



A Semi-detailed Lesson Design in Values Education Multigrade Class

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Student Teaching Intern

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Date

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Teaching Date

I. Intended Learning Outcomes

Through varied learning activities, the Multigrade learners with at least 85% accuracy are expected to:

- Identify one's unpleasant feelings in order to handle them properly
- Explain that having unpleasant feelings is normal
- Explain helpful ways to deal with unpleasant feelings to help oneself become a better person
- Create a visual representation of their emotions, and understand that their feelings are valid (**Visual-Spatial Intelligence**)

II. Learning Content

Topic Grade 1 & 2: Lesson 2: I Feel Ok and I am Ok!

Materials:

- PowerPoint Presentation
- Visual Aid
- Cutouts
- Ball
- Paper Plate
- Craft Stick
- Coloring Materials and Pencil
- Glue

References:

Grade 2 Book:

Alvaro J., Dango J, (n.d). Character Formation for Nation Building., *Second Edition*

Links:

Family Friendly Gaming. (2015, August 23). *Just Dance Kids 2 I am a gummy bear* [Video].

YouTube. <https://www.youtube.com/watch?v=mYLhX6aJ32o>

https://youtu.be/yTqPkiltyyo?si=l76Y_pPz8EpN-1TK

III. Learning Experience

A. Preliminaries

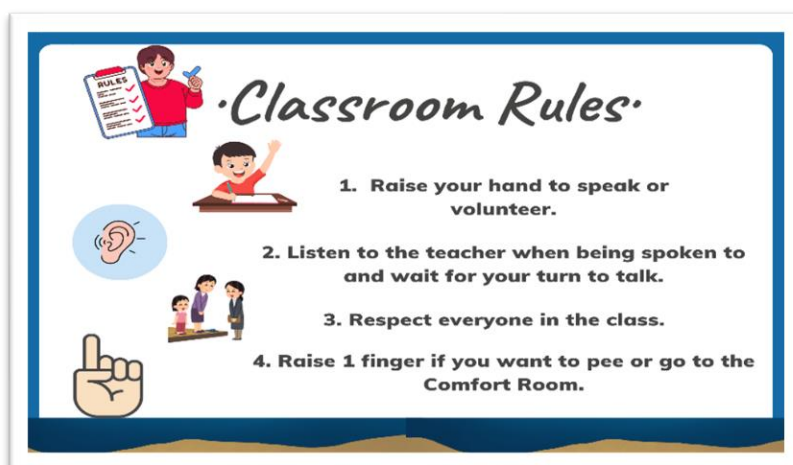
Teacher: Good morning, Multigrade Pupils! It's nice to see your handsome and beautiful faces today!



Students: “Good morning, Dr. Montalbo, teachers, and classmates. It’s nice to see you today! Mabuhay!”

Teacher: How are you today? Are you ready to learn? If yes, give me a clap. Now, before we start our class this morning, allow me to share with you our classroom rules. Are we clear, Multigrade?

Students: OK, Teacher!



1. **Raise** your hand to speak or volunteer.
2. **Listen** to the teacher when being spoken to and wait for your turn to talk.
3. **Respect** everyone in the class.
4. **Raise** 1 finger if you want to pee or go to the Comfort Room.

B. Motivation

Teacher: Alright, Multigrade! Do you want to dance? If yes, I like everyone to stand up for a quick energizer. Let’s move around and stretch our bodies to get energized and ready for our lesson today.



Video Link: <https://youtu.be/mYLhX6aJ32o?si=7cYDlCzDN2cqC6ZJ>

Title: Just Dance Kids 2 | I am a Gummy Bear



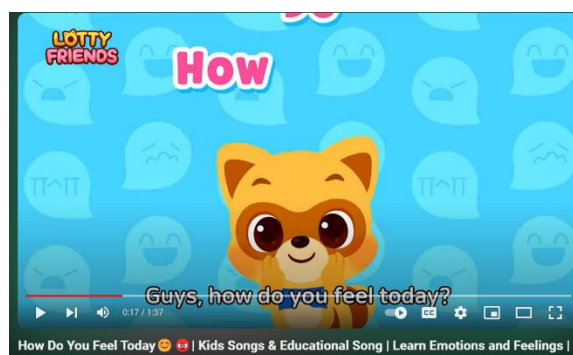
C. Activity

Teacher: Now, are you ready to learn another lesson for today? Let us have an activity. Do you want to play Word Search? If yes, give me a thumbs up. Alright, let's play a Word Search. I have here a word search on the board, and you must encircle 5 words that you are familiar with and that are associated with the picture being shown in the screen.



D. Analysis

Teacher: Now, I have here a video for you to watch. Please watch and listen so that you can answer my questions right after. Do you understand, multigrade?



Video Link: https://youtu.be/yTqPkiltyyo?si=l76Y_pPz8EpN-1TK

Guide Questions:

1. What have you learned from the video?
2. What are those emotions that are mentioned in the video?
3. Did you feel those emotions, too just like Lotty?

Teacher: Ver good multigrade! Now let us discuss those emotions and how we will avoid them. Do you want to know more? Are you, ready? If yes, just say yes, very very!

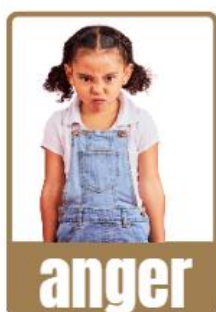


E. Abstraction

As a unique person, you react differently from others. There are days when you feel excited and happy. There are also those days when you feel bad and sad. It is normal to have these feelings. Of course, you can do more good things and get along with people better, when you feel good than the days when you feel bad.

Some bad feelings can lead you to do some bad things, and some others can spoil your day. It is, therefore, very important to understand how you feel and learn to deal with feelings properly especially the unpleasant ones.

What are the unpleasant feelings that you should handle properly as Children?



Anger is a strong feeling you get when something happens that you don't like or when things don't go your way. It's okay to feel angry sometimes, but it's important to understand why you're angry and to talk about it instead of hurting others or yourself. Just like all other emotions, anger is normal, and everyone feels it sometimes



Shame is a feeling you get when you think you've done something wrong or when you're embarrassed about something. It might make you feel sad or want to hide. Just like other feelings, it's okay to feel shame sometimes, but it's important to talk about it with someone you trust so they can help you feel better.



Fear is a feeling you get when something scares you or when you're worried about something bad happening. It's like when you're afraid of the dark or a loud noise. Everyone feels fear sometimes, and it's okay to be scared. Talking about what you're afraid of can help you feel better.



Frustration is a feeling you get when you're trying to do something, but it's not working the way you want it to. It's like when you're trying to tie your shoes, but the laces keep coming undone. Feeling frustrated can make you upset or annoyed, but it's important to keep trying or ask for help.



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Loneliness is a feeling you get when you feel alone or left out, even if there are people around. It's like when you want to play with friends, but no one is there to play with you. Everyone feels lonely sometimes, and it's okay to talk to someone about it so you don't feel alone anymore.

Usually, these unpleasant feelings cause you to do something harmful. These feelings cause you to blurt out foul words that a polite person should never say.

Here is a plan that will help you avoid hurting anyone or yourself whenever you experience unpleasant feelings.

a. Be Calm.

Do not act immediately when having negative feelings, walk away from people who make you feel angry. Remember to take slow deep breaths when you feel frustrated. You can talk to yourself if you are scared. These steps can easily change your feelings. You can become a calm person.



b. Accept your feelings.

Discover the reason for your feelings by searching for the person, thing, or event behind your feelings. Through this, you can overcome your bad feelings.



c. Think positive.

There is nothing wrong with your feeling, but if you rush into acting out your feeling without thinking and hurting someone like throwing things or punching the wall, then, that makes it all wrong.





d. **Call for Help.**

As a child, seek help from elders like your parents or teachers, if you feel disappointed, cry out to them if needed. Crying is not a sign of weakness; instead, it is a sign of courage to face difficulties and of humility in asking for help.



Children who frequently get over their unpleasant feelings develop self-control. Children who have self-control are pleasing to their parents and teachers. They, too, have more friends and they can achieve more. If you remember this in mind, then you can help yourself do better whenever you are feeling down. Remember to **CATCH** your feelings before you blow your top, as they say. You will learn more about who you are and what you could become.

Teacher: Now, what do you think are the other ways that will help you to avoid hurting anyone or yourself whenever you feel those emotions? Can I have a volunteer?

Trivia:

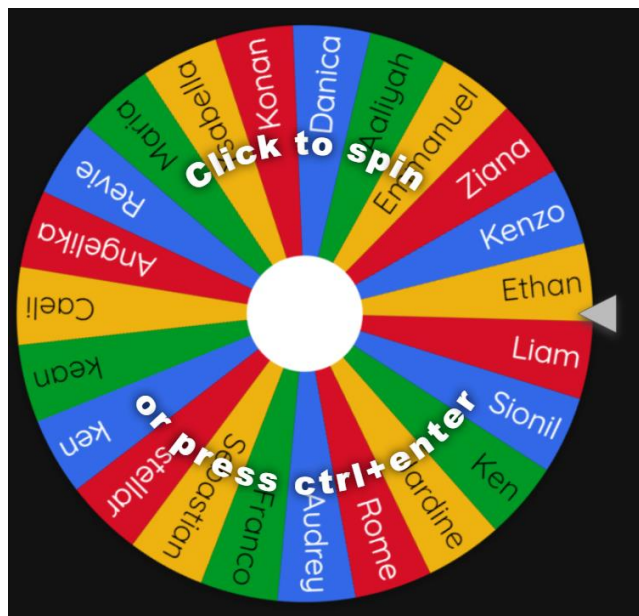




Video Link: <https://youtu.be/IBhOyVFNwmk?si=Dy0RIImmbaQvVNQEx>

F. Application

Teacher: At this point, we will have another activity, I want everybody to participate in this activity. This activity is called “Spin *the Wheel and I Will Tell*”. I have here a wheel of name pickers, whoever names will be picked will be the one to stand up and do what I asked.



I have here a different situation inside the box. The chosen pupil that will be going to answer will pick 1 paper. Each paper has situations for you to answer or to solve. Are we clear?

SITUATIONS:



- Situation:** Your friend didn't share their snack with you.
Question: How do you feel? What can you do instead of getting upset?
- Situation:** You got a lower grade than you expected on your test.
Question: Should you feel frustrated, or can you try something else to improve next time?
- Situation:** You were playing a game and lost.
Question: Should you feel upset? What should you do?
- Situation:** Someone accidentally bumped into you and didn't say sorry.
Question: Are you mad, or can you think of another way to handle it?
- Situation:** Your parent asked you to clean up, but you want to keep playing.
Question: Do you feel annoyed? How can you make cleaning up more fun?
- Situation:** You accidentally spilled juice on your drawing.
- Situation:** You didn't win the game you were playing.
- Situation:** Your friend forgot your birthday.
- Situation:** Your parent asked you to clean up, but you want to keep playing.



10. **Situation:** You lost your favorite toy.
Question: What should you do? Will you be mad, or is there another way to feel better?

IV. Evaluation

A. Name that Feeling

For Grade 2

Teacher: The first step to handling your feelings is naming it. You are able to point out the reasons for your feelings once you are able to identify how you feel. This way, you can start looking for helpers to make you feel okay.

Instructions: Unscramble the group of letters to identify the **ANTONYM OR THE OPPOSITE OF THE WORDS** of the underlined feeling.

1. I am feeling bored. I would like to feel

NITRESETDE _____

Answer: INTERESTED

2. I am anxious. I would like to feel

MALC _____

Answer: CALM

3. I am feeling sad. I would like to feel

OYJULF _____

Answer: JOYFUL

4. I am feeling angry. I would like to be

PECEALUF _____

Answer: PEACEFUL

5. I am feeling nervous. I would like to feel

ONCIFTEND _____

Answer: CONFIDENT

B. Unlocking of Words

6. Feeling upset when things don't go the way you want them to, like when you can't solve a puzzle, or a game is too hard.

FURTSARITON _____

Answer: FRUSTRATION

7. Feeling bad because you know you did something wrong, like accidentally breaking a vase and feeling sorry about it.

ULTIG _____

Answer: GUILT



8. Feeling excited and wishing that something good will happen, like hoping for a snow day or a fun weekend.

PEOH _____

Answer: HOPE

9. Feeling sad because you're by yourself and you wish you had someone to play with.

NESSLINELO _____

Answer: LONELINESS

10. Feeling happy and satisfied with what you have, like when you're cozy at home with your family.

ONCTENTTNEM _____

Answer: CONTENTMENT

Instructions: Answer the following questions. Encircle the letter of the correct answer.

For Grade 3

1. You lost your favorite toy and feel very sad. What is a good way to handle your sadness?

A) Ignore it and pretend it's not important

B) Talk to a friend or grown-up about how you feel

C) Yell at everyone around you

2. You are excited because it's your birthday, but your friend is feeling jealous. What should you do?

A) Ignore your friend's feelings and keep celebrating

B) Ask your friends how they are feeling and share your excitement with them

C) Stop celebrating and go home

3. You are nervous about speaking in front of the class. What can you do to feel better?

A) Avoid talking in front of the class altogether

B) Practice speaking in front of a mirror or with a family member

C) Shout and complain about having to speak

4. You feel frustrated because you can't finish a puzzle. What should you try?

A) Give up and say you're not good at puzzles

B) Ask for help or take a break and come back to it later

C) Throw the puzzle pieces and get upset



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5. You feel embarrassed after tripping in front of your friends. What is a good way to deal with it?

- A) Hide and refuse to talk to anyone
- B) Laugh it off and keep playing with your friends**
- C) Get angry and tell everyone they are mean

6. You see a new student who looks scared. What should you do?

- A) Ignore them and keep playing with your friends
- B) Say hello and offer to play with them**
- C) Make fun of them for looking scared

7. You're feeling jealous because your sibling got a new toy. What can help with those feelings?

- A) Talk to your sibling about how you feel and ask if you can play with the toy too**
- B) Keep feeling jealous and ignore your sibling
- C) Break your sibling's toy so they don't have it anymore

8. You are feeling angry because someone cut in line to buy foods at the canteen. What should you do?

- A) Yell at the person and push them away
- B) Calmly tell them you were waiting in line and ask them to go to the back**
- C) Ignore it and push in front of someone else

9. You are feeling happy because you did well on a test. What's a nice way to share your happiness?

- A) Brag loudly to everyone around you
- B) Share your success with a friend and thank them for their support**
- C) Keep it to yourself and don't tell anyone

10. You are feeling nervous about a big test. What can help you feel more confident?

- A) Study a little bit every day and ask for help if needed**
- B) Ignore studying and hope for the best
- C) Tell yourself you'll never do well on tests