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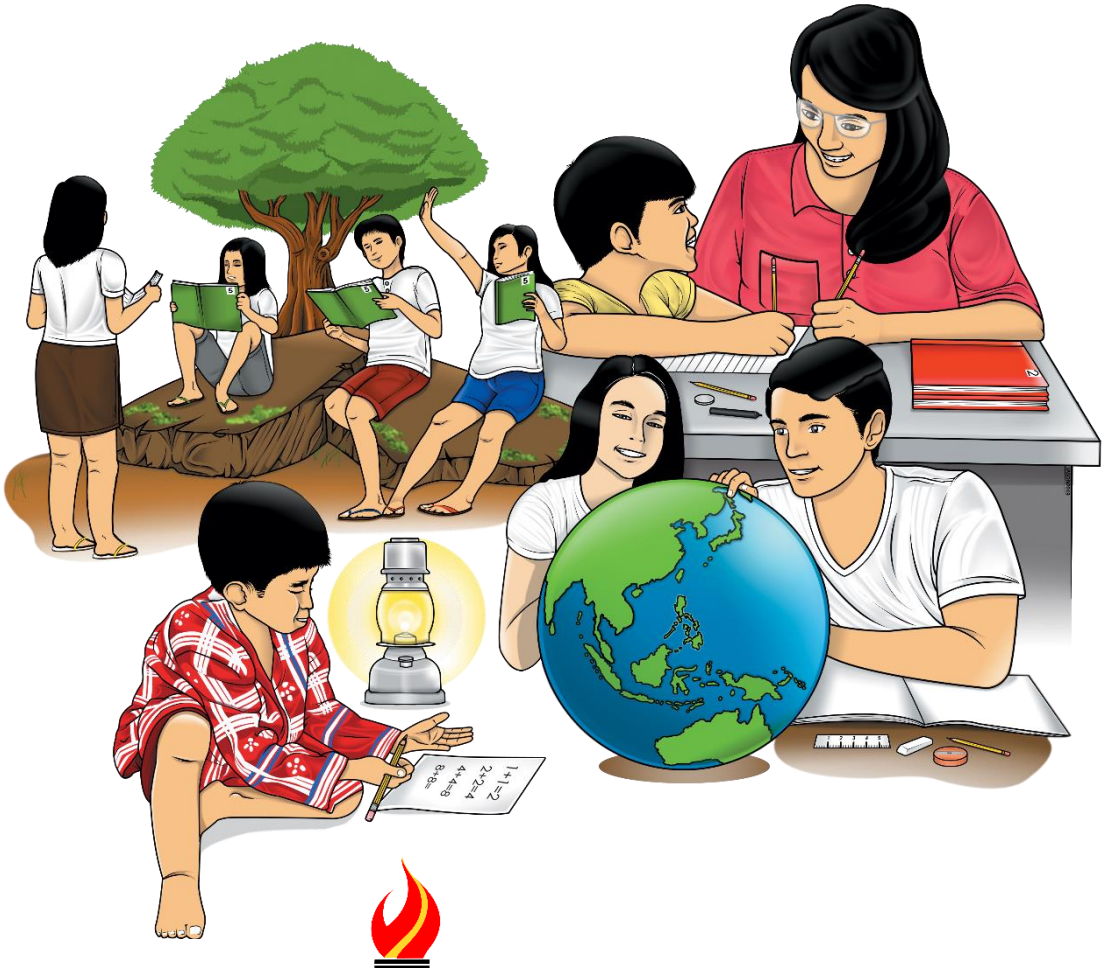
Health

Quarter 1 – Module 2:
Practices to Holistic Health



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Alternative Delivery Mode
Quarter 1 – Module 2: Practices to Holistic health
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Quarter 1 – Module 2:
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Introductory Message

This Self-Learning Module (SLM) has been prepared for you so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

Please use this SLM with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

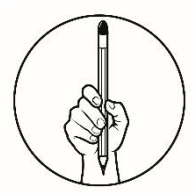
Thank you.

What I Need to Know

This module was designed and written with you in mind. It is here to help you master the practices of Dimension of holistic health. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is about:
Lesson 1: Practices of Holistic Health:

After going through this module, you are expected to: practice health habits to achieve holistic health (H7GD-Ic-15)



What I Know

The result of your pre-test will validate your knowledge, understanding and skills about dimensions of holistic health.

Directions: Read each of the statements below. Write **T** if the idea of the sentence is correct and **F** if the idea is not correct. Write your answer in your activity notebook.

_____1. Exercising on a regulate basis is a healthy practice.

_____2. Drinking powdered juice and drinking milk daily protect the body from sickness.

_____3. Eating lean meat is good to our health.

_____4. Jogging and walking are a good substitute to fitness gym activities.

_____5. Using stairs in going up and down is good to our lungs.

_____6. Listening to good music is a medical cure.

_____7. Eating bread with milk during breakfast is a good start for the day.

_____8. Staying awake late at night is a healthy habit.

_____9. Riding motorcycle on a short distance is a good way to save energy.

_____10. Throwing your garbage into the trash bin is good practice.

_____11. Studying your lesson ahead of time is a good habit.

_____12. Planting trees can help us save the environment.

_____13. Kissing the hands of our elderly is a sign of respect.

_____14. Having a good relationship with the neighborhood helps you to become a good person.

_____15. Bringing your own basket on a market day is a good practice.

Lesson 1 Practices to Holistic Health

Attaining holistic health should be everybody's goal. At this stage in your life, there are many health concerns that need to be addressed. You need to develop all dimensions of your health. You need coping skills to be able to face the challenges of an adolescent life. The assessment of growth and development is very helpful in finding out the state of health of a person. Continuous normal growth and development indicates a good positive attitude, healthy lifestyle, and desirable coping skills will help you attain and maintain holistic health.

What's In

Before going to the new lesson, let's take a minute to look at our past lesson by answering few questions.

Directions: Choose the word or words from the box that answers each of the items below. Write your answer in your activity notebook.

A. Emotional Health
B. Health
C. Environmental Health
D. Moral-Spiritual Health
E. Physical Health
F. Mental Health

_____1. It refers to the ability to accept failure, to understand and to like oneself.
_____2. It refers to the state of complete physical, mental or intellectual, emotional, social, moral- spiritual and environmental well-being.
_____3. It refers to the ability of an individual to explain things.
_____4. It refers to the well-being of an individual.
_____5. It refers to one's belief and values.
.

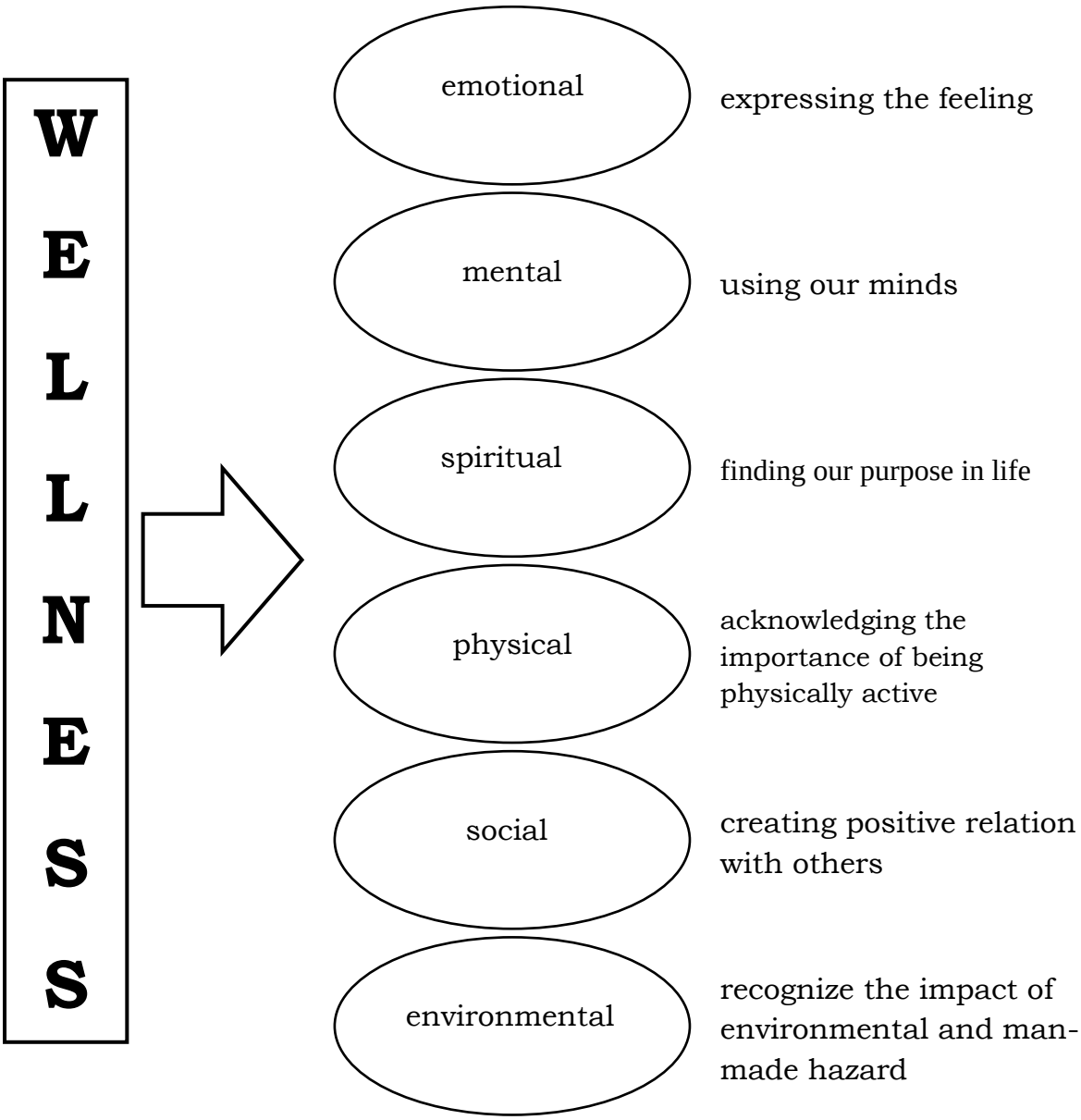
What's New

Being healthy and happy is important. In this lesson, you will know the difference between wellness and health and how they interact with each other.

Health is defined as a state of complete physical, social and mental well-being,

Wellness on the other hand refers to the state of being in optimal mental and physical health. It also means striving to live your life to achieve your fullest potential, making decisions and acting in healthy ways. It is a practice of positive health behaviors based on sound knowledge and healthy attitudes.

The diagram below shows the healthy habit of a person. Let us read and learn.



What is It

It is important to know how to live happily and healthily. The following discusses the different approaches to a holistic life:

Physical Health

It means how well your body functions. It includes being physically fit, eating nutritious food, and getting adequate rest and sleep.

Mental or Intellectual Health

It refers to the ability of an individual to think and improve his skills in life. A mentally healthy person is open to new ideas about life, family and environment.

Emotional Health

It is the ability to accept failures, adapt with the environment and consider the feeling of others. It refers to how well one meets the demands of daily life and how well he or she adjusts to a new situation.

Social Health

It refers to how well a person builds relationship and interacts with the people in the community. It also relates to one's ability to adapt comfortably to different social situations and react appropriately in relation to those.

Moral-Spiritual Health

It refers to one's faith, belief and values, and purposes in life.

Environmental Health

It is the ability of the person to recognize the impact of environmental hazards to life and to find ways how to protect oneself and the ecological systems from these hazards.

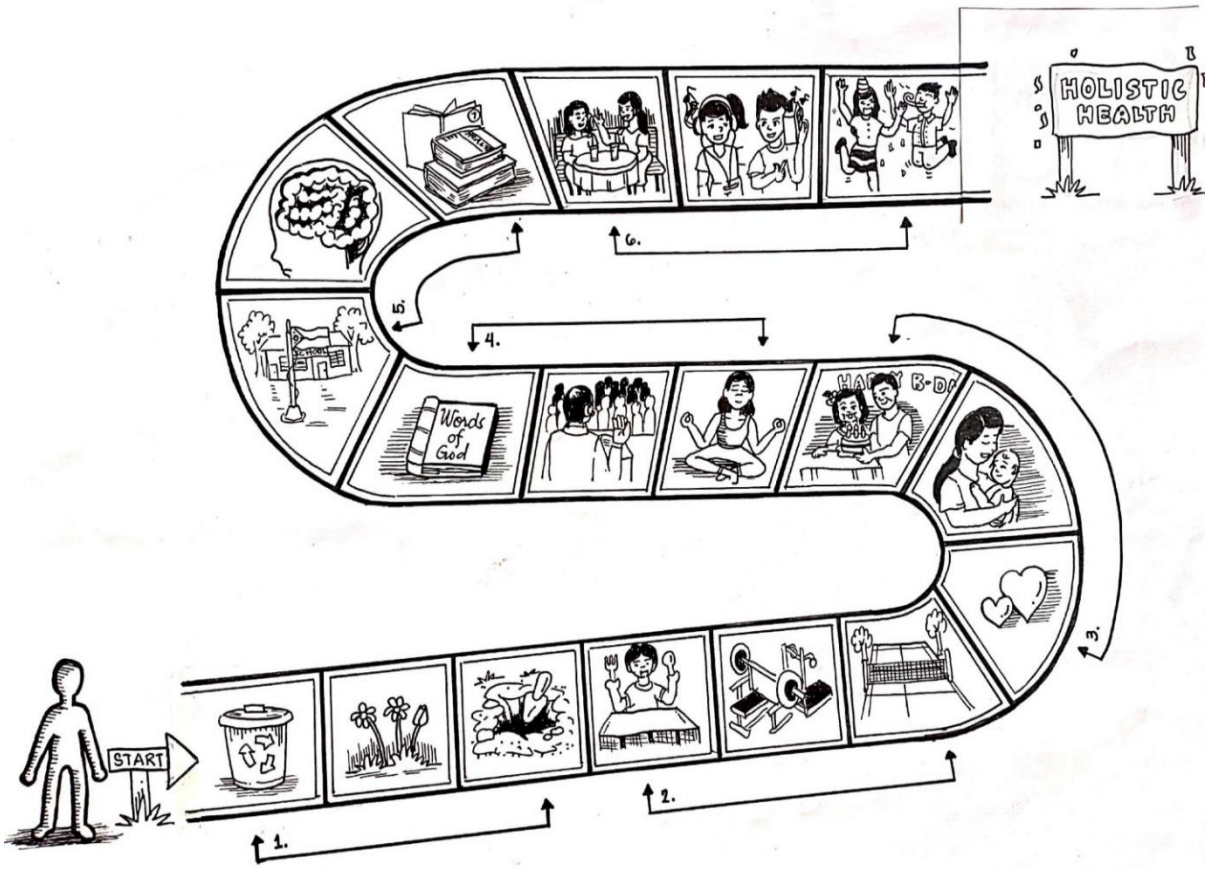
What's More

Activity 1: Trace a Maze!

A maze below consists of different health habit practices. This activity will help you understand more the different dimensions of holistic health.

Directions: Assume that you are at the starting point of the maze. Study each picture and identify what dimension of holistic health each one belongs. Write the answer in your activity notebook.

Physical Health	Social Health	Environmental Health
Mental Health	Spiritual Health	Emotional Health



Answer these questions:

1. What have you realized after tracing the maze from start to finish?
2. How do you feel now?

What I Have Learned

Activity 1: Box me in!

Analyze the given practices and habits in the box and write them in their proper boxes. Write your answer in your activity notebook. *(Note: the teacher will photocopy the activity.)*

A. Take time to pray	G. Tree planting	L. Free from sickness
B. Stay happy	H. Goal setting	M. Study habit
C. Body weight	I. Forgiveness	N. Self- confidence
D. Diet	J. Interaction to others	O. Self-esteem
E. Friendly	K. Relationship	P. Self-expression
F. Decision-making skills		

Physical Health

_____
_____
_____

Moral/Spiritual Health

_____
_____
_____

Mental Health

_____
_____
_____

Emotional Health

_____
_____
_____

Environmental Health

_____
_____
_____

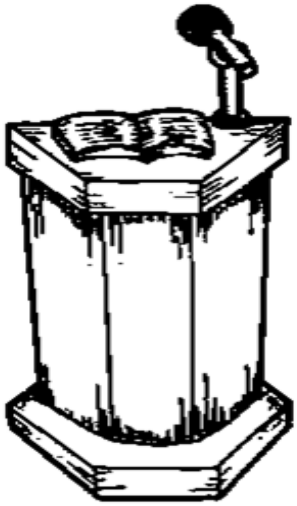
Social Health

_____
_____
_____

Activity 2: Where Am I!

After learning the different dimensions of holistic health, you are now ready for the next activity.

Directions: Study the pictures carefully. Identify the dimension of holistic health that is shown in each picture. Write your answer in your activity notebook. As a learner, why is it important to be healthy in all dimensions?



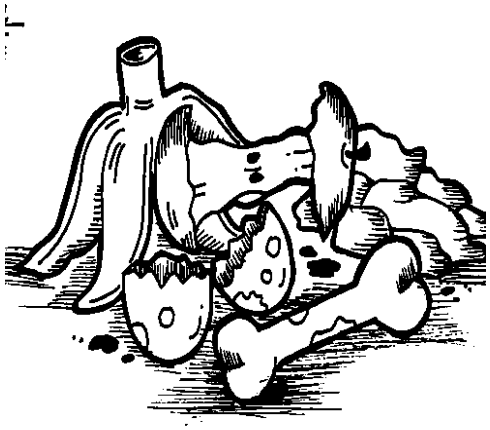
1. _____

2. _____

3._____

4. _____

5. _____



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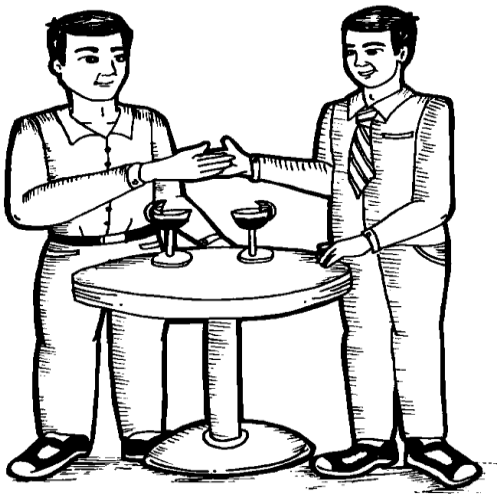

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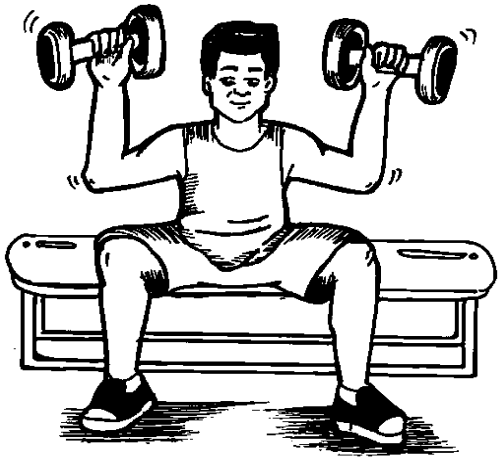
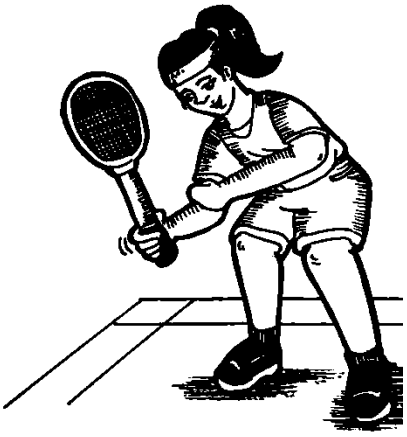


8. _____



9. _____

10. _____

What I Can Do

Activity 1: Match me up!

This activity will deepen your understanding on practices and habits in relation to holistic health dimensions.

Match the wellness/health habits in column A with their corresponding dimensions in Column B. Write the letter of your answer in your activity notebook.

Column A	**Column B**
_____1. meditate	A. environmental
_____2. walking	B. spiritual
_____3. love yourself	C. physical
_____4. clean air	D. emotional
_____5. read books	E. social
	F. mental

Assessment

The result of your post-test will check your present knowledge, understanding and skills about dimensions of holistic health.

Directions: Read each of the statements below. Write **T** if the idea of the sentence is correct and **F** if the idea is not correct. Write your answer in your activity notebook.

_____1. Jogging and walking is a good substitute to fitness gym activities.
_____2. Exercising on a regulate basis is a healthy practice.
_____3. Bringing your own basket on a market day is a good practice.
_____4. Drinking powdered juice and milk daily protects the body from sickness.
_____5. Using stairs in going up and down is good to our lungs.
_____6. Listening to good music is a medical cure.
_____7. Eating bread with milk during breakfast is a good start for the day.
_____8. Staying awake late at night is a healthy habit.
_____9. Throwing your garbage into the garbage bin is good practice.
_____10. Studying your lesson ahead of time is a good habit.
_____11. Planting trees can help us save the environment.
_____12. Kissing the hands of our elderly is a sign of respect.
_____13. Eating lean meat is good to our health.
_____14. Having a good relationship with the neighborhood helps you to become a good person.
_____15. Riding motorcycle on a short distance is a good way to save energy.

Answer Key

Moral/Spiritual

1. Take time to pray.
2. Goal Setting
3. Forgiveness

Emotional

1. Decision-making Skills
2. Stay happy
3. Self-esteem

Social

1. Friendly
2. Relationship
3. Interaction to other

Physical

1. Body weight
2. Diet
3. Free from sickness

Mental

1. Study habit
2. Self-confidence
3. Self-expression

Environmental

1. Tree planting m,

Where Am I?

1. Spiritual
2. Social
3. Physical
4. Mental
5. Spiritual
6. Environmental
7. Social
8. Physical
9. Physical
10. Social

Review

1. A. Emotional Health
2. B. Health
3. F. Mental
4. E. Physical
5. D. Spiritual

Trace a Maze!

1. Environment
2. Physical
3. Emotional
4. Spiritual
5. Mental
6. Social

Pre-Test/Post Test

1. T	1. T
2. F	2. T
3. T	3. T
4. T	4. F
5. T	5. T
6. T	6. T
7. T	7. T
8. F	8. F
9. F	9. T
10. T	10. T
11. T	11. T
12. T	12. T
13. T	13. T
14. T	14. T
15. T	15. F

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"Changes in the Health Dimension During Puberty". June 15, 2015 https://mygrade7health.blogspot.com/2014/05/changes-inhealth-dimensions-during.html.

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