



Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON  
SCHOOLS DIVISION OF IMUS CITY



Name Dennis Ezekiel D. Vidar Grade & Sec.: \_\_\_\_\_  
MAPEH Teacher Rheina Judee Aguirre Date: \_\_\_\_\_

*Learning Activity Sheet*  
**WEEK 4 – MAPEH 8**  
**HEALTH**

**Learning Task 1: What would I be?**

Complete the following statement:

An animal, I would be	A butterfly
A flower, I would be	Iris xiphium
A tree, I would be	Fig tree
A shoe, I would be	Nike
A cartoon, I would be	Mickey Mouse
A food, I would be	Fried chicken
A song, I would be	Just Awake
A TV show, I would be	HunterxHunter
A movie, I would be	Your Name
A color, I would be	Red
A car, I would be	A simple car
A famous person, I would be	PewDiePie

A friend, I would be	A good friend
Why?	
I always strive to be respectful and understanding to other people.	

A teacher, I would be	A good one
Why?	
I'd try my best to make a difference in the lives of as many Students as I can.	

A parent, I would be	Loving and caring
Why?	
Because I am a parent and I love my child.	



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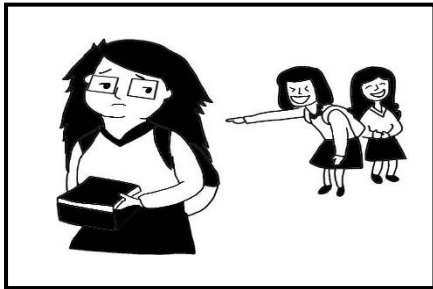
*Learning Activity Sheet*

**WEEK 4 – MAPEH 8**

**HEALTH**

**Learning Task 2: What I Have to Do**

Determine what you can do in these scenarios.



What I have to do...

I would tell them to stop laughing and if they don't, I'll just ignore them



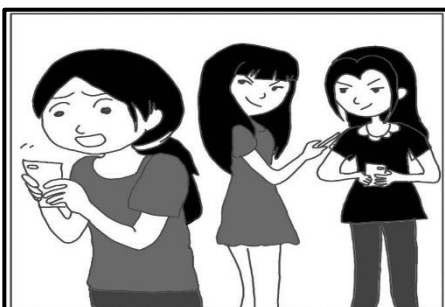
What I have to do...

I'd report him to the police.



What I have to do...

I'd just block or ignore the person harassing me.



What I have to do...

I'll just ignore them



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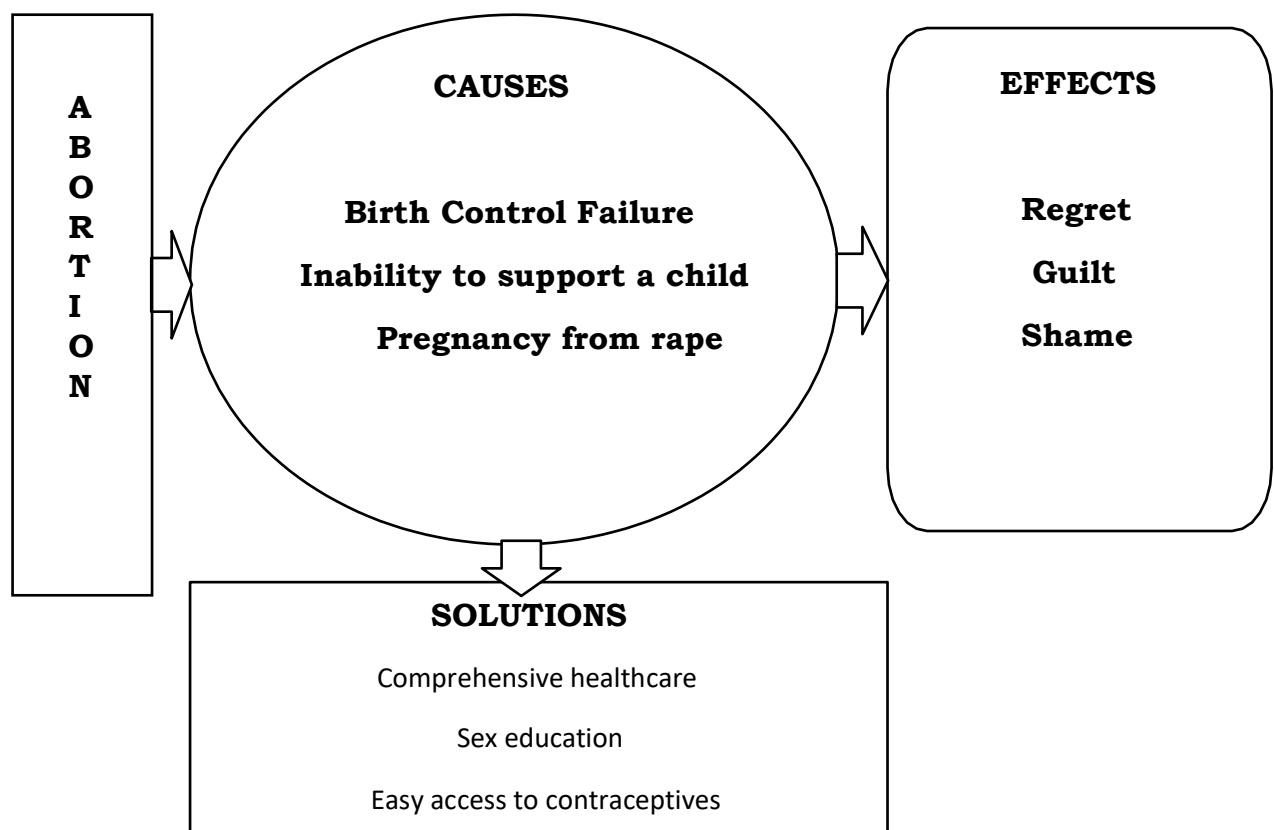
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**WEEK 4 – MAPEH 8**

**HEALTH**

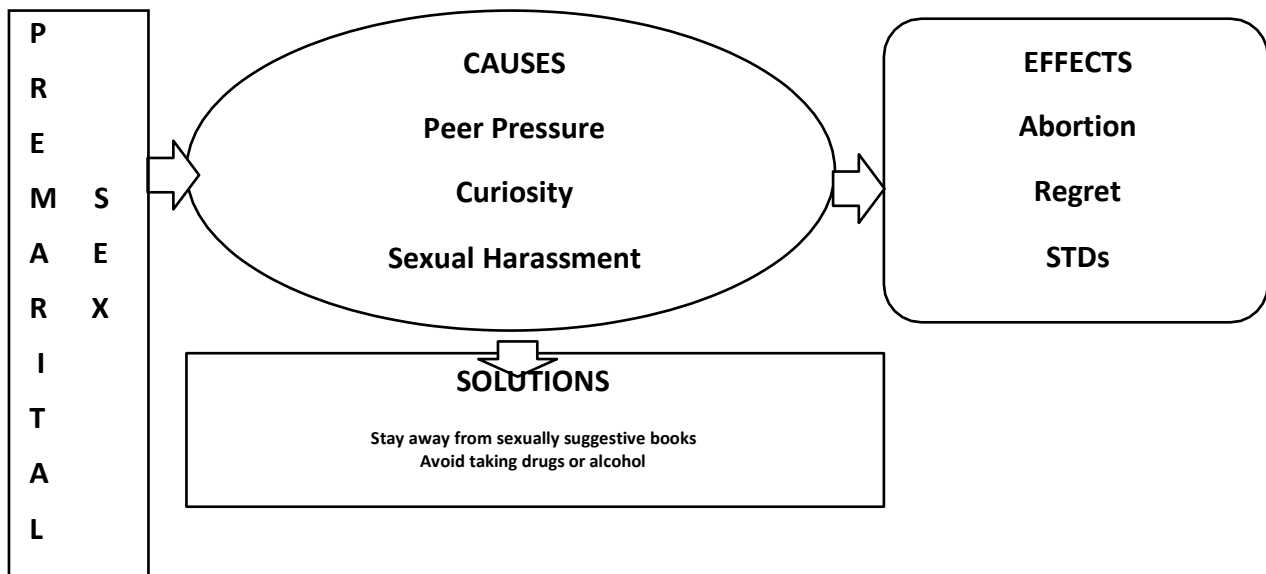
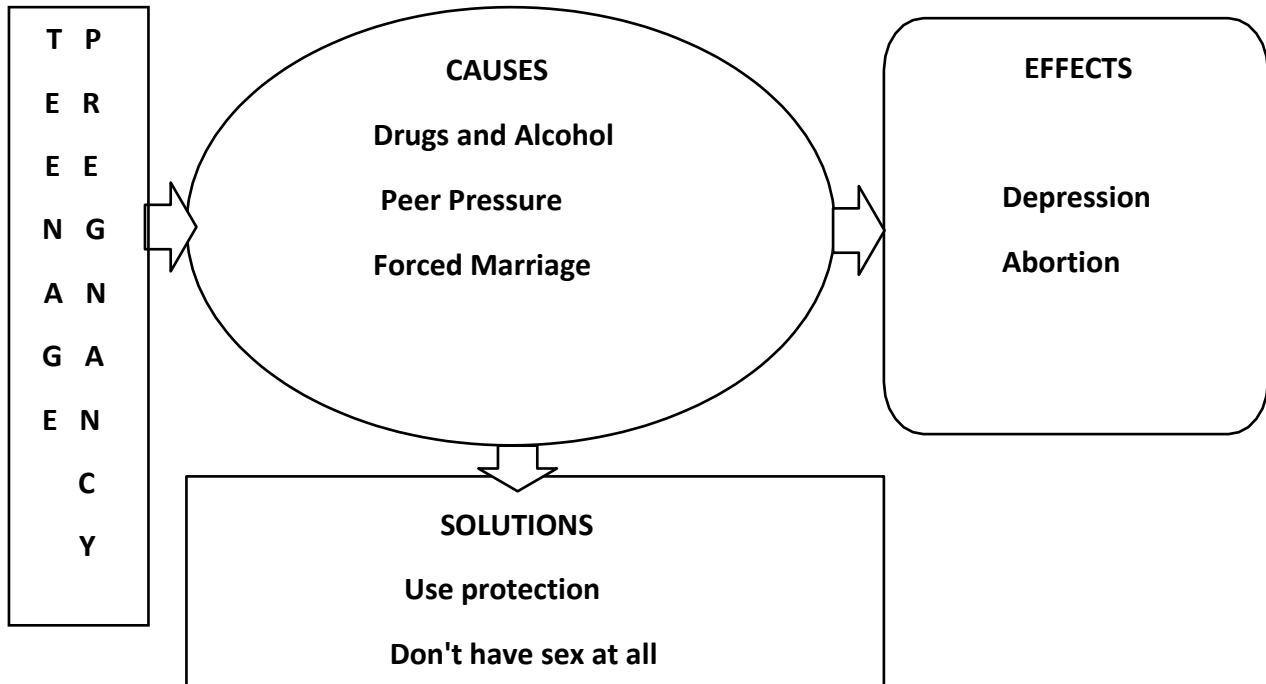
**Learning Task 3: Cause, Effect, and Solution.**

**Directions:** Complete the graphic organizer. Write the appropriate information such as CAUSE, EFFECTS AND SOLUTIONS to the given teenage issues and concerns.





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**Learning Task 4: Making Good Decision**

Use the six steps in decision making in going through this activity.

**6 Steps in Decision Making**

- D** – Determine the problem
- E** – Explore the alternative
- C** – Consider the consequences
- I** – Identify your values
- D** – Decide for action
- E** – Evaluate the result

1. Your classmates are going to a party this weekend. This is the first time that you are asked to attend by a friend, but then, you discern that your parents will not approve it. You don't want to make your friends angry by not going, but you also don't want to get in trouble with your parents. Determine what decision you should make.

<b>D</b>	Should I go to the party or not?
<b>E</b>	I can sneak out of the house so I can go to the party.
<b>C</b>	But I'll get in trouble with my parents.
<b>I</b>	My parents are more important to follow.
<b>D</b>	I should just stay at home and not go to the party.
<b>E</b>	My parents won't be mad at me and I can explain to my friends why I can't go.

2. One of your closest friends tells his problem and asks for your support. He got his girlfriend pregnant. How can you show your support and stand firm with the morals that having children should be the choice of mature individuals under the blessing of marriage?

<b>D</b>	How should I show my support?
<b>E</b>	I can tell him that they should abort.
<b>C</b>	He might be mad at me.
<b>I</b>	For me, it's not right to abort.
<b>D</b>	I should tell him that I support him and will be there for them when they need me.



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<b>E</b>	For me, this is the best option.
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