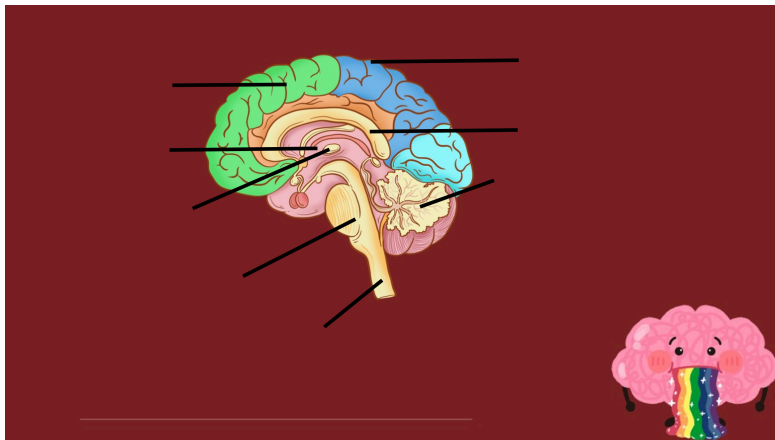
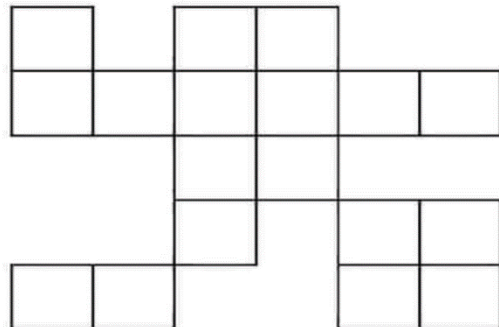


 GRADES 1 to 12 DAILY LESSON LOG	School:	ANSELMO A. SANDOVAL MEMORIAL NATIONAL HIGH SCHOOL	G12
	Teacher:	SONIA B. AYAP	PERSONAL DEVELOPMENT
	Teaching Dates and Time:	WEEK 2- November 13-17, 2023	QUARTER 2

	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)	*Discuss that understanding the different parts of the brain, processes and functions may help in improving thoughts, behavior and feelings. EsP-PD11/12PM-Ig-6.1		*Explore ways on how to improve brain functions for personal development EsP-PD11/12PM-Ig-h6.2																									
II. CONTENT / TOPIC	PERSONAL DEVELOPMENT BRAIN: PARTS, PROCESSES AND FUNCTIONS		PERSONAL DEVELOPMENT WAYS TO IMPROVE BRAIN FUNCTIONS																									
III. LEARNING RESOURCES	CLMD- Personal Development- Quarter 2 – Lesson 11		CLMD- Personal Development- Quarter 2 – Lesson 12																									
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 Inhale! Exhale! Close your eyes and take a deep breath. Inhale through your nose and exhale through your mouth. Inhale. Exhale. Do this exercise in eight intervals, then slowly breathe normally. Who are You? Based on the given sets of words below, choose the appropriate word that suits your personal preferences in dealing with your daily life situations.		DAY 3 RECALL 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.																									
	<table><tr><td colspan="2">Which likely describes you more?</td></tr><tr><td>Critical</td><td>Creative</td></tr></table>		Which likely describes you more?		Critical	Creative	<table><tr><td colspan="4">★ parts of the brain 😊 functions of the brain</td></tr><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></table>		★ parts of the brain 😊 functions of the brain				1. Processing information		6. Regulates emotion		2. Hindbrain		7. Motor movement		3. Cerebrum		8. Organize information		4. Thalamus		9. Frontal Lobe	
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		<p>Color Game ! Name the following colors base on their color itself.</p> <div><div>BLUE</div><div>RED</div><div>YELLOW</div><div>ORANGE</div><div>GREEN</div><div>BLUE</div><div>PURPLE</div><div>RED</div><div>PURPLE</div><div>YELLOW</div><div>RED</div><div>BLUE</div><div>ORANGE</div><div>BLUE</div><div>YELLOW</div><div>PURPLE</div><div>RED</div><div>RED</div><div>GREEN</div><div>ORANGE</div><div>BLUE</div><div>PURPLE</div><div>YELLOW</div><div>BLUE</div><div>ORANGE</div></div> <p>Process Questions:</p> <ol style="list-style-type: none">After doing the activity what have you realized?What do you think are the ways to improve your brain functions?What is the best way for you to improve your brain functions?
B. Development	<p>Discussion about:</p> <ul style="list-style-type: none">✓ Brain✓ Parts of the Brain	<p>Discussion about:</p> <ul style="list-style-type: none">✓ Ways To Improve Your Brain Function For Personal Development✓ How To Improve Your Mental Focus?
C. Engagement	<p>DAY 2</p> <p>I. Answer the following Questions.</p> <ol style="list-style-type: none">What are the three main region of the brain?Explain the function of the three main region of the brain.What is the relationship of pituitary gland and endocrine system?	<p>DAY 4</p> <p>Activity 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">Come up with as many words as you can from the following letters. Use each letter only once in each word. IRNAB

	<div>II. Analyze the picture below, give the parts of the brain being shown in the illustration.</div> <div></div>	<div><div>2. Finding colors. Rearrange all the letters to find the four colors mixed up below. Hint: There is only one primary color. RAIGET, ENOLYL, OVGOEN, LEWRE</div><div>3. Counting squares. Count the number of squares in the figure on the left. Hint: Be sure to count the squares within the squares</div><div></div></div> <div><div>Performance Task 1: DOODLE ART</div><div>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.</div><div>Direction: Create a doodle art based on your interest that may improve your personal development.</div><div><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></div></div>	Criteria		Creativity	-10	Craftmanship	-10	Overall Appearance	-10	Uniqueness	-10	Total	-40
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D. Assimilation	<div>ASSESSMENT</div> <div>Multiple Choices. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper</div> <div><div>4. Which of the following is located in the hindbrain that regulates balance, postures, and coordinates movement? A. Limbic System B. Cerebellum C. Cerebrum D. Brainstem</div><div>5. Which of the following connects the cerebrum and cerebellum to the spinal cord that carry signals to and from all parts of the body?</div></div>	<div>Assessment</div> <div>Write True if you agree with the statement, and False if you do not.</div> <div><div>1. Regular exercise would benefit your body except for your brain.</div><div>26. Drinking coffee can activate your brain cells.</div><div>37. Playing board games can enhance your brainpower.</div><div>48. Smoking can cause brain damage.</div><div>9. Having a good relationship with your friends will not affect your</div></div>												

	<div><div><div>1. Which of the following is the largest part of the brain that regulates senses, memory, emotions, intellectual activities, and body movement? A. Cerebellum B. Hindbrain C. Cerebrum D. Midbrain</div><div>2. Which of the following covers the cerebrum and regulates the processing of information? A. Cerebral Cortex B. Cerebellum C. Cerebrum D. Brainstem</div><div>3. Which of the following is within the forebrain that regulates various types of emotions? A. Cerebral Cortex B. Hypothalamus C. Limbic System D. Thalamus</div></div><div>II. Complete the paragraph on the right column using the correct words on the left column.</div><div><table><tr><td>Cerebrum</td><td rowspan="5">Brain is one of the most complex organs in the human body which is part of the central nervous system. The <u> (1) </u> is the largest part of the brain which regulates senses, memory, emotions, intellectual activities, and body movement. The <u> (2) </u> is responsible for processing information that is divided into two hemispheres. The <u> (3) </u> composes parts of cerebral cortex and hypothalamus which regulates various types of emotions. The <u> (4) </u> regulates balance, postures, and coordinates movement. The <u> (5) </u> connects the cerebrum and cerebellum to the spinal cord that carry signals to and from all parts of the body.</td></tr><tr><td>Limbic Sytem</td></tr><tr><td>Cerebral Cortex</td></tr><tr><td>Cerebellum</td></tr><tr><td>Brainstem</td></tr></table><div><div>13. Which part of the brain is responsible for processing information? A B C D</div><div>14. Which part of the brain is within the forebrain that regulates various types of emotions? A B C D</div><div>15. Which cerebral hemisphere controls the right side of the body? A. Right hemisphere B. Left hemisphere C. Cerebellum D. Brainstem</div></div></div></div>	Cerebrum	Brain is one of the most complex organs in the human body which is part of the central nervous system. The <u> (1) </u> is the largest part of the brain which regulates senses, memory, emotions, intellectual activities, and body movement. The <u> (2) </u> is responsible for processing information that is divided into two hemispheres. The <u> (3) </u> composes parts of cerebral cortex and hypothalamus which regulates various types of emotions. The <u> (4) </u> regulates balance, postures, and coordinates movement. The <u> (5) </u> connects the cerebrum and cerebellum to the spinal cord that carry signals to and from all parts of the body.	Limbic Sytem	Cerebral Cortex	Cerebellum	Brainstem	
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Limbic Sytem								
Cerebral Cortex								
Cerebellum								
Brainstem								
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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Prepared by:

Checked by:

Noted by:

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HERMINIA M. SILANG
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WILFREDO M. DAKILA
Principal IV