

 <b>GRADES 1 to 12</b> <b>DAILY LESSON LOG</b>	School:	ANSELMO A. SANDOVAL MEMORIAL NATIONAL HIGH SCHOOL	G12
	Teacher:	SONIA B. AYAP	PERSONAL DEVELOPMENT
	Teaching Dates and Time:	WEEK 3- November 20-24, 2023	QUARTER 2

	DAY 1	DAY 2	DAY 3	DAY 4																				
I. OBJECTIVES																								
A. Content Standards	The learners demonstrate an understanding of brain parts, its processes and functions																							
B. Performance Standards	The learners shall be able to identify ways to improve brain functions which will be manifested in thoughts, behavior and feelings																							
C. Most Essential Learning Competencies (MELCs)	*Explore ways on how to improve brain functions for personal development EsP-PD11/12PM-Ig-h6.2		Develop a personal plan to enhance brain functions EsP-PD11/12PM-Ih-6.3																					
II. CONTENT / TOPIC	PERSONAL DEVELOPMENT WAYS TO IMPROVE BRAIN FUNCTIONS		DEVELOP A PERSONAL PLAN TO ENHANCE BRAIN FUNCTIONS																					
III. LEARNING RESOURCES	CLMD- Personal Development- Quarter 2 – Lesson 12		CLMD- Personal Development- Quarter 2 – Lesson 13																					
A. References																								
1. Teacher’s Guide pages																								
2. Learner’s Materials pages																								
3. Textbook pages																								
4. Additional materials from LRMDs portal																								
B. Other Materials																								
IV. PROCEDURES																								
A. Introduction	<p><b>DAY 1</b></p> <p><b>RECALL</b> Now let us have a review of the previous lesson. Draw a STAR ★ if the words are parts of the brain. Draw a HAPPY FACE 😊 if the words are functions of the brain. Put your answer in the space provided.</p> <div><div>★ parts of the brain</div><div>😊 functions of the brain</div></div> <table><tr><td>1. Processing information</td><td></td><td>6. Regulates emotion</td><td></td></tr><tr><td>2. Hindbrain</td><td></td><td>7. Motor movement</td><td></td></tr><tr><td>3. Cerebrum</td><td></td><td>8. Organize information</td><td></td></tr><tr><td>4. Thalamus</td><td></td><td>9. Frontal Lobe</td><td></td></tr><tr><td>5. Brain stem</td><td></td><td>10. Cerebral cortex</td><td></td></tr></table>		1. Processing information		6. Regulates emotion		2. Hindbrain		7. Motor movement		3. Cerebrum		8. Organize information		4. Thalamus		9. Frontal Lobe		5. Brain stem		10. Cerebral cortex		<p><b>DAY 3</b></p> <p><b>FACT OR BLUFF STATEMENT</b> Analyze the concept of the following statements about the brain. Write FACT or BLUFF in each blank provided in each number accordingly.</p> <ol style="list-style-type: none"><li>The brain is actively internalizing and evaluating information during silence.</li><li>Your brain’s health is a product of your daily habits.</li><li>Your brain never rests</li><li>You can change your brain.</li><li>Anything that makes you really comfortable is good for your brain.</li></ol> <p><b>LET’S EXERCISE</b> Can you GUESS the FRUIT from the CLUES? Can you GUESS the VEGETABLE from the CLUES?</p>	
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	<p><b>Color Game !</b> Name the following colors base on their color itself.</p> <div><div>BLUEREDYELLOWORANGE GREENBLUEPURPLERED PURPLEYELLOWREDBLUE ORANGEBLUEYELLOWRED REDGREENORANGEBLUE PURPLEYELLOWBLUEORANGE</div></div> <p><b>Process</b></p> <ol style="list-style-type: none"><li>1. After doing the activity what have you realized?</li><li>2. What do you think are the ways to improve your brain functions?</li><li>3. What is the best way for you to improve your brain functions?</li></ol> <p><b>Questions:</b></p>	<p>Can you GUESS the SPORTS from the CLUES?</p>
B. Development	<p>Discussion about:</p> <ul style="list-style-type: none"><li>✓ Ways To Improve Your Brain Function For Personal Development</li><li>✓ How To Improve Your Mental Focus?</li></ul>	<p>Discussion about:</p> <ul style="list-style-type: none"><li>✓ Why Do You Need a Plan</li><li>✓ CHARACTERISTICS OF A GOOD PLAN</li><li>✓ 5 STEPS IN WRITING A PERSONAL DEVELOPMENT PLAN</li><li>✓ WHAT IS MIND MAPPING?</li><li>✓ How to Draw a Mind Map?</li></ul>
C. Engagement	<p><b>DAY 2</b></p> <p><b>Activity</b> To strengthen what you have learned from this module try doing these activities. Directions: Follow the instructions indicated in each item.</p> <ol style="list-style-type: none"><li>1. Come up with as many words as you can from the following letters. Use each letter only once in each word. <b>IRNAB</b></li><li>2. Finding colors. Rearrange all the letters to find the four colors mixed up below. Hint: There is only one primary color. <b>RAIGET, ENOLYL, OVGOEN, LEWRE</b></li><li>3. Counting squares. Count the number of squares in the figure on the left. Hint: Be sure to count the squares within the squares</li></ol> <div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div></div>	<p><b>Day 4</b></p> <p><b>PICTURE MAPPING</b> Directions: The following picture map depicts some activities that help you develop your brain functions. Analyze the pictures and identify it accordingly as indicated. Select the letter among the choices written from A-Z.</p> <div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div></div></div>

	<p><b>Performance Task 1: DOODLE ART</b></p> <p>The study found that doodling fires up the brain’s executive resources, which is a term to define cognitive processes that allow us to multi-task, concentrate and plan.</p> <p>Direction: Create a doodle art based on your interest that may improve your personal development.</p> <table><tr><td>Criteria</td><td></td></tr><tr><td>Creativity</td><td>-10</td></tr><tr><td>Craftmanship</td><td>-10</td></tr><tr><td>Overall Appearance</td><td>-10</td></tr><tr><td>Uniqueness</td><td>-10</td></tr><tr><td>Total</td><td>-40</td></tr></table>	Criteria		Creativity	-10	Craftmanship	-10	Overall Appearance	-10	Uniqueness	-10	Total	-40	<p><b>) ACTIVITY PLANNING</b></p> <p>These activities show a 20-day developmental planning. Look at the example below</p> <p><b>Time and Activity Plan (20-day)</b></p> <table><tr><th>Date</th><th>Activity/ies</th><th>Remarks (Daily, weekly or state it how often.)</th></tr><tr><td>Day 1</td><td>Pray &amp; Meditate</td><td>Daily</td></tr><tr><td>Day 2</td><td></td><td></td></tr><tr><td>Day 3</td><td></td><td></td></tr></table>	Date	Activity/ies	Remarks (Daily, weekly or state it how often.)	Day 1	Pray & Meditate	Daily	Day 2			Day 3		
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D. Assimilation	<p><b>Assessment</b></p> <p>Write <b>True</b> if you agree with the statement, and <b>False</b> if you do not.</p> <ol style="list-style-type: none"><li>Regular exercise would benefit your body except for your brain.</li><li>For your brain to function properly, you should get enough sleep.</li><li>Meditation could extend your cognitive longevity.</li><li>Proper nutrition is good for your brain.</li><li>Getting sunlight is good for your brain</li><li>Drinking coffee can activate your brain cells.</li><li>Playing board games can enhance your brainpower.</li><li>Smoking can cause brain damage.</li><li>Having a good relationship with your friends will not affect your mental health.</li><li>Listening to classical music can improve brain functions.</li><li>In doing some tasks, it is important to assess your mental focus.</li><li>Eliminating distractions do not affect your mental focus.</li><li>Deep breathing exercise improves your brain functions.</li><li>Worrying and overthinking can improve your mental focus.</li><li>Doing mind mapping can help you brainstorm thoughts and ideas.</li></ol>	<p><b>PERFORMANCE TASK #2. MIND MAPLE CLASSIC</b></p> <p>Use this Mind Maple Classic to mind map the topic, “My Personal Goal as an Adolescent.” Show and express your ideas creatively through drawings, colorful images just like the given example.</p> <p><b>MY MIND MAP (MindMaple Classic)</b> Title: “My Personal Goal as an Adolescent.”</p> <p><b>Sample Mind Maple Classic</b></p>																								

V. REMARKS				
VI. REFLECTION				
A. No. of learners who earned 80% in the evaluation				
B. No. of learners who require additional activities for remediation				
C. Did the remedial lessons work ? No. of learners who have caught up with the lesson				
D. No. of learners who continue to require remediation				
E. Which of my teaching strategies worked well ? Why did this work ?				
F. What difficulties did my principal or supervisor can help me solve ?				
G. What innovation or localized materials did I use/discover which I wish to share with other teachers ?				

Prepared by:

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Master Teacher I

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