



DEPARTMENT OF EDUCATION  
SCHOOLS DIVISION OF NEGROS ORIENTAL  
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



# PERSONAL DEVELOPMENT

## Quarter 2 – Module 5: Family Traditions



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**PERSONAL DEVELOPMENT – Grade 11/12**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 5: Family Traditions**  
**First Edition, 2020**

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# PERSONAL DEVELOPMENT

**Quarter 2 – Module 5:  
Family Traditions**



# Introductory Message

For the facilitator:

Welcome to the Personal Development Grade 11/12 Mode (ADM) Module on Creating Family Traditions!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.










As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.



For the learner:

Welcome to the Personal Development Grade 11/12 Mode (ADM) Module on Family Traditions!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <b><i>What I Need to Know</i></b>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <b><i>What I Know</i></b>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <b><i>What's In</i></b>	This is a brief drill or review to help you link the current lesson with the previous one.
 <b><i>What's New</i></b>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <b><i>What is It</i></b>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <b><i>What's More</i></b>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <b><i>What I Have Learned</i></b>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <b><i>What I Can Do</i></b>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.
 <b><i>Assessment</i></b>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.

 <b><i>Additional Activities</i></b>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 <b><i>Answer Key</i></b>	This contains answers to all activities in the module.

At the end of this module you will also find:

### ***References***

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



## ***What I Need to Know***

Do you realize that somehow for some reasons, family bonds are weakening nowadays? Some if not most extended families are often separated by great distances. Amidst COVID 19 Pandemic, frequent phone calls, installing facetime apps to your phone and messenger chat matters and are necessary.

Well, some of our fondest childhood memories are borne out of the traditions our parents upheld, and our childhood memories are likewise being made with every book or rather *facebook* posts, game shared in the walls of the house, road trip, or celebration or even simple household chores. Those activities or traditions give us a shared identity and strengthen our bond as a family. For somehow, they create structure, stability, a sense of familiarity and safety that makes our family stronger and firmer, all things that are important particularly to young children like you. In this module, let us dive into how your family traditions can have a lasting, positive impact on your life and the lives of your loved ones by making each family members gentler and firmer with each other.

### **LEARNING COMPETENCY:**

Prepare a plan on how to make the family members firmer and gentler with each other. ***EsP-PD11/12FSL-IId-e-11.3***

At the end of the module, you should be able to:

- create a plan on how to make family members firmer and gentler with each other,
- initiate family traditions and family culture to be practiced at home, and
- joyfully interact with each family member.

**Important note to remember:** This module will be collected every week so you are directed **not to put any marks** in here. All answers and the exact date must be written in your **ACTIVITY/QUIZ** notebook, or as prescribed on every given **activity**.



## What I Know

### Emotional Relationships

———— Plain / Normal	~~~~~ Violence
..... Indifferent / Apathetic	~~~~~ Distant-Violence
- - - - Distant / Poor	~~~~~ Close-Violence
- - -  - - Cutoff / Estranged	~~~~~ Fused-Violence
~~~~~ Discord / Conflict	~~~~~ Abuse
~~~~~ Hate	~~~~~ Physical Abuse
———— Harmony	~~~~~ Emotional Abuse
===== Friendship / Close	~~~~~ Sexual Abuse
~~~~~ Best Friends / Very Close	- - - - Neglect (abuse)
——○—— Love	——X—— Manipulative
——○—— In Love	——X—— Controlling
===== Fused	——◇—— Jealous
+++++ Distrust	———— Focused On
~~~~~ Hostile	——○—— Fan / Admirer
~~~~~ Distant-Hostile	——○—— Limerence
~~~~~ Close-Hostile	——X—— Never Met
~~~~~ Fused-Hostile	——?—— Other

<https://www.genopro.com/genogram/emotional-relationships/>

Recalling/continuing previous week activity

**Directions:** Look into your output of the previous week on creating your Genealogy or Family Genogram. Carefully give focus and reflect on each name and its details that you have written. Then add the following label of information as seen under Emotional Relationships and connect it based on their relationships with each other.

### Portfolio Rubric

	<b>Excellent (4)</b>	<b>Good (3)</b>	<b>Satisfactory (2)</b>	<b>Needs Improvement (1)</b>
<b>Following Projects Directions</b>	All directions were followed	You followed most directions	You followed some directions	None of the directions were followed
<b>Use of Creativity</b>	You used your own ideas and imagination	You used your own ideas and most of the time	You used some imagination	You did not use your own ideas or imagination
<b>Effort Put into Project</b>	You took your time and you worked hard on the project	You worked hard for most of the time	You put a small effort on the project	You rushed through and did not even work hard





## What's In

This particular module helps learners develop their inner and outer character. Activities here encourages families to create new traditions that will keep everyone interested and actively involved. By acknowledging the individuality of each member of the family therefore creates family identity. Though, not all the old traditions dig up will work for your family at present. Hence, one way to build tradition is to create special family behaviors; things that the family does only with each other.

### Task 1: Reminiscing Family Traditions

**Directions:** Ask your parents whether they made initiative to celebrate family traditions, or if they have family rituals while they were still young based on the following aspects below. Briefly elaborate how they practiced it.

Write A, if the responses came from your father;

B, if responses came from your mother,

C, if the responses came from your guardian.

One aspect is done for you as a sample.

### Reminiscing Family Traditions

Family Traditions	Explanation
Birthday	A – celebrated at grandparents during childhood days B – <i>mañanita</i> , with sticky rice, native coffee and barbecued native chicken C – going to church, celebrated with native chicken adobo forehead is marked with a cross out of the from the blood of home-grown (native) chicken
Favorite play and company	A – B – C –
Most-loved <i>Pasalubong</i> & reaction	A – B – C –
Sunday afternoon	A – B – C –

\* If you enjoyed this activity, you may add more on the list to better understand how your family value family traditions, then write it on your activity notebook.



## What's New

### Task 2: Creating Family Traditions.

**Directions:** List down on a daily basis at least two (2) family traditions or cultures or rituals that you have realized you wish to be a part of your family activity, that somehow can be passed on to your own children in the near future which you think can make the bond of your family stronger and firmer. To establish family traditions, you can utilize everyday activities and routine of daily living. These might include rituals/cultures surrounding bedtime, doing chores together, or mealtime. In this activity, you start from Monday and should end on Thursday.

Monday	Tuesday	Wednesday	Thursday

### Task 3: Concretizing Family Traditions.

**Directions:** Among the eight (8) items newly formulated Family Traditions that you have listed in Task 2, choose only the best five (5) nearest to your heart. Then concretize family traditions that you want your family to practice and live for. In other words, whatever you have listed, you are going to explain why and be more specific on the details on ways, what or how do you want the traditions to be practiced by your family at home.

Possible Family Traditions	How do I want to do it? Or how it should be done?

### Activity Rubric

Points	Required items	Concepts	Reflection / Critique	Overall Presentation
90-100	All required items are included, with a significant number of additions.	Items clearly demonstrate that the desired learning outcomes for the term have been achieved. The student has gained a significant understanding of the concepts and applications.	Reflections illustrate the ability to effectively critique work, and to suggest constructive practical alternatives.	Items are clearly introduced, well organized, and creatively displayed, showing connection between items.

75-89	All required items are included, with a few additions.	Items clearly demonstrate most of the desired learning outcomes for the term. The student has gained a general understanding of the concepts and applications.	Reflections illustrate the ability to critique work, and to suggest constructive practical alternatives.	Items are introduced and well organized, showing connection between items.
60-75	All required items are included.	Items demonstrate some of the desired learning outcomes for the term. The student has gained some understanding of the concepts and attempts to apply them.	Reflections illustrate an attempt to critique work, and to suggest alternatives.	Items are introduced and somewhat organized, showing some connection between items.
40-59	A significant number of required items are missing.	Items do not demonstrate basic learning outcomes for the term. The student has limited understanding of the concepts.	Reflections illustrate a minimal ability to critique work.	Items are not introduced and lack organization.
0	No work submitted			

*Based on Pierette Pheeney, in The Science Teacher, October 1998.*

## What Are Traditions?

**Traditions** are any activity that your family does ritualistically, and often these begin rather unintentionally, as we just naturally fall into grooves of repeatedly doing things that we enjoy doing together. They provide order in confusion and chaos. They bring us back to one another. **Family traditions** come in all shapes and sizes, from the smallest repeated gestures to the grandest, spare-no-expense celebrations such as talking, reading, singing, snuggling up together, and saying a prayer are things to look forward to on a regular basis.

Other traditions are set with intention either because they have been passed down through the generations or because the parents want to purposely create a sense of unity. Some traditions reflect family values, such as donating used toys and/or giving white gifts around the Christmas season, or volunteering regularly at the orphanage.

Source: <https://creativechild.com/articles/view/the-benefits-of-family-traditions/>

## **Family Traditions: Why are they important?**

**1. Provide a source of identity:** They tell a story about a family. It can help children understand where their family came from and what they are all about. Psychologist Marshal Duke (2017) has found that children who have an intimate knowledge of their family's history are typically more well-adjusted and self-confident than children who don't.

**2. Strengthen family bond.** Traditions usually involve unity and face-to-face interaction that is becoming rarer in this technological age. Traditions create trust and helps family members feel like they are part of something special.

**3. Offer comfort and security.** Especially important in times of change and grief. Should be constant in a fast-paced, ever-changing world.

**4. Teach values.** Daily family prayer teaches the importance of faith; nightly bedtime stories teaches the importance of education, reading and life-long learning; family dinner and activities instills the value of family solidarity.

**5. Add to the rhythm and seasonality of life.** Rituals can give children consistent events to look forward in anticipation and something to look back on with satisfaction. Breaks the monotony of life.

**6. Pass of cultural and religious heritage.** Religion and family history are a great place to look if you want to start some meaningful family traditions.

**7. Connect generations.** Extended family gets involved.

**8. Create lasting memories.** "Family traditions enhance children's emotional well-being by helping to create feelings of security, continuity and identity. Families with established traditions and those who actively form new actions or events as traditions are more likely to create strong bonds among members. Family configurations vary considerably, but those who live together can create and celebrate traditions that reflect their caring for each other." (Leah Davies, M.Ed., 2017)

## **9. Keep Our Families Closer to God**

If we will build righteous traditions in our families, the light of God's Word can grow ever brighter in the lives of our children from generation to generation. We can look forward to that glorious day when we will all be united together as eternal family units to reap the everlasting joy promised by our Eternal Father for His righteous children.

Source: <https://lucyjohome.com/2017/10/family-traditions.html>



### ***What is It***

Traditions, when done right, lend a certain magic, spirit, and texture to everyday lives. They should be personal and full of purpose. They should require thought and intentionality. Because happy families happen by intentionally spending meaningful time together having fun, promote a feeling of closeness, and strengthen the family

unit. Do not let silence, spending time alone, watching TV or staring at your tablet or smartphone be your *traditions*. Use the traditions you already have in place, and create more if you feel the need, as sacred family time on a daily or weekly basis, and/or life changes traditions.

## **What's More**

### **How to Create Family Traditions?**

#### **1. Find Purpose and then make it Personal.**

E.g. **Purpose:** *To teach the importance of gratitude at mealtime.*

**Personal:** *The 'Thankful Box' is when everyone writes something to someone anonymously on what they are grateful for, and then while they eat pizza or macaroons or simply boiled banana/camote they take turns pulling out the pieces of paper and guessing who wrote that entry.*

#### **2. Incorporate traditions from childhood, but focus on creating your own traditions with your new family.**

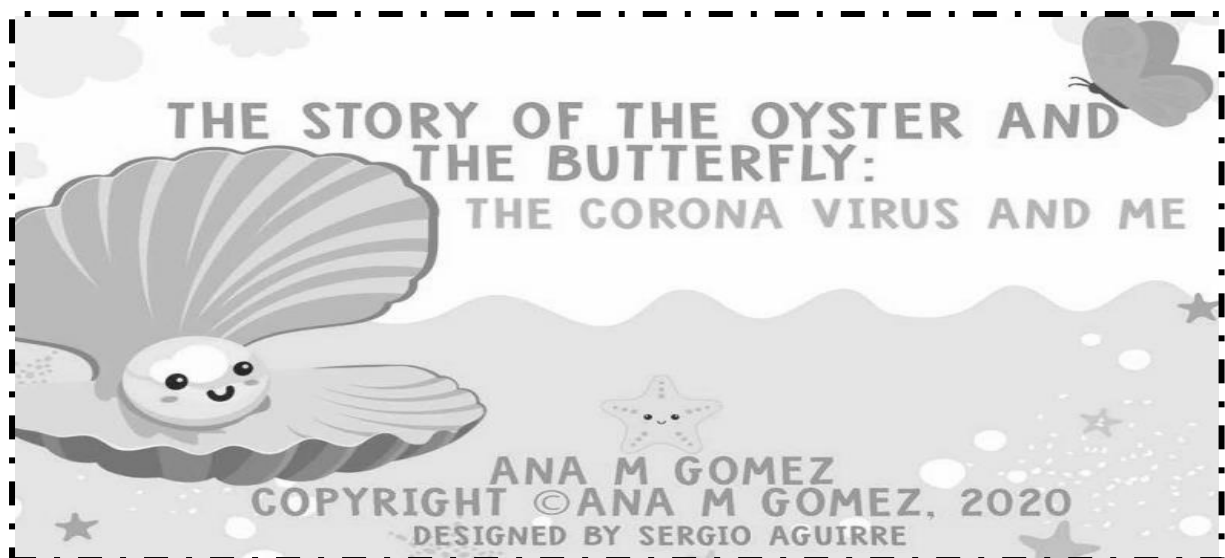
E.g. *eating 'chamorado' with 'bulad' (dried fish), or have your pets baptize recognizing them as one of God's creation.*


#### **3. Create and eliminate traditions when needed.**

Change it up as the family grows. Traditions should be fun and not stressful.

#### **4. Don't go overboard and take it slow.**

Read the Story of The Oyster and the Butterfly





gg58403189 www.gograph.com

<https://www.gograph.com/clipart/oyster-cartoon-gg58403189.html>


**Do you know what oysters do when something that bothers and irritates them come into their lives?**

**They use their special powers to cover the "bothering" stuff with layer and layers of "powerful stuff" until they turn it into a PEARL!**




gg73709053 GoGraph.com

<https://www.gograph.com/vector-clip-art/pearl->

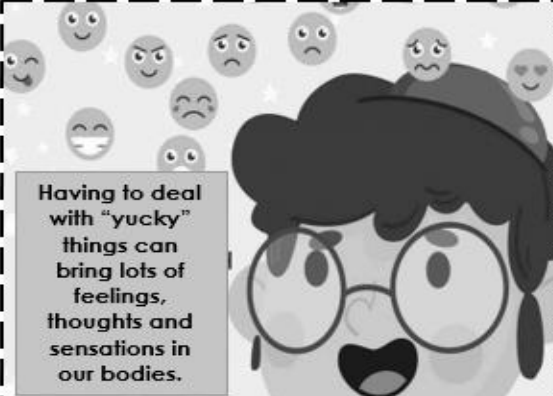


**And do you know what the **Caterpillar** does when it has to go through tough stuff and changes? It spends time itself inside a cocoon and changes into a **Butterfly**. At its most difficult moments the caterpillar is actually building its wings!**

AA1111021




**The CORONA VIRUS has come into our lives, not only for you but for all people around the world. However, we can do what the oyster does and create a pearl from it or what the caterpillar does and build our wings.**



**Having to deal with "yucky" things can bring lots of feelings, thoughts and sensations in our bodies.**

**We may feel lonely, scared, angry or frustrated. We may feel sad because we miss friends or family. We may have mixed-up thoughts and our bodies may feel really tense.**



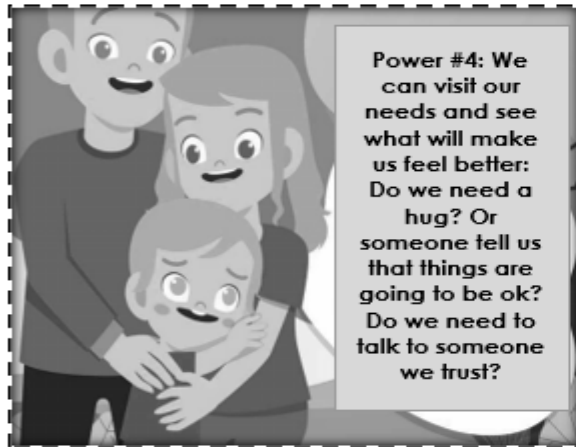
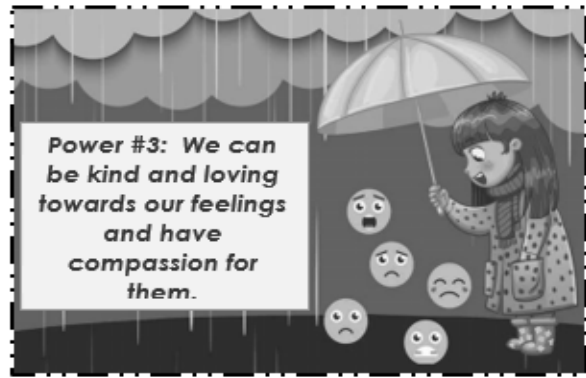
**When we don't feel good, we can do what the Oyster does!!! We can use our powers and create our own pearls. Let's see how we can use our powers!!!**



**Power #1: We can use the powers of our bodies to stay safe. We can do the things that will keep us far away from the Corona Virus.**







Source: <https://otangarei.org/the-story-of-the-oyster-and-the-butterfly-the-corona-virus-and-me/>

#### Task 4: Creating New Family Traditions

Directions: Based on what you have just read, create new family traditions that you wish to be a part and be practiced in your family and to the next generations. Explain your answer why you want that be a part of your newly created tradition.

New Family Traditions	Write whether you want it to be daily, weekly, monthly or yearly practice. Explain your answer.

Whatever is the new tradition, it is important to make sure that all family members are involved in creating it. This is mainly to ensure the tradition is something everyone will enjoy celebrating, but also that it reflects the family's distinct character. And the more enjoyment your family gets from it, the longer the tradition will last, possibly carrying over into future generations.

### Rubric for Creative Thinking

Project	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
<b>Creativity</b>	-work lacks originality and/or imagination -little experimentation unsuccessful or incomplete -project is incomplete	-work relies heavily on original ideas and lacks invention or imagination -little attempt at experimentation or risk taking/has little success with results	-some imagination or ideas are emerging  -limited success at attempts to experiment and risk-take	-materials and media used effectively to express ideas -composition displays originality, imagination, and invention -successful engagement with experimentation and risk-taking
<b>Making Meaning</b>	-no individual transformation -direct copy from the source -project is incomplete	-nearly direct reproduction from the source -student voice/thoughts and individual transformation is minimal	-strong sense of student's voice or thoughts and individual transformation	-personal vision -prominent voice/thoughts
<b>Specified Project Criteria</b>	-does not follow criteria -project is incomplete	-beginning to demonstrate awareness of the criteria	- demonstrate awareness of the criteria -thoughtful decision making and intention	-demonstrate superior awareness of the criteria -exhibits well-informed decision making and intention



### ***What I Have Learned***

Complete the statement to encapsulate your learnings from this module. Use your activity notebook for this task.

I have learned that

I have realized that

I will apply





## ***What I Can Do***

**Directions:** Look again at your hard copy of Portfolio Output No. 4 **Genealogy** or **Family Genogram**. On the names that you have written there, write a journal reflection on:

1. How you are going to apply the story of the Oyster and the Butterfly.
2. What illness could have been prevented if there's any?

### **Portfolio Rubric**

	<b>Excellent (4)</b>	<b>Good (3)</b>	<b>Satisfactory (2)</b>	<b>Needs Improvement (1)</b>
<b>Following Projects Directions</b>	All directions were followed	You followed most directions	You followed some directions	None of the directions were followed
<b>Use of Creativity</b>	You used your own ideas and imagination	You used your own ideas and most of the time	You used some imagination	You did not use your own ideas or imagination
<b>Effort Put into Project</b>	You took your time and you worked hard on the project	You worked hard for most of the time	You put a small effort on the project	You rushed through and did not even work hard



## ***Assessment***

**I. Modified True or False.** Write '**agree**' if your answer is true, and '**I don't believe it**' if your answer is false.

\_\_\_\_\_1. Religion and family history are a great place to look if you want to start some meaningful family traditions.

\_\_\_\_\_2. Family traditions come in all shapes and sizes, from the smallest repeated gestures.

\_\_\_\_\_3. Traditions usually involve unity and face-to-face interaction that is becoming more rare in this technological age

\_\_\_\_\_4. Practising family traditions open old wounds harbored from older generations.

\_\_\_\_\_5. Incorporate traditions from childhood, but focus on creating your own traditions with your new family.

\_\_\_\_\_6. Doing family traditions may not necessarily strengthen family bonds.

\_\_\_\_\_7. Unfolding genealogy and creating new family traditions may bring healing to scarred relationships.

\_\_\_\_\_8. Tracing family tree may help prevent illness or deaths.

\_\_\_\_\_9. Discovering relationships in your family tree or genealogy is more of a shame rather than building identity.

\_\_\_\_\_10. Verbal arguments if happened in the family on a weekly basis can be mistakenly understood as part of family traditions.



### ***Additional Activities***

1. In your activity notebook, attach 3 photos or screenshot showing family traditions.
2. Put a caption under every photo, describing your feelings and what you were doing during that time.



## ***Answer Key***

Answers vary and based on learner's experiences

Task 1: Reminiscing Family Traditions.

Task 2: Creating Family Traditions

Task 3: Concretizing Family Traditions

Task 4: Creating New Family Traditions

Assessment:

1. agree  
2. agree  
3. agree  
4. I don't believe it 9. I don't believe it  
5. agree  
6. I don't believe it  
7. agree  
8. agree  
10. I don't believe it

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