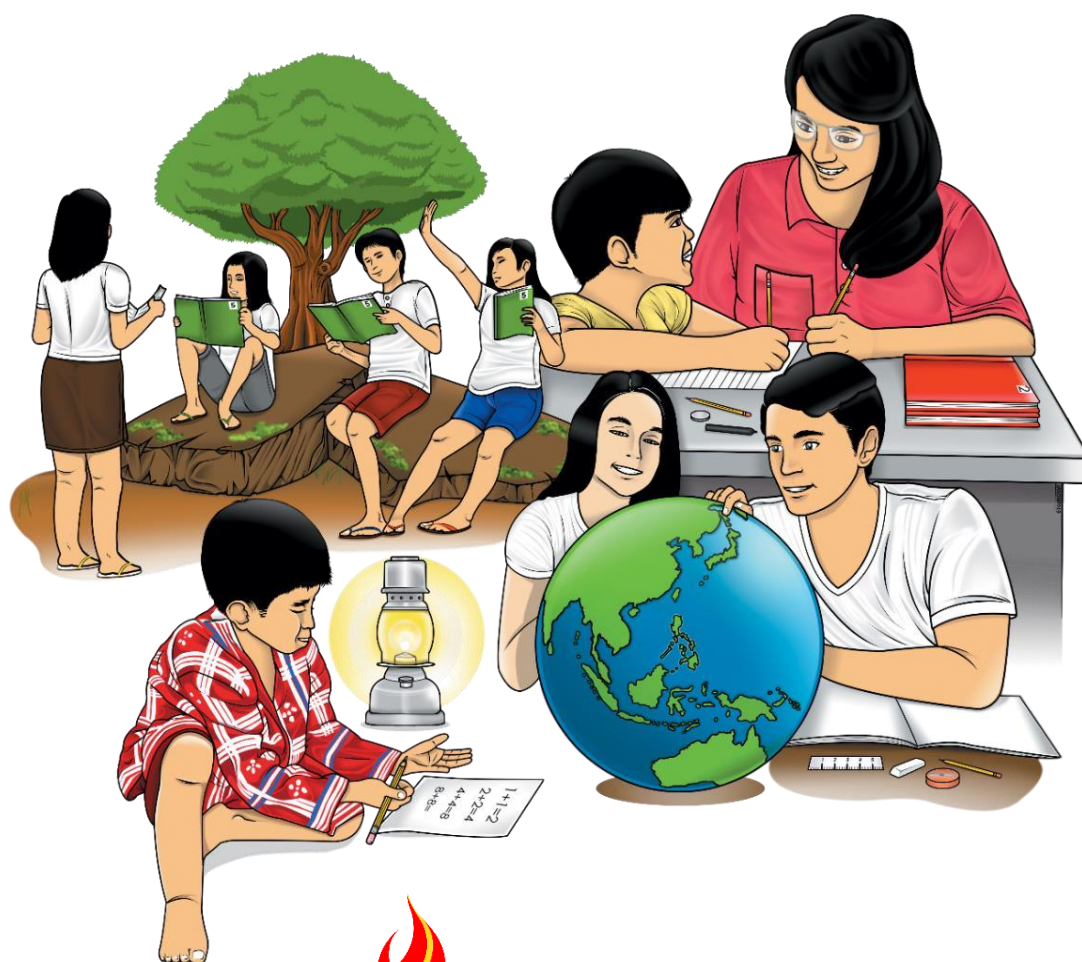


6

# Health

## Quarter 2 – Module 2: Living in a Healthful School and Community



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 2: Living in a Healthful School and Community**  
**First Edition, 2020**

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# 6

**Health**  
**Quarter 2 – Module 2:**  
**Living in a Healthful School**  
**and Community**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared 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.

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

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, 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.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module 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 questions in using this SLM or any difficulty in answering the tasks in this module, 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 explain the effect of living in a healthful school and community.

The module consists of one lesson only.

- Lesson 1 – The Effect of Living in a Healthful School and Community

After going through this module, you are expected to explain the effect of living in a healthful school and community (**H6CMH-IIb-2**).



## ***What I Know***

Directions: Write **Agree** if it describes the effect of living in a healthful school and community and **Disagree** if it does not. Do it on a separate sheet of paper.

- \_\_\_\_\_ 1. Motivated children to learn
- \_\_\_\_\_ 2. Unhealthy and sickly children
- \_\_\_\_\_ 3. Harmonious relationship among learners and teachers
- \_\_\_\_\_ 4. An environment that will develop children's self-esteem and sense of belonging
- \_\_\_\_\_ 5. A child experiencing abuse and discrimination
- \_\_\_\_\_ 6. Children playing safely and without injury
- \_\_\_\_\_ 7. Children free from illnesses and diseases
- \_\_\_\_\_ 8. Children who cannot interact with each other and cannot move freely
- \_\_\_\_\_ 9. Learners with developed sense of trust and respect
- \_\_\_\_\_ 10. Have created positive attitude towards learning

# Lesson 1

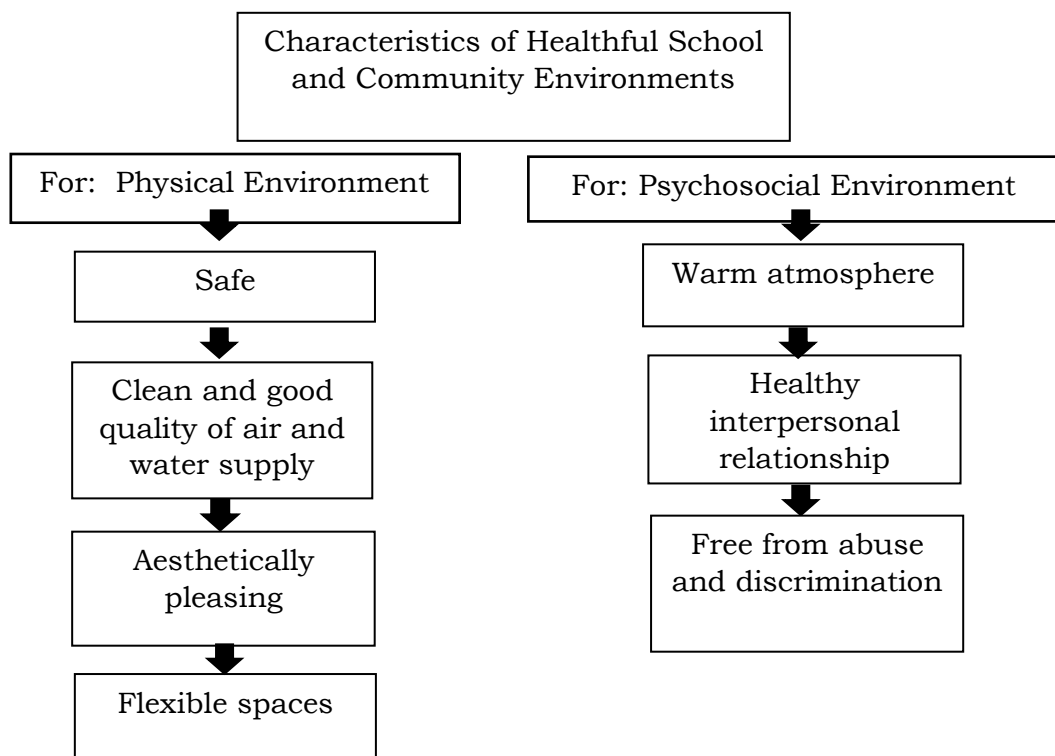
## The Effect of Living in a Healthful School and Community

Living in a healthful school and community promote a happy and healthy life. The community member's health is a result of a healthy environment. A healthy environment can only be achieved if everyone is responsible in doing their part as members of the community.



### *What's In*

Below are the characteristics of a healthful school and community environments. What do you think are the effects if you live in a healthful school or community? As learners, you will enjoy the effects of being in a healthful school and community by experiencing the good physical environment and psychosocial environment.



Effects of Living in a Healthful School and Community Environments

For: Physical Environment

For: Psychosocial Environment

Safe environment will keep the children away from harm and danger.

A welcoming and friendly environment will motivate learners to go to school every day.

Clean water and good quality of air will make the people healthy. Safe drinking water will also make the people free from water borne diseases.

Harmonious relationship among teachers and learners will help the learners feel comfortable and safe in school.

Good quality of air is healthy for our respiratory system. There will be no more respiratory diseases like asthma, and pneumonia if air that we breathe is of good quality.

An environment that is free from abuse and discrimination will make the learners feel valued, respected and secured.

Aesthetically pleasing environment is good to see. The clean and beautiful environment will give good feeling.



## What's New

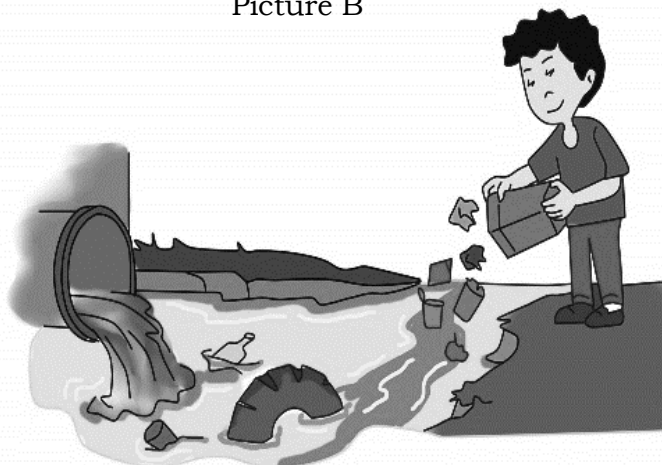
Directions: Look at the two pictures below and answer the following questions. Do it on a separate sheet of paper.

- What can you say about Picture A? How about Picture B?
- Can you explain the difference between the two pictures?
- Can you tell which picture shows a healthful environment?
- Which environment would you prefer to live in? Why?

Picture A



Picture B




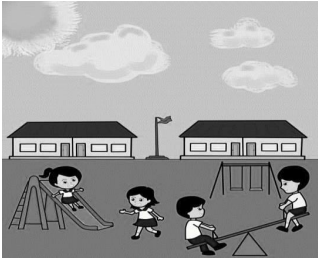



Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan




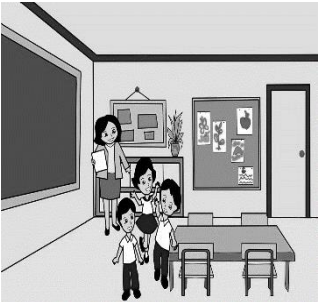




## What is It

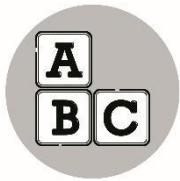
### Effects of Living in a Healthful School and Community

CHARACTERISTICS OF A HEALTHFUL SCHOOL AND COMMUNITY		EFFECTS OF LIVING IN A HEALTHFUL SCHOOL AND COMMUNITY
A. Physical Environment		
1. Safe		If the environment is safe, the children are free from harm and danger. They enjoy and play safely without injury. They will feel safe and secure.
2. Clean and good quality of air and water supply		Clean air and water in school and community will keep the children away from illnesses and diseases. They will live a healthy and happy life.
3. Aesthetically pleasing		An aesthetically pleasing environment will motivate learners to be ready and open to learning. Learners will feel happy to be in school. It will inspire them to participate actively in class and will improve their academic performance.
4. Flexible spaces		In a school facility like a classroom with enough space will allow children to learn comfortably. For a wide playground, children can play, move and interact freely with each other.

Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

CHARACTERISTICS OF A HEALTHFUL SCHOOL AND COMMUNITY		EFFECTS OF LIVING IN A HEALTHFUL SCHOOL AND COMMUNITY
<b>B. Psychosocial Environment</b>		
1. Warm atmosphere		<p>A warmth, welcoming and friendly environment will develop a sense of trust and respect among learners. They will have a positive attitude towards learning and will refrain from being absent because they enjoy staying in school.</p>
2. Healthy personal relationship		<p>Healthy personal relations will lead to a positive interaction among learners and teachers. It creates harmonious relationship and promotes spirit of camaraderie. Children are motivated to learn and attain positive learning outcomes.</p>
3. Free from abuse and discrimination		<p>An environment that is free from abuse and discrimination will lead into a positive attitude that will help children develop their self-esteem and sense of belonging. Children will feel valued and accepted for who they are.</p>

Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



## What's More

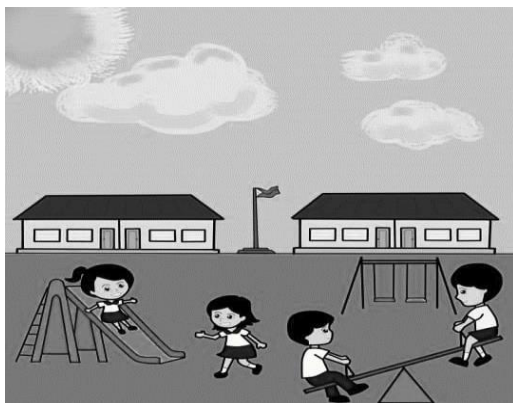
Directions: Write **Yes** if the picture shows an effect of living in a healthful school and community then **No** if it does not. Do it on a separate sheet of paper.

1.



Water Pollution

2.



Safe Environment

3.



Abusive Environment

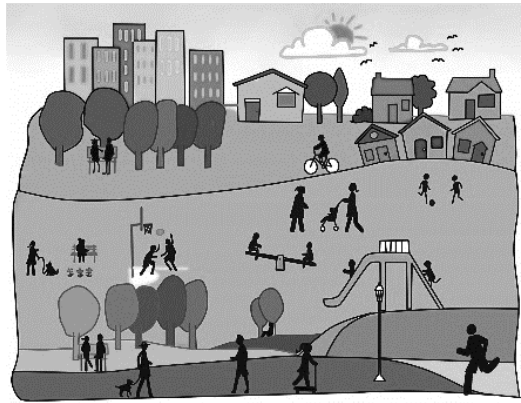
Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

4.



Aesthetically Pleasing Environment

5.



Healthful Community

Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



## ***What I Have Learned***

Directions: Match each characteristic of healthful school and community in **Column A** with its effect stated in **Column B**. Write the letter only of the correct answer. Do it on a separate sheet of paper.

### **Column A**

1. Clean and good quality of air and water supply
2. Safe environment
3. Free from abuse and discrimination
4. Warm atmosphere
5. Flexible spaces

### **Column B**

- A. Children with developed self-esteem, sense of belonging and no bullying
- B. Open and motivated learners with positive attitude towards learning
- C. Allow children to learn comfortably, interact with each other and move freely
- D. Children are free from illnesses and diseases
- E. Children enjoying and playing safely without injury



## ***What I Can Do***

Directions: Complete the table by writing at least five (5) effects of living in a healthful school and community and five (5) effects of living in an unhealthy school and community. Do it on a separate sheet of paper.

Effects of Living in:	
Healthful School and Community	Unhealthy School and Community
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



## ***Assessment***

Directions: Write **True** if the phrase or statement tells about the effect of living in a healthful school and community and **False** if it does not. Do it on a separate sheet of paper.

- \_\_\_\_\_ 1. Positive attitude towards learning
- \_\_\_\_\_ 2. Poor academic performance of pupils
- \_\_\_\_\_ 3. Children enjoying and playing safely without harm
- \_\_\_\_\_ 4. Increased absenteeism
- \_\_\_\_\_ 5. Children who are open to learning
- \_\_\_\_\_ 6. Children suffering from illnesses and diseases
- \_\_\_\_\_ 7. Disturbed pupils during class
- \_\_\_\_\_ 8. Children with love to stay in school
- \_\_\_\_\_ 9. Lack of focus due to crowded classroom
- \_\_\_\_\_ 10. Children feeling valued and accepted

Thank you for accomplishing this module. Congratulations!



## ***Additional Activity***

Directions: Write what you have learned about the effects of a healthful school and community environment by completing the table below. Do it on a separate sheet of paper.

For me, the following effects of a healthful school and community are:
1.
2.
3.
4.
5.





## Answer Key

<p style="text-align: center;"><b>Assessment</b></p> <p>1. True 2. False 3. True 4. False 5. True 6. False 7. False 8. True 9. False 10. True</p> <p style="text-align: center;"><b>Additional Activity</b></p> <p>Pupil's answer may vary.</p>	<p style="text-align: center;"><b>What I Have Learned</b></p> <p>1. D 2. E 3. A 4. B 5. C</p> <p style="text-align: center;"><b>What I Can Do</b></p> <p>Pupil's answer may vary.</p>	<p style="text-align: center;"><b>What I Know</b></p> <p>1. Agree 2. Disagree 3. Agree 4. Agree 5. Disagree 6. Agree 7. Agree 8. Disagree 9. Agree 10. Agree</p> <p style="text-align: center;"><b>What's New</b></p> <p>Pupil's answer may vary.</p> <p style="text-align: center;"><b>What's More</b></p> <p>1. No 2. Yes 3. No 4. Yes 5. Yes</p>
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