

 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	Evaluate the effectiveness of different stress management techniques and identify personal strategies for coping with stress. Identify personal strategies for coping with stress.
II. CONTENT	Evaluating Stress Management Techniques
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	Greet the students and ask them how they are feeling. Review the previous lesson on stress management and ask if they have any questions. Introduce the new lesson and explain the objectives.
B. Establishing a purpose for the lesson (1 min.) Engage	Tell the students that the purpose of the lesson is to learn how to evaluate the effectiveness of different stress management techniques and identify personal strategies for coping with stress.
C. Presenting examples/ instances of the new lesson Explore (2-5 mins.)	Ask the students to give examples of stress management techniques they know. Write their answers on the board. Discuss the effectiveness of each technique.
D. Discussing new concepts and practicing new skills #1 Explain (15 mins.)	Present the handouts on stress management techniques and explain each one. Ask the students to choose one technique that they would like to try. Ask them to write down their chosen technique and why they think it would work for them.

	Ask each student to share their chosen technique and the reason for their choice with the class.
E. Discussing new concepts and practicing new skills#2 (10 mins.)	Break students into pairs or small groups and have them work together to brainstorm and share personal stress management strategies that have worked for them in the past. Ask each group to present their strategies to the class.
F. Developing mastery (Leads to Formative Assessment 3) (12 mins.) Elaborate	Distribute pens and paper and ask students to write down three personal stress management strategies that they can use. Encourage them to be specific and creative. Afterward, ask students to share their strategies with the class.
G. Finding practical applications of concepts and skills in daily living (3 mins.)	<p><i>Discuss how the different stress management techniques and personal strategies can be applied in daily life.</i></p> <p><i>There are various stress management techniques and personal strategies that individuals can use to cope with stress on a daily basis. For instance, some individuals may find it helpful to engage in physical exercise, meditation, or deep breathing exercises to manage their stress levels. Others may find that practicing gratitude or journaling helps them to shift their focus away from negative thoughts and emotions.</i></p> <p><i>In addition, individuals can also incorporate personal strategies for managing stress into their daily routine. This may include prioritizing self-care activities like getting enough sleep, eating a healthy diet, and engaging in hobbies or activities that bring them joy. It may also involve setting boundaries with others and learning how to say no to commitments or activities that are causing stress.</i></p> <p><i>For example, if someone is feeling overwhelmed with work, they can prioritize self-care activities such as taking a break to go for a walk or practicing deep breathing exercises during their lunch break. They can also set boundaries by communicating with their supervisor about their workload and setting realistic expectations for what they can accomplish in a given timeframe. By incorporating these stress management techniques and personal strategies into their daily life, individuals can better manage stress and improve their overall mental health and well-being.</i></p>
H. Making generalizations and abstractions about the lesson (3 mins)	Ask students to identify the key takeaways from the lesson and share them with the class.
I. Evaluating learning (8 mins)	Administer a short quiz on the stress management techniques discussed in the lesson. Allow students to ask any questions they may have before beginning the quiz.
J. Additional activities for application or remediation (1 min)	Based on the formative assessments, assign enrichment or remedial activities to students to practice their stress management skills.
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:
