
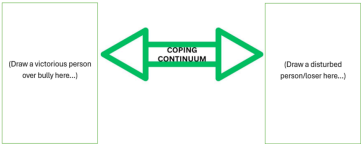


MATATAG K to 10 Curriculum – Weekly Lesson Log 	School:		Grade Level:	V
	Teacher:		Learning Area:	MAPEH
	Teaching Dates and Time:		Quarter:	1st QUARTER Week 3

	MUSIC AND ARTS		PE AND HEALTH		FRIDAY
	DAY 1	DAY 2	DAY 1	DAY 2	
I. CURRICULUM CONTENT, STANDARDS AND LESSON COMPETENCIES					
A. Content Standards	The learners demonstrate understanding of the different functions of the early Philippine Music and Arts in relation to concepts, processes, and practices.		The learners demonstrate understanding of stress, coping strategies, bullying effects, stress-reduction activities, and striking/fielding games in promoting personal wellness for active and healthy living.		
B. Performance Standards	The learners produce early Philippine conventional and contemporary processes and practices in Music and Arts in their creative work.		The learners participate in stress-reduction activities and striking/fielding games in promoting personal wellness for active and healthy living.		
C. Learning Competencies	<i>Learning Competency: Discuss the various forms and functions of the early Philippine performing and visual arts in their locality/province/region</i> <i>Lesson Objective 1.</i> Identify forms and functions of early Philippine performing and visual arts present in their locality/ province/ region <i>Lesson Objective 2.</i> Explain the various functions of early Philippine performing and visual arts within their locality/ province/ region		<i>Learning Competency</i> Demonstrate assertive behavior to prevent and deal with bullying, harassment, discrimination, and violence. <i>Learning Objectives:</i> 1. Identify Negative Effects of Bullying, Harassment, Discrimination, and Other Violent Behaviors on Well-Being. 2. Demonstrate Life Skills and Assertive Behavior to Prevent and Deal with Bullying, Harassment, Discrimination, and Other Violent Behaviors. 3. Appreciate on how to deal bullying, harassment, and discrimination, and Other Violent Behaviors on Well-Being.		
D. Content	Theme: “Exploring Early Philippine Music and Arts according to Forms and Function in Music and Arts”		Bullying and Other Violent-Related Behaviors as Stressors Sub-Topic:		

	- Forms and functions of early Philippine performing and visual arts present in their locality/ province/ region	<ul style="list-style-type: none">• Negative Effects of Bullying, Harassment, Discrimination, and Other Violent Behaviors on Well-Being• Life Skills and Assertive Behavior to Prevent and Deal with Bullying, Harassment, Discrimination, and Other Violent Behaviors			
E. Integration	Local/provincial/regional celebrations/holidays; local cultural practices	Values SDG 3: Good Health and Well-being; Inclusion; Equality			
<p>Aninit (Red). (n.d.). Bayani Art. Retrieved June 9, 2024, from https://www.bayaniart.com/shop/aninit-red/#:~:text=Legend%20says%20a%20group%20of</p> <p>Bontoc Dance Inan-aninit (Cordillera Igorot Dance). (n.d.). Wwww.youtube.com. https://www.youtube.com/watch?v=AdLMO1L2IG4</p> <p>CCP Encyclopedia of Philippine Art CCP Encyclopedia of Philippine Art. (n.d.). CCP Encyclopedia of Philippine Art. https://epa.culturalcenter.gov.ph/epa_timeline/</p> <p>CCP Encyclopedia of Philippine Art CCP Encyclopedia of Philippine Art. (2013). CCP Encyclopedia of Philippine Art; EPA. https://epa.culturalcenter.gov.ph/project_intro_to_sections/</p> <p>De Leon, F. M. (2018). <i>Filipinas Heritage Library the Diversity of Philippine Music Cultures</i>. Wwww.filipinaslibrary.org.ph. https://www.filipinaslibrary.org.ph/uncategorized/the-diversity-of-philippine-music-cultures/</p> <p>Definition of SCULPTURE (2024, May 31). Wwww.merriam-Webster.com. https://www.merriam-webster.com/dictionary/sculpture#:~:text=sculpture-</p> <p><i>Filipinas Heritage Library Philippine Ethnic Music</i>. (n.d.). Wwww.filipinaslibrary.org.ph. https://www.filipinaslibrary.org.ph/himig/philippine-ethnic-music/</p> <p>Jennelyn Banaag. (2023, April 5). <i>PRE COLONIAL ART FORMS IN THE ARCHIPELAGO</i>. YouTube. https://www.youtube.com/watch?v=yLaYQ2zGasg</p> <p>Manuud, A. (1960). A Happy Beginning: The Art of the Philippines. <i>Philippine Studies</i>, 8(1), 224–228. http://www.philipinestudies.net/files/journals/1/articles/7068/public/7068-7256-1-PB.pdf</p> <p>Module 3-4 - ART History Periods AND Movements. (2020). Studocu; Studocu. https://www.studocu.com/ph/document/technological-institute-of-the-philippines/art-appreciation/module-3-4-art-history-periods-and-movements/34445678</p> <p><i>Philippine Pre-Colonial Art</i>. (n.d.). Wikibin.org. Retrieved June 2, 2024, from http://wikibin.org/articles/philippine-pre-colonial-art.html</p> <p><i>Philippines Culture Literature Music Painting Sculpture</i>. (n.d.). Silent Gardens - Philippines Islands Vacation & Travel Advice. https://www.silent-gardens.com/culture.php</p> <p>The Cordillera Life. (2018, October 25). <i>The INAN-ANINIT, also called the anito or fairy dance originated from Central Bontoc and its surrounding barrios. According to old folks...</i> [Status Update]. Facebook. https://www.facebook.com/thecordillerallife/posts/the-inan-aninit-also-called-the-anito-or-fairy-dance-originated-from-central-bon/918442895014363/</p> <p><i>The Evolution of Philippine Theatre Solaire Resort & Casino</i>. (2020). Solaire. https://www.solaireresort.com/article/the-evolution-of-philippine-theatre</p> <p><i>What is Weaving? The Craft Atlas</i>. (n.d.). The Craft Atlas. https://craftatlas.co/crafts/technique/weaving#:~:text=Weaving%20is%20a%20method%20of</p>		<p>Anti-Bullying Pro. (n.d.). Exclusionary bullying behaviour. https://www.antibullyingpro.com/support-and-advice-articles/exclusionary-bullying-behaviour#:~:text=Exclusionary%20bullying%20behaviour%20is%20when,Fortnite%20or%20Call%20of%20Duty.</p> <p>Collins Dictionaries. (2024, March 10). CRITICISM definition and meaning. Collins English Dictionary. https://www.collinsdictionary.com/dictionary/english/criticism#:~:text=Criticism%20is%20the%20action%20of,strong%20criticism%20on%20Capitol%20Hill.</p> <p>Depositphotos. (n.d.). Bloc notes images vectorielles, Bloc notes vecteurs libres de droits. https://depositphotos.com/fr/vectors/bloc-notes.html</p> <p>Depositphotos. (n.d.). Stop bullying text cartoon character illustration [Photograph]. https://depositphotos.com/vector/stop-bullying-text-cartoon-character-illustration-614387278.html</p> <p>Evelyne, C. (2022, September 17). สื่อประกอบการสอน [Photograph]. Pinterest. https://www.pinterest.ph/pin/1759287345609532/</p> <p>Holt, K. (2024, January 24). 10 ways to stop & prevent bullying at school [Photograph]. Mom Loves Best. https://momlovesbest.com/bullying-prevention</p> <p>iStock. (2020, December 27). Rebel teenager blocking communication ignoring and misbehaving [Photograph]. https://www.istockphoto.com/vector/indifferent-teen-boy-covering-his-ears-gm1293273398-387741451</p> <p>iStock. (2023, February 18). Outline and silhouette style of people stop bullying. Upstander and. . . [Photograph]. https://www.istockphoto.com/vector/outline-and-silhouette-style-of-people-stop-bullying-upstander-and-standing-up-to-gm1462396252-495887169</p> <p>Kids Helpline. (2024, January 29). Bullying: How to deal with being bullied. https://kidshelpline.com.au/teens/issues/bullying</p> <p>Lcsw, A. M. (2022, September 21). 7 social skills you can start teaching your child now [Photograph]. Verywell Family. https://www.verywellfamily.com/seven-social-skills-for-kids-4589865</p> <p>McLean Hospital. (2024, March 6). The mental health impact of bullying on kids and teens. https://www.mcleanhospital.org/essential/bullying-kids-teens</p> <p>Pngtree. (n.d.). The Lord S Prayer Clipart Boy Praying With Book Vector Ilustração Ilustração Cartoon Vector and PNG [Photograph]. https://pngtree.com/freepng/the-lord-s-prayer-clipart-boy-praying-with-book-vector-ilustra%C3%A7o-ilustra%C3%A7o-C3A3o-cartoon_11091290.html</p> <p>Preventing Bullying. (n.d.). Assertiveness activities. http://preventingbullying.promoteprevent.org/9-assertiveness-activities</p> <p>Robinson, L. (2024, February 5). Deal with a bully and overcome bullying. HelpGuide.org. https://www.helpguide.org/articles/abuse/bullying.htm</p> <p>Trainers Warehouse. (2024, February 15). Assertiveness exercises Fun training [Photograph]. https://blog.trainerswarehouse.com/assertiveness-games-activities</p> <p>YouTube. (2020, May 3). Yes No Questions [Photograph]. https://www.youtube.com/watch?v=oyr_GwABefs</p>			
III. TEACHING AND LEARNING PROCEDURES					
A. Activating Prior Knowledge 1. Short Review:	Instruction:	Write True if the statement is correct and False if it is not.	Direction: In a notebook, the students will list down all the	I Instructions:	Instructions: Answer the following questions in 1–2 sentences.

	<p>1. Divide the class into four groups. Tell them to think of an animal sound. The animal sound will serve as their signal to answer the question.</p> <p>2. Prepare questions based on the previous lesson.</p> <p>3. The group who knows the answer first will make the animal's sound (of their choice) and tell the answer.</p> <p>4. The group with the correct answers will be declared the winner</p> <p>Questions for the activity:</p> <p>1. What is art that is traditional and follows standard styles and techniques? (conventional art)</p> <p>2. What styles are mixed to produce contemporary art? (traditional and modern style)</p> <p>3. In what special occasions are music and arts used during the early period? (rituals, weddings and commemoration of ancestors)</p>	<ol style="list-style-type: none"> 1. The <i>Panagbenga</i> Festival in Baguio is an example of an art form used for ritual and celebration. 2. Early tattooing in the Visayas was only for decorative purposes and had no deeper meaning. 3. Traditional weaving techniques were passed down orally and through observation. 4. The function of epic chants like <i>Biag ni Lam-ang</i> was solely for entertainment. 5. Carvings found in ancient rice granaries served both functional and symbolic purposes. 	<p>things they have learned from the previous topic for only 1 minute. The students who write down the most and correctly will have a reward from the teacher.</p>	<p>In the Coping Continuum, below, write down the possible stages of experiences that you will undergo in using Assertiveness skills as compared to the experiences and effect of bullying, harassment, or discrimination. How will you describe yourself at the end of the coping process?</p> <div data-bbox="1529 592 1888 735">  <p>The diagram consists of two rectangular boxes connected by a double-headed green arrow. The left box contains the text "(Draw a victorious person over bully here...)" and the right box contains "(Draw a disturbed person/loser here...)". The double-headed arrow is labeled "COPING CONTINUUM" in the center.</p> </div>	<ol style="list-style-type: none"> 1. What would you do if you see someone being bullied at school? 2. Name one healthy way to manage stress caused by bullying. 3. Why is it important not to blame yourself if you're being bullied? 4. Who are the people you can talk to when experiencing bullying? 5. What's one thing you enjoy doing that helps you feel happy and confident?
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	4. Give one process used in contemporary arts. (Innovation, experimentation, collaboration, interdisciplinary, limitless) 5. Give one concept of Philippine conventional art. (Nature worship, animism and ancestor veneration.				
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B. Establishing Lesson Purpose

1. Lesson Purpose:

Instruction: Prepare a power point presentation showing the following pictures of creative works. Group the students into 5. Show the pictures one by one and give time for students to guess the art form and its use. Instruct them to write down their answers. When all the pictures are shown, call a representative from each group to give their responses.



1. Ruan Bonzan. (2024, December 17) [Online image] 6. Tingating

Instructions: Match the art form in Column A with its correct function in Column B. Write the letter of the correct answer.

Column A	Column B
1. Pottery	A. Storytelling and passing on cultural knowledge
2. Tattooing	B. Used in rituals, social events, and entertainment
3. Theater	C. Storage and burial practices
4. Carving and sculpture	D. For religious icons and ancestral representation
5. Music	E. Symbol of identity and protection

What are the examples of Bullying?

WORD SEARCH

Procedure:

- Divide the class into five groups.
- The teacher will give the following instructions to the students:
 - a. Prepare 1 whole sheet of paper.
 - b. Write down all the words you will see inside the box related to bullying.
 - c. You only have 2 minutes to finish it.
 - d. The group with the highest number of correct words will be declared winner.

1. Can you recognize when you're sad, or do you usually keep it to yourself?
2. How do you handle being angry? Do you often forget about things? handle them later or do you try to identify the source of the issue and resolve it immediately?

3. Write an essay guided by the following questions.

Instructions: Read the scenario and write what you would do in that situation.

1. A classmate keeps teasing you about your clothes in front of others.
2. You see someone being bullied on social media.
3. A group of students spreads false rumors about you.
4. A friend tells you they are being bullied but are afraid to speak up.
5. You've been feeling very



2. K. Montolio (2014, October 7) [Online image] A case for revival: Textiles and the Linlang Head Market For <https://www.ghisler.com/Portals/0/2014/10/07/14100711771400case-chuuk-textiles-and-linlang-head-market-for-ghisler.com>



3. Audoboss (2008, March 30) [Online image] Sayaw Sa Bangko https://commons.wikimedia.org/wiki/File:Sayaw_Sa_Bangko_7678800r_Dance4543.jpg



4. Janamistha (2012, December 27) [Online image] Antique Naga Tribal Beads from the Vivacious Collection https://commons.wikimedia.org/wiki/File:Ancestral_Naga_Tribal_Beads.jpg



5. Lars Krutak (2012, November 23) [Online image] RETURN OF THE HEADHUNTERS: THE PHILIPPINE TATTOO REVIVAL <https://www.larskrutak.com/return-of-the-headhunters-the-philippine-tattoo-revival>

S	G	N	I	H	S	U	P	A	B
E	H	C	N	D	E	F	G	H	M
X	K	O	S	I	J	K	L	M	S
C	I	H	U	R	T	I	N	G	I
L	C	N	L	T	O	P	Q	R	C
U	K	S	T	H	I	T	U	V	I
S	I	W	I	R	X	N	Y	Z	T
I	N	A	N	E	B	C	G	D	I
O	G	E	G	A	F	G	H	I	R
N	J	K	L	T	M	N	O	P	C

upset and
anxious after
being bullied.

2. Unlocking Content Vocabulary

The following are the meanings of the vocabulary words which we shall use in this lesson. Choose the word that corresponds to meaning from the box below. Write your answer on a sheet of paper.

Function
Tattoo
Form

Pottery
Sculpture
Textile weaving

Goldwork

- Exclusion- When someone is intentionally and recurrently excluded and isolated, this can occur both offline and online.
- Criticism- The act of expressing displeasure of something or someone.
- Threat- is the possibility that something bad could happen to an individual or object.
- Insulting- is something impolite or disrespectful.

	<p>1. This refers to distinctive classifications or types of art used as a medium of expression. There are different forms of arts; namely, architecture, painting, sculpture, literature, music, cinema and theater.</p> <p>2. This term refers to the definite intentions and purposes of the existence of a certain concept. It may also refer to how art conveys information to people. (i.e. commentary, pleasure, persuasion, memory, worship, ritual, and self-expression.</p> <p>3. The art of making objects from clay and hardening them through firing.</p> <p>4. A method of textile production in which two distinct sets of yarns or threads are interlaced at right angles to form a fabric or cloth</p> <p>5. The act, process, or art of carving or cutting hard substances, modeling plastic substances, or casting melted metals into works of art.</p> <p>6. The act or art of working in gold, or work done in gold.</p> <p>7. A form of body modification made by inserting tattoo ink, dyes, and/or pigments, either indelible or temporary, into the dermis layer of the skin to form a design.</p>				
<p>C. Developing and Deepening Understanding</p> <p>SUB-TOPIC 1:</p> <p><input type="checkbox"/> Explication</p>	<p>To understand the rich cultural heritage of the Philippines, it is essential to explore the different forms of art practiced by various indigenous groups across regions—such as architecture, painting, sculpture,</p>	<p>Forms and Functions of Early Philippine Conventional Art</p> <p>Early Philippine conventional art reflects the varied indigenous cultures that inhabited the archipelago. The forms and</p>	<p>Negative Effects of Bullying, Harassment, Discrimination, and Other Violent Behaviors on Well-Being</p> <p>STOP BULLYING PHYSICAL • VERBAL • SOCIAL • CYBER</p> 	<p>Life Skills and Assertive Behavior to Prevent and Deal with Bullying, Harassment, Discrimination, and Other Violent Behaviors</p> <p>Deal with a Bully and Overcome Bullying</p>	<p>In this activity, learners practice deciding to politely say no or yes to a request or a demand, as well as to accept either a no or a yes from others. Begin by asking the learners what they would like to say to a</p>

music, theater, weaving, ceramics, and body art—and to recognize how these arts express the unique identities and traditions of each locality.

Each form of art serves specific **functions** within the community. For example, **performing arts like theater and music** are often used for **rituals, celebrations, storytelling, and preserving history**. Meanwhile, **visual arts such as weaving, sculpture, and tattooing** often carry symbolic meanings related to social status, spirituality, and cultural memory. By discussing these forms and their purposes in early Philippine society, learners will gain insight into how art is not just creative expression but also a vital part of

functions of these art were deeply rooted in the daily lives, beliefs, and traditions of the different ethnic groups. The table below includes some of the pre-colonial art forms and their functions.

Art form	Function
Pottery	For storage, cooking, burial rituals
Textile and weaving	Used for clothing, blankets, and rituals
Jewelry making (gold works and ornaments)	Symbol of wealth and status, offering to deities and ancestors
Tattooing/body art	Convey social status, achievement, and identity and, in some cases, act as a protective symbol.
Carving and sculpture	Used to create religious icons, ancestral figures, and valuable objects
Dance	Used in various rituals, celebrations, entertainment, social gatherings.
Music and musical instruments	Used in ceremonies, rituals, social gatherings, entertainment
Theater	It is used to pass down history, cultural knowledge, and moral values to the next generation.

- What do you think are the negative effects of bullying?
- Do you have ideas about different effects of harassment?
- What do you think are the impacts of discrimination to a person?
- What are the other violent behaviors on well-being?

You may experience helplessness, humiliation, depression, or even suicide thoughts after being bullied. However, there are strategies for dealing with bullies and defending yourself in public and at school.



I'm being bullied – what should I do?


- Stay calm – don't react emotionally (people who bully usually want you to get angry or upset)
- Report it – tell trustworthy adults and keep talking to them until the bullying stops; reporting it helps keep people safe (and isn't the same as 'dobbing' someone in trouble over nothing)
- Get support – bullying can affect your mental health and self-worth – having

child who is demanding a particular toy. If the learners say they would like to say no, ask what they think they should say. Children may well think that they're supposed to say yes. Explain the difference between a bullying demand and a polite request by using a rude voice to say, "Give me that!" and then a pleasant voice to say, "May I have that toy, please?" Assure them that it is always okay to refuse a bullying request, but when a child is politely asking, they can choose whether to say yes or no. Have the learners form pairs and give a toy to one child in each pair. Have the child without the toy demand the toy. Have the other child keep cool and assertively say, "No, I'm playing with it now. You can have it when I'm done." Next, ask the

	<p>community life, communication, and cultural continuity unique to each province or region.</p>			<p>the support of family, friends, teachers and/or professionals can make a big difference.</p> <p>How to deal with a bully</p> <ul style="list-style-type: none">• Don't blame yourself. It is not your fault. No matter what a bully says or does, you should not be ashamed of who you are or what you feel. The bully is the person with the problem, not you.• Don't beat yourself up. Don't make a bullying incident worse by dwelling on it or replaying it over and over in your head. Instead, focus on the positive experiences in your life.• Be proud of who you are. Despite what a bully says, there are many wonderful things about you. Remind yourself of all the special, unique qualities that make you.• Learn to manage stress. Finding healthy ways to relieve the stress generated by bullying can make you more resilient so you won't feel overwhelmed by negative experiences. Exercise,	<p>child without the toy to politely ask for the toy. The other child can choose to politely say either, "No, I'm playing with it now, but you can have it as soon as I'm done" or "Yes, you can play with it now." Have the child without the toy respond by saying, "Okay, I'll wait until you're done" or "Okay, thanks for letting me play with it."</p>
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				<p>meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to cope with the stress of bullying.</p> <ul style="list-style-type: none"> • Spend time doing things you enjoy. <p>The more time you spend with activities that bring you pleasure—sports, hobbies, hanging out with friends who don't participate in bullying, for example—the less significance bullying will have on your life.</p>	
<p><input type="checkbox"/> Worked Example</p>	<p>Instructions: Identify and write the correct form of art described in each statement.</p> <ol style="list-style-type: none"> 1. A traditional form of textile creation using interlaced threads, common among the Ifugao and Kalinga peoples. 2. A body art practiced by the Kalinga tribe, often 	<p>Instructions: Answer the following questions briefly.</p> <ol style="list-style-type: none"> 1. Why do you think jewelry was considered important in early Philippine society? 2. How do rituals influence the function of dance and music in indigenous communities? 3. In what way is tattooing a form of identity among early Filipinos? 4. What makes theater a powerful 	<p>Negative Effects of Bullying, Harassment, Discrimination, and Other Violent Behaviors on Well-Being</p> <p>In fact, there might be a lot of tension associated with bullying and other violent actions. They can have long-term emotional and psychological repercussions in addition to having an immediate negative effect on people's wellbeing. Taking care of and stopping these kinds of activities is essential to creating a safe and</p>	<p>Direction: Write a slogan inside the box about how to get rid of the bully.</p> <div></div>	<p>Standing Up to Bullying (15 minutes)</p> <p>It is important for children to learn an assertive style of responding to bullying situations. Knowing how to stand up for themselves and to speak up assertively on another's behalf gives children a sense of control and an air of self-confidence that can deter others from bullying them.</p>

	<p>used to signify bravery and social status.</p> <p>3. This form of art includes the <i>Banga</i> pottery, used for cooking and storing water in many indigenous communities.</p> <p>4. A performing art that uses chanting and dance to tell epic stories like <i>Hudhud</i> and <i>Darangen</i>.</p> <p>5. The craft of carving wooden figures or masks used in rituals and ceremonies.</p>	<p>tool for preserving culture?</p> <p>5. Name one example of weaving from a Philippine indigenous group and explain its use.</p>	<p>encouraging atmosphere. Bullying and other violent actions have the potential to increase stress levels, which can have an impact on one's mental and emotional well-being. These acts foster a climate of fear and worry, underscoring how crucial it is to confront and stop these behaviors for the general wellbeing of those engaged.</p> <p>Negative effects of Bullying</p> <p>1. Impact of Bullying on Mental Health</p> <ul style="list-style-type: none"> • develop depression. • develop anxiety. <p>2. Loss of Self-Confidence</p> <p>3. Increased Self-Criticism</p> <p>4. Increased Self-Isolation</p> <p>Different effects of Harassment</p> <p>Harassment can result in various negative effects, such as:</p> <ul style="list-style-type: none"> • • heightened stress • • anxiety • • decline in mental well-being. • • decreased productivity. • • damaged relationships 	<p>Begin this activity by talking about the best way to respond to a bullying situation. Ask the children what they think will happen if they provoke the bullying child by retaliating, or if they reward the bullying child by submitting. Elicit that the bullying is likely to continue. Explain to the children that the best way to get the bullying behavior to stop is to respond assertively to bullying by standing up and speaking up, whether you are the one being bullied or whether you see it happening to someone else. Remind them that they can also ask for help from an adult. A note about tattling: Children may have been told not to be a tattle-tale or that it's wrong to "tell on" somebody else. Remind children of the difference between bullying (involving a power</p>
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			<ul style="list-style-type: none"> • physical health issues <p>Impacts of Discrimination</p> <ul style="list-style-type: none"> ➤ Discrimination can have profound negative effects on individuals and society, leading to psychological, emotional, and economic consequences. ➤ It fosters inequality, hinders personal development, and undermines social cohesion, ultimately impeding progress toward a fair and just community. <p>Other violent behaviors on well-being</p> <ul style="list-style-type: none"> ➤ A person's general well-being can be greatly impacted by a variety of violent actions, including physical aggressiveness, domestic abuse, and bullying. ➤ They could result in emotional anguish, mental health problems, and physical injury. 		<p>imbalance) and conflict (involving disagreement among children of equal power). Explain that it is never wrong to ask for adult help in a situation that involves bullying.</p> <p>STOP BULLYING be an upstander</p>  <p><small>Queen's University. Online image outline and silhouette style of people stop bullying. Upstander and standing up to bullies concept. 2016 Queen's University and 2016 Queen's University. All rights reserved. http://www.stopbullying.ca/stopbullying/</small></p>
<input type="checkbox"/> Lesson Activity	<p>Instructions: Match the function on the left with the correct example of</p>	<p>Instructions: Fill in the blanks with the correct art form based on the given function.</p>	<p>Directions: Copy this illustration below in a bond paper and write a short</p>	<p>Knowing assertiveness techniques entails knowing how to stand up for one's rights and communicate one's</p>	<p>Instructions: Choose the letter of the correct answer.</p>

Philippine early art on the right. Write the letter of the correct match.

Function	Art Form/Example
A. Used in rituals to honor spirits	1. Weaving of traditional textiles
B. Preserving stories through performance	2. Tattooing among indigenous groups
C. Expressing social identity	3. Epic chanting and dance
D. Producing everyday household items	4. Carved wooden masks
E. Demonstrating skill and status	5. Clay pottery and ceramics

1. _____ was used for making objects for storage, cooking, and burials.
2. _____ involved engraving or inserting designs on the skin to show rank, bravery, or for spiritual protection.
3. _____ was performed during social gatherings, rituals, or as a form of entertainment.
4. _____ used thread or fiber to create items for clothing or ritual use.
5. _____ was performed on stage to transmit stories, values, and traditions.

reflection citing one bullying, harassment or discrimination situation at home, in school or in the community. Describe how you dealt with it.



feelings in a way that respects the rights and feelings of others.

Teaching assertiveness begins with teaching simple relaxation and self-calming techniques to deal with strong negative feelings.

- Close your eyes and take several slow deep breaths.
- Count to 10
- Stand tall.
- Relax the muscles in your face and body.
- Talk silently to yourself and repeat a soothing phrase, such as “Keep calm” or “I control my feelings.”
- Get a drink of water.
- Go sit by a person you trust.






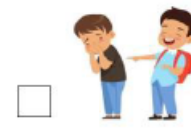
Children who attempt to bully other children are often seeking a reaction.

- Stop playing.
- Walk away.
- Turn your body away.
- Turn your eyes away.
- Don’t answer a question.

1. Which art form was commonly used to preserve food, water, and sometimes for burial purposes?

- A. Jewelry making
 - B. Pottery
 - C. Music
 - D. Dance
2. What is the function of textile and weaving among early Filipinos?
- A. To entertain during harvest
 - B. To mark the passage of time
 - C. To make clothes and perform rituals
 - D. To decorate pottery
3. Jewelry and gold ornaments were mainly used to:
- A. Ward off evil spirits
 - B. Express sadness
 - C. Show wealth and status
 - D. Celebrate weddings only
4. Dance in early Philippine society was often used during:
- A. Quiet meditation

				<ul style="list-style-type: none">• Keep talking to the other person you're with	B. Rituals and social celebrations C. Reading events D. Hunting activities 5. The use of tattooing in early Visayan communities served what primary function? A. Decoration only B. Express joy C. Signify rank and bravery D. Signal illness
D. Making Generalization <input type="checkbox"/> Learners' Takeaways <input type="checkbox"/> Reflection on Learning	Answer the following questions in two sentences each. 1. What are the different conventional art forms found in your locality? 2. What are their functions? 3. What can you conclude about conventional arts?	Now that you have understood the concept of the effects of bullying, harassment, and discrimination, let's have another activity. This will help you visualize the difference between the do's and don'ts in socializing. Directions: Analyze each of the illustrations below. Mark the box with (/) if you believe it exhibits positive social behavior and (x) if not.	Aside from the learning you had in the previous lesson, this task will give you more information on dealing with the bullies by interviewing people in the community. The following are the questions that you may ask: 1. Have you ever been bullied by someone? _____ _____ 2. Which type of bully did you encounter?		

		<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;"> <input type="checkbox"/>  SHARING </div> <div style="text-align: center;"> <input type="checkbox"/>  USING MANNERS </div> <div style="text-align: center;"> <input type="checkbox"/>  FIGHTING </div> <div style="text-align: center;"> <input type="checkbox"/>  BULLYING </div> <div style="text-align: center;"> <input type="checkbox"/>  COOPERATING </div> <div style="text-align: center;"> <input type="checkbox"/>  INSULTING </div> </div>	<hr/> <hr/> 3. How did you handle that situation? <hr/> <hr/> <hr/> 4. Are you happy with the result? Why? <hr/> <hr/> <hr/> 5. What did you learn from that experience? <hr/> <hr/>
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IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION

A. Evaluating Learning

Formative Assessment	Instructions: Answer the following questions briefly. 1. Name one traditional performing art from your locality and describe its purpose. 2. Identify a visual art form practiced in your region and explain its cultural significance. 3. How do early Philippine arts reflect the beliefs or values of the community? 4. Mention a type of textile or craft made in	Instructions: Choose the correct answer for each item. 1. Which of the following is a traditional form of pottery from the Ilocos region? A. Palayok B. Burnay C. Banga D. Labu-labu 2. The <i>Hudhud</i> chants of the Ifugao are an example of what art form? A. Painting B. Architecture	I. What should you consider when you are tempted to say or do something to someone else? a. Think about how your words or actions will make them feel. b. Think about how impressed your friends will be. c. Think about how funny it will be if other people laugh at the person. d. Think about how popular you will be for being a bully. 2. Standing up to a bully requires _____ or bravery. a. Frustration b. Courage c. Anger	Instructions: Write True if the statement is correct and False if it is not. 1. Reacting emotionally to a bully is the best way to get them to stop. 2. Telling an adult about bullying means you're weak or tattling. 3. You should not blame yourself for being bullied.	Instructions: Write the art form under the correct category: <i>Performing Art</i> or <i>Visual Art</i> Words to categorize: • Kudyapi Music • Tattooing • Wood Carving • Epic Chanting • Weaving Performing Art: 1. 2.
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	<p>your province and its common use.</p> <p>5. Why is it important to preserve the early performing and visual arts of the Philippines?</p>	<p>C. Epic Poetry / Oral Literature D. Sculpture</p> <p>3. What art form is evident in the <i>okir</i> designs of Maranao torogan houses? A. Weaving B. Tattooing C. Carving D. Theater</p> <p>4. Which region is best known for its <i>t'nalak</i> weaving tradition? A. Bicol B. Cordillera C. Zamboanga D. South Cotabato</p> <p>5. What form of traditional performance is showcased during the <i>Moriones Festival</i> in Marinduque? A. Modern dance B. Religious drama C. Puppet theater D. Ritual chanting</p>	<p>d. Sadness</p> <p>3. What is a bully? a. Someone who does not talk to you. b. Someone who won't help you in class. c. Someone who uses their power to hurt others. d. Someone who possesses cow-like traits.</p> <p>4. Who is at risk for being bullied? a. Students b. Teachers c. Principal d. Everyone</p> <p>5. What do you do if you are being bullied? a. Tell a teacher. b. Tell the Principal c. Tell your parents. d. All the above</p>	<p>4. Taking care of your mental health is important when dealing with bullying.</p> <p>5. Spending time with positive people and doing what you enjoy can help reduce the impact of bullying.</p>	<p>Visual Art:</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
Homework					
	Note observations on any of the following areas:	Effective Practices	Problems Encountered		
	<i>strategies explored</i>				

B. Teacher's Remarks:	<i>materials used</i>				
	<i>learner engagement/ interaction</i>				
C. Teacher's Reflection	<p><i>Reflection guide or prompt can be on:</i></p> <ul style="list-style-type: none"> • <i>principles behind the teaching</i> <p><i>What principles and beliefs informed my lesson?</i> <i>Why did I teach the lesson the way I did?</i></p> <ul style="list-style-type: none"> • <i>students</i> <p><i>What roles did my students play in my lesson?</i> <i>What did my students learn? How did they learn?</i></p> <ul style="list-style-type: none"> • <i>ways forward</i> <p><i>What could I have done differently?</i> <i>What can I explore in the next lesson?</i></p>				

PREPARED BY: