a child. Write your answers on a piece of paper.

1.



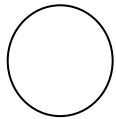
Studying my lessons

2.



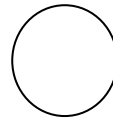
Eating nutritious food with my family

3.



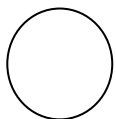
Learning new skills  
like drawing

4.



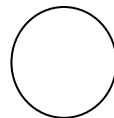
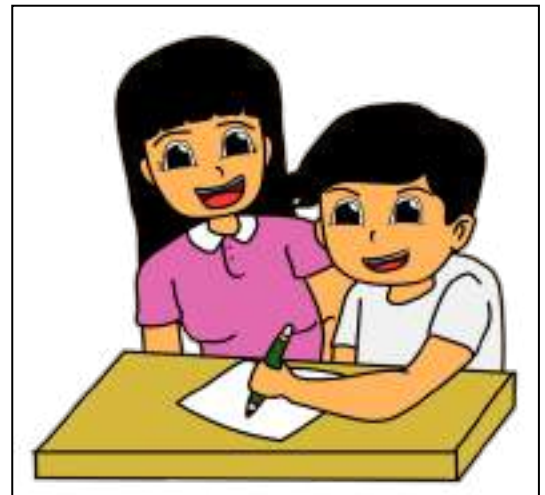
Time to learn to  
answer self-guided  
modules

5.



Sweeping the floor

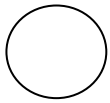
6.



Practicing how to write

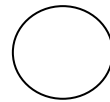


7.



Playing with younger brother/ sister

8.



Obeying when asked to help in washing the dishes



## Share Your Thoughts and Feelings

**Suggested Time Allotment: 10 minutes**

With the help of your parent or guardian, trace your left and right hands on a clean sheet of paper. Complete the statements in each hand, then color your work.

1. On your right hand, complete the statement

I am responsible because

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2. On your left hand, complete the statement

I am happy because I discovered that when I follow my parents/guardian's advise to eat nutritious food, I will become\_\_\_\_\_.

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**For inquiries or feedback, please write or call:**

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