
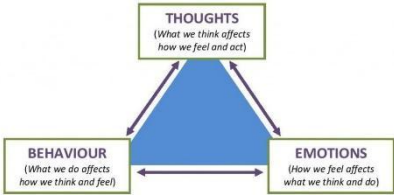


 GRADES 1 to 12 DAILY LESSON LOG	School:	ANSELMO A. SANDOVAL MEMORIAL NATIONAL HIGH SCHOOL	G12
	Teacher:	SONIA B. AYAP	PERSONAL DEVELOPMENT
	Teaching Dates and Time:	WEEK 3- SEPTEMBER 11-15, 2023	QUARTER 1

	DAY 1	DAY 2	DAY 3	DAY 4
I. OBJECTIVES				
A. Content Standards	The learners demonstrate an understanding of the various aspects of holistic development: physiological, cognitive, psychological, spiritual, and social development		The learners demonstrate the skills and tasks and challenges appropriate for middle and late adolescence, and preparatory to early adulthood	
B. Performance Standards	The learners shall be able to illustrate the connections between thoughts, feelings, and behaviors in a person’s holistic development		The learners shall be able to make a list of ways to become responsible adolescents prepared for adult life and manage the demands of teen years	
C. Most Essential Learning Competencies (MELCs)	Evaluate his/her own thoughts, feelings, and behaviors	Show the connections between thoughts, feelings, and behaviors in actual life situations P-PD11/12DWP-Ic2.3		Discuss developmental tasks and challenges being experienced during adolescence EsP-PD11/12DS-Ic-3.1
II. CONTENT / TOPIC	DEVELOPING THE WHOLE PERSON	THOUGHTS, FEELINGS AND BEHAVIOR IN ACTUAL LIFE SITUATION	THOUGHTS, FEELINGS AND BEHAVIOR IN ACTUAL LIFE SITUATION	DEVELOPMENTAL TASKS AND CHALLENGES OF THE ADOLESCENCE
III. LEARNING RESOURCES	CLMD- Personal Development- Quarter 1, Week 2, Lesson 3, pages 23-32	CLMD- Personal Development- Quarter 1, Week 2, Lesson 4, pages 34-42	CLMD- Personal Development- Quarter 1, Week 2, Lesson 4, pages 34-42	CLMD- Personal Development- Quarter 1, Week 3, Lesson 4, pages 43-54
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	Recall <ol style="list-style-type: none"> What is Holistic development? What are the different aspects of holistic development? 	ACTIVITY: To assess yourself further, accomplish the proceeding activity about your thoughts, feelings, and behavior. <div> think the future would be: Three gestures that make me happy: <div>  </div> </div>	This time, the students will express their thoughts, feelings, and action through drawing, they can use brushes, hand painting or painting technique and any coloring materials that they want to use. To express their thoughts feelings and action, apply thinness or thickness of	ACTIVITY: Read and express your thoughts, feelings, and ideas on the following situations. Situation No. 1 John is an active member of school organizations. He has a lot of talents to share and ideas to contribute to their

		<p>Motivation</p> <p>Study and analyze the illustration below, share your thoughts about the illustration</p> 	<p>lines, colors, shape, and texture. The following are the suggested materials that they can prepare. Follow the instructions while doing your self-expression drawing.</p>	<p>club. Aside from that, he is known for his looks, neatness, and tidiness. However, these seemingly likeable characteristics became the reasons that many get envious and try to create rumors and gossips about him. This hurt him so much that he almost wanted to drop from schooling</p> <p>Situation No. 2</p> <p>Erica is a Grade 11 student. Like any other girls she is sociable and have a lot of friends in school. She is just an average student, but having a crush on her top one classmate urged her to spend late nights studying to keep up with him. However, all her efforts still fell short and she did not make it to the cut of students with honors. Because of this, she developed an eating disorder that caused her to lose huge weight. She also started to have breakouts. With these, the then friendly Erica became aloof and self-conscious.</p> <p>Processing Questions:</p> <ol style="list-style-type: none">1. What kind of adolescent did the two students portray in the two situations?2. What challenges did John and Erica experience?3. What challenges do Filipino adolescents face most?
B. Development		<p>Discussion about:</p> <ul style="list-style-type: none">✓ The Cognitive Triangle✓ Self-Regulation		<p>Discussion about:</p> <ul style="list-style-type: none">✓ Developmental Task And Challenges Of Adolescence✓ Common Challenges That Adolescents Experience<ul style="list-style-type: none">▪ Biological Challenges▪ Cognitive Challenges▪ Psychological Challenges▪ Social Challenges▪ Behavior Challenges

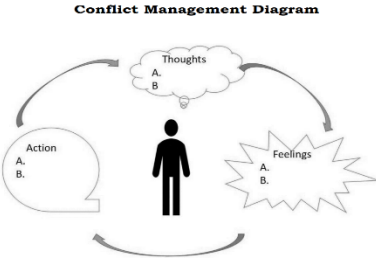
Activity:
Let us know more about yourself. Recall your childhood and teenage days. Share your activities, thoughts, feelings, strength, weakness, and other characteristics that describe you. Write three or more descriptions each item.

1. What aspect did you find difficult to answer? Why
2. How does each aspect influence each other?
3. Can you share a situation or experience that prove your answer?

Developmental Aspect	Childhood	Adolescent	Plans to improve yourself
Physical Aspect (Your body's physical appearance)			
Cognitive Aspect (Your thinking ability)			
Psychosocial Aspect (Your peer relationship and activities)			
Spiritual Aspect (Your values and moral principles)			

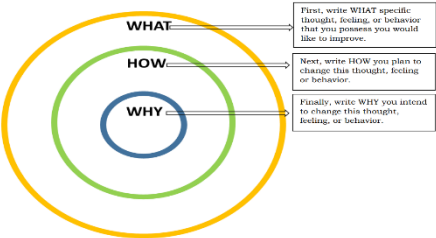
CONFLICT MANAGEMENT DIAGRAM
Using the following situation, complete the conflict management diagram. Find out the relationship of thoughts, feelings, and actions to better understand yourself and how to manage conflicts between you and your family, friends and others. Write the negative response in letter A and positive response in letter B.

Situation 1: You're walking alone on the road that is so dark and you heard a



whimper nearby.
Situation 2: You're working on your research paper and you need to

The Golden Circle (Oral)
This activity gauges the depth of your understanding and appreciation of the module. Starting from the outside circle, recall the discussions about your thoughts, feelings, and behaviors that you may want to retain or change in order for you to become a better individual.



Making Connections
In this activity, you are given a set of situations where you should track your thoughts, feelings, and behavior until you reach a decision. Your answer must be in full sentence or paragraph, depending on your intent. Use a different sheet of paper.

Situation	Thought/s	Feeling/s	Behavior/s	Decision/s
You saw one of your friends getting something from the teacher's drawer without permission. What would your decision be?				
You felt an urge to help an old man crossing the street, but you are already in the jeepney. How would you decide on it?				

PERFORMANCE TASK: I CAN DO IT
Sharing one's thoughts and feelings is important, but it should be expressed with focus and gentleness. Drawing is an outlet for the expression of your thoughts, feelings, and emotion. It is an opportunity to see and hear your feelings and emotions through a tangible and authentic output.

Instruction:

- Find a place where you can work.
- Prepare the materials.
- Close your eyes and contemplate for 30 seconds.
- While your eyes are closed, try to capture the colors, shades, textures or shapes of your feelings.
- Now, it's your time to draw your feelings.
- Write a short description and title for your output.

Activity:
Read and analyze the situations carefully.

1. Your friends asked you to try to smoke cigarette. They said that if you don't try it, you will be out to their group. What is the problem? What is your responsibility? What would be the solution?

2. You have always enjoyed badminton until you found out that your crush liked it, too. One time during practice, though, your crush watched your training and that made you conscious. This eventually resulted to errors that your coach scolded you in front of the audience. You felt embarrassed especially to your crush who happened to be there in the venue. What is the problem? What is your responsibility? What would be the solution?

3. Your friend invited you to sleep over in their house to finish the research paper that you need to submit the next day. However, you are anxious because your classmate's house is far, and your parents might not allow you to go. What is the problem? What is your responsibility? What would be the solution?

	<p>concentrate on it, but your brother plays his electric guitar despite you calling his attention many times.</p> <p>Situation 3: You are about to enter the door of your house then you hear your father who is drunk shouting sarcastically at you because it is already past 8:00 pm when you class ends at 3:00 pm.</p> <p>Situation 4: Your teacher tells you that you that you have been selected as the representative of the school to compete for a division contest and this is your first time to participate in a competition.</p> <p>Situation 5: You are the leader of your group but while presenting the concept that you worked on the whole night, but your ideas fail to impress one of your classmates which upset you.</p>			
D. Assimilation	<p>MAKING GENERALIZATION</p> <p>1. What did you discover about yourself?</p> <p>2. Which aspect of personality do you give more priority to be dominant in developing your well-being?</p> <p>3. How will you improve the weakest aspect of your personality?</p>	<p>ASSESSMENT</p> <p>Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.</p> <p>Adolescence is the stage when a person transforms from puberty to adulthood.</p> <p>A. true B. false C. perhaps D. most of the time</p> <p>Thoughts, feelings, and behaviors do not always have the same level and intensity among one another.</p> <p>A. true B. false C. perhaps D. most of the time</p>		<p>ASSESSMENT</p> <p>Identify the challenge that is illustrated in the following situations. Choose the letter best answer inside the box</p> <div><div>a. Social Challenges</div><div>c. Biological Challenges</div><div>b. Behavioral Challenges</div><div>d. Psychological Challenges</div></div> <p>_____1. When Rina’s mother died in a car accident, she started to clam up and stayed most of the time in her room. She lost her appetite and denied any interaction with anyone. She would spend entire nights crying and mourning for the loss.</p> <p>_____2. Miss Ana noticed that Justin was always absent on her class. She asked Justin’s classmates if they knew what happened and she found out that Justin was a victim of bullying that’s why he rarely went to school.</p> <p>_____3. Amy started limiting her food intake because she thought</p>

				<p>and felt fat whenever she looks in the mirror.</p> <p>_____4. Ken enjoyed being with his friends, but there are times his friends engage in smoking and drinking liquor. Although he doesn't want to join, he has no choice because they will kick him out from the group.</p> <p>_____5. When Joey was still a child, he always went to bed early, but when he learned to play online games, he started to spend more time playing gadget at night.</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:

SONIA B. AYAP
Teacher II

Checked by:

HERMINIA M. SILANG
Head Teacher I

Noted by:

WILFREDO M. DAKILA
Principal IV