

Homeroom Guidance

Quarter 1 – Module 1:

The Superhero in ME



Homeroom Guidance Self-learning Module – Grade 11

Quarter 1 Module 1: The Superhero in ME

2020 Edition

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Gabay sa Magulang/Tagapag-alaga

Nagdulot ng napakaraming pagbabago sa pamumuhay ng bawat Pilipino ang pandemyang nararanasan ng buong mundo. Sa gitna nito, ang Department of Education ay kaisa ng inyong tahanan upang maipagpatuloy ang edukasyon ng lahat ng mag-aaral sa buong Pilipinas. Dalawa sa mga pamamaraang ito ang paghahanda ng *Learning Continuity Plan* at ng *Most Essential Learning Competencies (MELCs)*.

Sa taong ito, inihanda ang *Homeroom Guidance During Crisis MELCs* na naglalayong matulungan ang inyong mga anak upang maipagpatuloy ang pagkatuto sa kabila ng mga pagbabagong dulot ng pandemya. Ang *Homeroom Guidance (HG)* ay naglalayong maituro ang mga kasanayan sa buhay o *life skills* sa pamamagitan ng *self-directed learning modules*. Nakatuon ito sa tatlong mahahalagang domeyn, ang *academic, personal-social* at *career development*. Binigyang-pokus sa *Homeroom Guidance MELCs* ang mga gawaing makatutulong sa lahat ng mga mag-aaral na magkaroon ng *Rasyunal na Pag-iisip (Rational Thinking)*, *Malusog/Maayos na Pag-uugali (Healthy Behavior)* at *Positibong Disposisyon (Positive Disposition)* na higit na kailangan sa panahong ito.

Malaki ang gampanin ng mga magulang upang mapagtagumpayan ang mga gawaing nakalatag dito. Kakailanganin ng mag-aaral ang inyong patnubay at gabay sa modyul na ito. Kung kaya, hinihingi ng Kagawaran ang inyong suporta upang mapagtagumpayan ng mag-aaral ang mga hamon sa buhay, maisakatuparan ang mga inaasahang gawain at higit sa lahat, matutuhan ang mga kasanayan sa buhay na kailangan nilang taglayin sa yugtong ito.

Ito ay naglalayong paunlarin ang mga gawi at pamamaraan sa pag-aaral. Lubhang mahalaga ang modyul na ito lalo sa panahon ngayon ng pandemya kung saan gagamit ng alternatibong pamamaraan sa pagkatuto ang mga kabataan nang hindi nangangailangan ng pisikal na presensya sa paaralan. Mahalagang patatagin ang magagandang gawi ng mag-aaral gayundin ang mga isinasagawa niyang pamamaraan sa pag-aaral. Inaanyayahan po ang mga miyembro ng pamilya na makilahok sa mga gawain sa modyul na ito na nangangailangan ng inyong partisipasyon tulad na lamang ng mga naoobserbahan ninyong gawi mag-aaral. Hikayatin ang ibang mga anak na makilahok sa gawaing nabanggit. Mangyaring tulungan ang mag-aaral upang maisagawa ang mga itinakdang gawain para sa modyul na ito. Siguraduhing may magagamit siyang kagamitan. Isa rin itong magandang pagkakataon upang magkaroon ng interaksyon ang mga miyembro ng pamilya. Ang inyong suporta at paggabay ay napakalaking bagay. Tiyakin na sasagutin ng mag-aaral ang bawat bahagi ng modyul at siguraduhing maipapasa sa gurong-tagapayo ang natapos na mga gawain.

Introductory Message

For the learner:

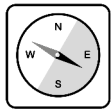
As part of examining your life while trying to adjust to the new normal, it is important to evaluate your strength and weaknesses. Doing it will help you to the adjustments that you will need for the next stage of your life. This could help you understand the things that happen around you and to effectively deal with different challenges.

Work on the tasks seriously; seek help if you believe you need to. Remember, in life there are things that we cannot control. There will be negative events that will challenge our positive dispositions. However, let us not be disheartened; we have the means on how to overcome it – you have that in you! Embark on this journey of overcoming your weaknesses and optimizing your strengths in transforming into a better version of yourself!

This self-learning module has six interactive activities such as:



Let's Try This – which will help you to get ready to learn;



Let's Explore This – which will guide you towards what you need to learn;



Keep in Mind – which will give you the lessons that you need to learn and understand;



You Can Do It – which will help you apply the lessons learned in daily activities;



What I Have learned – which will test and evaluate your learning;



Share Your Thoughts and Feelings – which will help you express your thoughts, opinions and feelings.

Make sure to read, think, follow, and enjoy every task that you are ask to do. Have fun! Stay safe and healthy!

**Learning Objectives**

At the end of this module, you are expected to:

1. identify your positive traits, characteristics, and accomplishments by exploring yourself;
2. demonstrate self-worth as you engage in learning activities; and
3. appreciate your feelings, thoughts, desires and values through positive self-talk.

Period: Week 1 of 1st Quarter

Suggested Total Time Allotment: 60 Minutes

Materials Needed:

Coloring materials, if available

- Worksheets 2.2, All About Me
- Permanent Marker or any alternative material if not available
- Bond paper/Intermediate Paper or any alternative clean sheet of paper
- Pen

**Introduction**

This module will discuss appropriate ways on how to improve your self-care and live up to your full potentials. It will also help you in differentiating self-worth from your self-esteem to better understand the factors that influence your inner sense of value.

The module will present various activities that will help you develop and strengthen your self-worth. Thus, it is recommended that you should accomplish every activity.

As an additional challenge, there are activities in this module that will help you discover your worth amidst the COVID-19 pandemic.



Let's Try This

Suggested Time Allotment: 15 Minutes

Try to remember that last time you felt valued by others and the way you made others felt valued. Identify the incidents, your thoughts or ideas about the situations, your feelings and your behavior or action. Use the templates below to encapsulate those moments:

The last time I felt valued

Incident:
Thoughts:
Feelings:
Behavior:

The last time I made others felt valued

Incident:
Thoughts:
Feelings:
Behavior:

Processing Questions:

1. Did you find it difficult/easy to answer? Why?
2. What do you notice with your answers?
3. What is your reaction upon seeing all your answers?



Let's Explore This

Suggested Time Allotment: 15 minutes

MIRROR MIRROR ON THE WALL

Think of a person whom you want to talk to (can be friend, teacher, guidance counselor, brother, sister or cousin, parent or guardian). Write his/her name separately on a 1/4 size paper using a permanent marker or a pen. Face the mirror, post the name of your chosen person on the mirror. Imagine that that person is facing you. Talk to yourself in the mirror and to the person you chose guided by the following instructions.

Instructions: Imagine that you are looking at the mirror, and from the mirror you see yourself. Please talk to yourself and say that “I am proud of you because you are _____”

Then, your friends pop up in the mirror (*post the name of your friends in the mirror*), please tell your friends that “You should be happy with me because I’m _____.”

Then, your teachers pop up in the mirror (*post the name of your teachers in the mirror*), please tell them that “You should be happy with me because I’m _____.”

Then, your brothers/sisters pop up in the mirror (*post the name of your brothers/sisters/cousins*), please tell them that “You should be happy with me because I’m _____.”

Then, your parents pop up in the mirror (*post the name of your parents/guardian or whom you consider as your parent in the mirror*), please tell them that “You should be proud of me because I’m _____.”

Answer the processing questions on a separate clean paper. Make sure to write your name, title of the worksheet as the heading of the activity and compile it in your portfolio.

Processing Questions:

1. How did you find the activity?
2. How do you feel about talking to yourself? Your friends? Teachers? Family?
3. What have you discovered about yourself during your self-talk?
4. How is the activity helping you enhance your self-worth?



Keep in Mind

SELF WORTH vs. SELF-ESTEEM: LET'S CLARIFY!

Self-worth and self-esteem are two different things, despite the fact that they are used interchangeably. Self-esteem is concerned more on your confidence and healthy admiration of yourself, while self-worth is how you value yourself—an inner sense of value. It is you who can determine how outside factors influence your self-worth. These factors are actions or reactions and judgments of other people. Researches say that an individual who validates his/her self-worth from external factors may more likely have low self-worth. However, individuals who consider their internal aspects tend to develop a healthy inner sense of value.

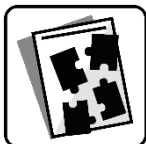
How to Improve your Self-worth

- **Stop comparing yourself to others.** Evaluating yourself based on standards of other people may lead you to self-destruction or may develop maladaptive behavior.

- **Challenge the critical inner self.** Find effort to see who you really are. Listen to your inner voice. Start understanding and appreciating your own feelings, thoughts, desires and values. If you will challenge your critical inner voice and stop comparing yourself to others, you can begin to get a feeling for your own self-worth.

How to Improve and Raise Your Self-esteem

- **Be with people who treat you well.** Some people act in ways that tear you down. Others lift you up by what they say and do. Learn to tell the difference. Choose friends who help you feel OK about yourself. Find people that you can be yourself with. Be that type of friend to others.
- **Set goals and work toward them.** If you want to feel good about yourself, do things that are good for you. Maybe you want to eat a healthier diet, get more fit, or study better. Make a goal. Then make a plan on how to do it. Stick with your plan. Track your progress. Be proud of what you've done so far. Say to yourself, "I've been following my plan to work out every day for 45 minutes. I feel good about it. I know I can keep it up."
- **Give and help.** Giving is one the best ways to build self-esteem. Tutor a classmate, help clean up your neighborhood, help in a donation drive campaign. Help out at home. Make it a habit to be kind and fair. Do things that make you proud of the kind of person you are. When you do things that make a difference (even a small one) your self-esteem will grow.



You can do it

Complete the sentences and write it on a one whole sheet of paper with the Self-affirmation Exercise. Compile it in your portfolio.

Self-affirmation Exercise

1. My proudest moment was _____.
2. My strengths are _____.
3. My source of joy is _____.
4. My friends really appreciate me as a _____.
5. I can overcome all the challenges in life because _____.
6. I will reach my dreams because _____.



What I have Learned

Suggested Time Allotment: 5 minutes

Think of our current crisis (Covid-19 Pandemic) situation. Recall a moment where you have done something that you felt confident and your sense of self-worth is high. What can you say to yourself in that situation? What have you done? Write your answers on a sheet of paper.



Share your thoughts and feelings

Suggested Time allotment: 5 minutes

Answer the following questions on a clean sheet of paper.

1. What positive statement would you say to yourself to be reminded of your strengths and values?
2. How will you deal with life obstacles or negative feelings?
3. What would you do to empower yourself?
4. What are your realizations as to your capability in handling and surviving the current health crisis right now?

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References

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