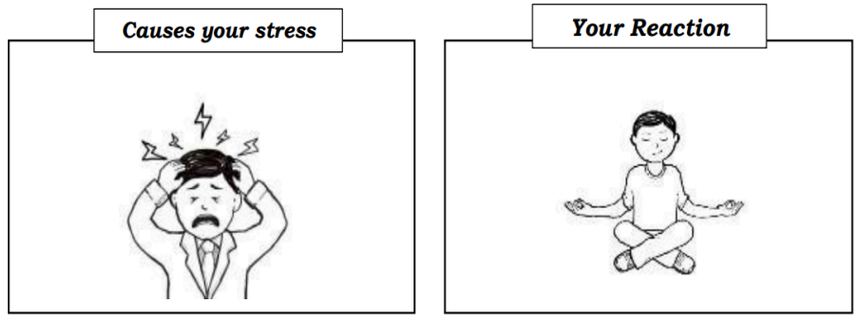
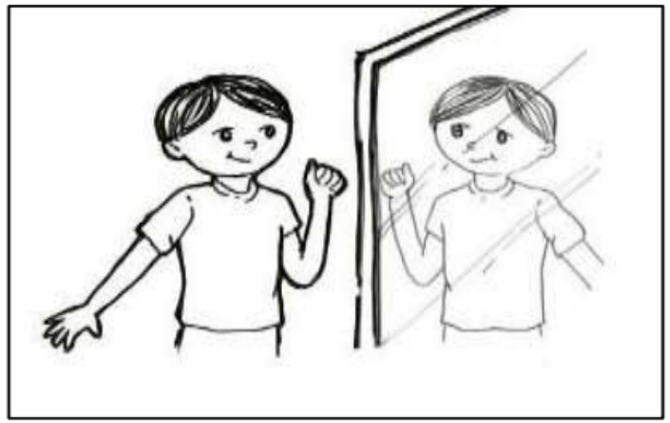
GRADES 1 to 12 DAILY LESSON LOG	School:	ANSELMO A. SANDOVAL MEMORIAL NATIONAL HIGH SCHOOL	G12
	Teacher:	SONIA B. AYAP	PERSONAL DEVELOPMENT
	Teaching Dates and Time:	WEEK 8- October 16-19, 2023	QUARTER 1

	DAY 1	DAY 2	DAY 3	DAY 4
I. OBJECTIVES				
A. Content Standards	The learners demonstrate the concepts about mental health and well-being particularly stress and coping strategies in middle and late adolescence			
B. Performance Standards	The learners shall be able to identify his/her own vulnerabilities and plan on how to stay mentally healthy while coping with stress			
C. Most Essential Learning Competencies (MELCs)	Identify causes and effects of stress in one's life **EsP-PD11/12CS-If-5.2**		Demonstrate personal ways to cope with stress and maintain mental health **EsP-PD11/12CS-Ig-5.3**	
II. CONTENT / TOPIC	**IDENTIFYING CAUSE AND EFFECTS OF STRESS IN ONE'S LIFE**		**COPING WITH STRESS IN MIDDLE AND LATE ADOLESCENCE**	
III. LEARNING RESOURCES	CLMD- Personal Development- Quarter 1, Week 6, Lesson 9		CLMD- Personal Development- Quarter 1, Week 6, Lesson 10	
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	**DAY 1** Recall: **TRUE or FALSE** Read the following statements carefully and identify whether they are true or false. 1. Stress is the body's reaction to challenge. 2. Difficulty in concentration to one's task is a sign of stress. 3. Being with your closest friend can help lessen your stress. 4. Calmness is negative stress. 5. Stress is a term that has been linked to varied concepts and operations. 6. Different people have different stresses. 7. Adolescents with low self-esteem are dissatisfied with life. 8. Stress can be avoided 9. Stress and anxiety are the same things. 10. Can being easily annoyed and usually irritable be an emotional warning sign of too much stress?		**DAY 3** Activity: Read the poem and answer the questions below. ***Coping with Stress*** Stress! Stress! Stress! Stress coming from anyone and anywhere Stress in home and stress in school Stress in the streets and stress in the markets Stress from the virus and other issues Headaches, sweats, and fears are exposed Eating and sleeping pattern are destroyed Tired, irritated, agitated and broken Are some of the signs of stressed being I won't be hindered to reach my goal By those stressors big or small By the help of God who loves us all He will answer us when we call I will look to the situation in a positive way Finding solutions to stay healthy Do simple exercises and sometimes play To help me become relax and be okay	

	Motivation: **STRESS and REACTION** Do you recall a situation or event that caused you to lose your control? How did it  affect you? Analysis: **PROCESS QUESTIONS** 1. Do you think you have control over your reaction? 2. What did you do to feel better? 3. Are your reactions good or harmful to you or to others? 4. Why do you think adolescence like you are experiencing these kinds of stressors?	Questions: 1. What is the poem all about? 2. What did the author say about stress? 3. How did the author cope with stress?
B. Development	Discussion about: ✔ Stress ✔ Causes of stress of the students ✔ Two Types of Stress **DAY 2** ✔ Causes of Good Stress ✔ Causes of Bad Stress	Discussion about: ✔ Coping ✔ **Approaches in Coping with Stress** ✔ **Ways on how to Cope with Stress to Maintain a Healthy Well-Being**
C. Engagement	**My Mirror** Identify at least 3 stressors you are currently experiencing. List them down in the human image inside the mirror. Put an X mark opposite the stressor you want to overcome. **My Mirror**	**Hugot Lines** Make 5 “Hugot lines” about dealing with stress and coping mental health. Then share your “hugot” lines to your friends/siblings that will serve as encouragement for them when they also face stressful moments. Example: “Dealing with stress is like taking energy drinks; it keeps you going”

	MY MIRROR 	
D. Assimilation	**PERFORMANCE TASK** By means of drawing, illustrate the causes of your good and bad stress.	**ASSESSMENT** Write True if the statement is true, write False if the statement is false. 1. Every person has the same way of coping with stress. 2. Stress should not be taken for granted instead you have to deal with it properly. 3. Coping with stress needs effort to help you deal with its cause, and effect. 4. Avoidance approach in coping with stress is facing stressful situations without fears. 5. Coping with stress is important to maintain mental health and healthy living. 6. In the Acceptance-action approach, you tend to move away from stressful scenarios. 14. Why do we need to have stress management skills? a. To become a better person b. To be a good example to others c. To have a healthy living d. All of the above 15. There is a family with three (3) adolescents in the house, but these siblings are always fighting about who will do the daily household chores, so the parents are angry and stressed out with their situation. What would be the best way to overcome their stressful life? a. Separate them in different houses b. Delegate the specific task for each of them with responsibility and sanctions if they fail to do their task. c. The parents will always yell at them d. The parents will do the household chores

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 ?				

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