

 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	Demonstrate personal ways to cope with stress and maintain mental health
D. Learning Objectives	Develop and implement a personalized plan for maintaining mental health, including self-care strategies and access to resources for support.
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	Ask students to recall the previous lesson on mental health and briefly summarize the key points. Introduce the new lesson on developing and implementing a personalized plan for maintaining mental health.
B. Establishing a purpose for the lesson (1 min.) Engage	Explain that the purpose of the lesson is to help students identify and practice self-care strategies that can contribute to their overall mental health.
C. Presenting examples/ instances of the new lesson Explore (2-5 mins.)	Present examples of self-care strategies, such as exercise, mindfulness, and connecting with others. Provide information on mental health resources, such as counseling services, support groups, and crisis hotlines.
D. Discussing new concepts and practicing new skills #1 Explain (15 mins.)	Ask students to reflect on their own mental health and identify areas where they need support. Provide handouts on self-care strategies and mental health resources for students to review. Ask students to share their thoughts and questions about the handouts.
E. Discussing new concepts and practicing new skills #2 (10 mins.)	Divide students into pairs or small groups. Instruct them to discuss which self-care strategies they think would work best for them and how they can access mental health resources if needed. Ask each group to present their ideas to the class.
F. Developing mastery (Leads to Formative Assessment 3)	Ask students to individually create a personalized plan for maintaining their mental health.

(12 mins.) Elaborate	Provide them with a template or guide to follow. Allow time for students to share their plans with a partner or group for feedback.
G. Finding practical applications of concepts and skills in daily living (3 mins.)	<i>Ask students to share how they plan to incorporate self-care strategies and mental health resources into their daily lives.</i>
H. Making generalizations and abstractions about the lesson (3 mins)	Ask students to reflect on what they learned and how they plan to use the information to improve their mental health.
I. Evaluating learning (8 mins)	Administer a quiz or ask students to write a short reflection on the lesson and their personal plan for maintaining mental health. Use this as a formative assessment to gauge their understanding of the concepts and their ability to apply them. Quiz/Reflection Prompt: 1. What are some self-care strategies you can implement to maintain your mental health? 2. How can you access resources for mental health support? 3. Why is it important to develop a personalized plan for maintaining mental health? 4. How can you apply the concepts and skills learned in this lesson to your daily life? Example answer: 1. Some self-care strategies I can implement to maintain my mental health include practicing mindfulness, getting enough sleep, exercising regularly, and connecting with supportive friends and family members. 2. I can access resources for mental health support by reaching out to a mental health professional, utilizing online resources such as therapy apps or support groups, or contacting a crisis hotline if needed. 3. It is important to develop a personalized plan for maintaining mental health because everyone's mental health needs are different, and what works for one person may not work for another. By developing a personalized plan, individuals can identify the strategies and resources that are most effective for them and create a plan that is tailored to their specific needs. 4. I can apply the concepts and skills learned in this lesson to my daily life by regularly practicing self-care strategies, staying informed about mental health resources, and seeking support when needed. By prioritizing my mental health and implementing a personalized plan, I can improve my overall well-being and better manage any mental health challenges that may arise.
J. Additional activities for application or remediation (1 min)	Based on the formative assessment, provide students with additional activities or resources to support their learning and development.
V. REMARKS	Note: The time duration for each activity is flexible and can be adjusted based on the students' needs and progress. The teacher should monitor the time closely to ensure that all objectives are met within the allocated time.
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:
