



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region IV-A CALABARZON
DIVISION OF RIZAL
CAINTA SENIOR HIGH SCHOOL
CAINTA, RIZAL



weekly home Learning Plan (DMDL)

Grade 12

3rd Quarter Module 1-16 PIVOT (March 7 – 11, 2022)

Subject: Personal Development

Lesson 14: Emotional Intelligence and Lesson 15: Positive and Negative Emotions

Module: Personal Development Quarter 3 Module 1-16 PIVOT

Week: 4 (March 7-11)

Day: 1 (Tuesday)

Time: 12:00-5:00pm

Strategies/ Method: Independent Learning Instruction using SLM/Asynchronous

Mode of Delivery: Digital Modular Distance Learning (DMDL). Student will download the modules and the Weekly Home learning Plan in the CSHS Learning Portal and they will submit their output through the messenger, email, google drive or any portal given by their adviser and subject teacher.

Learning Competencies: At the end of the lesson, the learners are expected to:

1. Discuss that understanding the intensity and differentiation of emotions may help in communicating emotional expressions.
2. Explore one's positive and negative emotions and how one expresses or hides them

TIME	TASK/ACTIVITY
12:00pm-12:20pm	Self-prayer, self-preparation, and preparation of learning materials
12:20 -2:20pm	Lesson 5 1. Read and understand the statement in the INTRODUCTION part of lesson 14, Emotional Intelligence.
2:40 – 3:00pm	What's In 2. Copy and answer What's In part in page 143 . What is It Read and analyze the content of the lesson in pages 143 -150 regarding on the concept of Emotional Intelligence. Do the Activity 2(Answer only) then answer 2 questions and discover the Interpretations of your answer.
3:30 – 4:00pm	Break What's More: Exploring Basic Emotions Follow directions on page 151.(Answer only) What I have Learned Answer pages 151-152.(Answer only) What I Can Do (pages 152-153) Copy and answer the activity. Integrative Performance Task

Day: 2 (Thursday)

Lesson 15: Positive and Negative Emotions(pages 157-166)

Time: 12:00-5:00pm

TIME	TASK/ACTIVITY
12:00pm-12:20pm	Self-prayer, self-preparation, and preparation of learning materials
12:20 -1:40pm	What's In Do the Feelings and Emotions Worksheet(pg.157) What's New

1:40 – 2:20pm	Answer Activity 1: Picture Labeling in page 158 What is It Do the Activity 3: Word Search Read, Understand and analyze the content of Positive and Negative Emotions pages 160-163
2:20 – 2:30pm	Break
2:30 – 4:10pm	Answer Activity 4: Control Your Feelings, Do not Let Them Control You(page 163) What I Have Learned Answer each question with full honesty.(page 164)
4:10 – 5:00pm	What I Can Do Emotional Challenge Give your personal reflections on the statements/questions(page 164) Integrative Performance Task

Day: 3 (Friday)

Lesson 14: Emotional Intelligence and Lesson 15: Positive and Negative Emotions(pages 143-166)

Time: 2:00-4:00pm

Weekly Assessment and Performance Task

Note:


1. Subject teacher can be reached thru online (fb / messenger / email / google classroom) for learners’ questions, and clarification during class hour.
2. You can access and download the soft copy of the module in CSHS Portal

<https://sites.google.com/deped.gov.ph/casenhghlm/home?fbclid=IwAR1qq-OF434YT7RM1mAdaBOuzicHgG0QO-OMC1VpZ7Iu8ODGDPxXKnvKCxM>

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