

 GRADES 1 to 12 DAILY LESSON LOG	School:		Grade Level:	
	Teacher:	DepEdTrends.com	Learning Area:	
	Teaching Dates and Time:		Quarter:	

I. OBJECTIVES	
A. Content Standards	
B. Performance Standards	
C. Learning Competencies Write the LC code for each	Identify causes and effects of stress in one's life
D. Learning Objectives	Identify causes and effects of stress in one's life
II. CONTENT	
III. LEARNING RESOURCES	
A. References	
1. Teacher's Guide pages	
2. Learner's Materials pages	
3. Textbook pages	
4. Additional Materials from Learning Resource (LR) portal	
B. Other Learning Resources	
IV. PROCEDURES	
A. Reviewing previous lesson or presenting the new lesson (2 mins.) Elicit	Begin by asking the students to recall what they learned about stress in the previous lesson. If this is the first lesson on stress, briefly introduce the topic and explain why it is important to learn how to manage stress effectively.
B. Establishing a purpose for the lesson (1 min.) Engage	Explain the objectives of the lesson and how it will help students develop stress management skills.
C. Presenting examples/ instances of the new lesson Explore (2-5 mins.)	Provide examples of stressful situations that students might encounter in their daily lives, such as academic pressure, family conflicts, or relationship issues.
D. Discussing new concepts and practicing new skills #1 Explain (15 mins.)	Lead a class discussion on the causes and effects of stress. Ask students to share their experiences and how they cope with stress. Introduce stress management techniques, such as deep breathing, exercise, and time management. Distribute handouts on stress management techniques and allow students to practice deep breathing exercises.
E. Discussing new concepts and practicing new skills #2 (10 mins.)	Break the students into small groups and have them discuss and share stress management strategies. Encourage students to share their personal experiences and how they cope with stress. After the group discussion, each group will present their findings to the class.
F. Developing mastery (Leads to Formative Assessment 3) (12 mins.) Elaborate	Give each student a stress management worksheet and ask them to identify their own stressors and develop a plan to manage them effectively. Circulate around the room to offer guidance and support to students who need help. Stress Management Worksheet

	Identify your stressors: - What situations, people, or events cause you to feel stressed? - How do you typically react when you experience stress? Develop a plan to manage stress: - What coping mechanisms have you used in the past to manage stress? - What coping mechanisms do you want to try in the future? - How can you incorporate these coping mechanisms into your daily routine? - What steps can you take to proactively manage stress, rather than just reacting to it? Evaluate your progress: - How effective has your stress management plan been? - What changes can you make to improve your stress management plan? - How can you adjust your plan to address new stressors that may arise? Remember, managing stress is an ongoing process. Don't be afraid to ask for help or support from trusted friends, family members, or professionals if you need it.
G. Finding practical applications of concepts and skills in daily living (3 mins.)	<i>Ask students to share how they plan to incorporate the stress management strategies they learned into their daily lives.</i>
H. Making generalizations and abstractions about the lesson (3 mins)	Lead a class discussion on the importance of managing stress effectively and how it can improve their overall well-being. Closure: Summarize the key points covered in the lesson and emphasize the importance of developing effective stress management strategies. Encourage students to practice these strategies regularly to improve their well-being.
I. Evaluating learning (8 mins)	Administer a quiz on stress management techniques to assess students' understanding of the material. Also, ask for feedback from students on the lesson. MULTIPLE CHOICE - Which of the following is NOT an effective stress management technique? - Exercise - Meditation - Procrastination - Deep breathing Answer: C. Procrastination - Which of the following is a healthy way to cope with stress? - Smoking cigarettes - Drinking alcohol - Taking drugs - Talking to a friend or counselor Answer: D. Talking to a friend or counselor - What is the main goal of relaxation techniques for stress management? - To avoid stress altogether - To reduce the frequency and intensity of stress reactions - To eliminate the source of stress - To ignore stress and hope it goes away Answer: B. To reduce the frequency and intensity of stress reactions - What is the difference between problem-focused coping and emotion-focused coping? - Problem-focused coping aims to change the source of stress, while emotion-focused coping aims to regulate the emotional response to stress. - Problem-focused coping involves ignoring the problem, while emotion-focused coping involves confronting the problem head-on.

	C. Problem-focused coping involves seeking social support, while emotion-focused coping involves withdrawing from social situations. D. Problem-focused coping and emotion-focused coping are interchangeable terms for the same coping strategy. Answer: A. Problem-focused coping aims to change the source of stress, while emotion-focused coping aims to regulate the emotional response to stress. 5. Which of the following is an example of problem-focused coping? A. Talking to a friend about your stress B. Going for a walk or run to clear your mind C. Making a to-do list to organize your tasks D. Practicing deep breathing exercises to relax Answer: C. Making a to-do list to organize your tasks After administering the quiz, the teacher can ask for feedback from students on the lesson to gather their thoughts and insights on the topic.
J. Additional activities for application or remediation (1 min)	Based on the results of the formative assessments, provide additional activities for students who need enrichment or remediation.
V. REMARKS	
VI. REFLECTION	
A. No. of learners who earned 80% on the formative assessment	
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 these work?	
F. What difficulties did I encounter which 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:

Checked by

Teacher

School Head

Observed by:
