

Homeroom Guidance

Quarter 1 – Module 3: Embracing Uniqueness



Homeroom Guidance Self-learning Module – Grade 7

Quarter 1 Module 3: Embracing Uniqueness

2020 Edition

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Homeroom Guidance Grade 7

Quarter 1 – Module 3:

Embracing Uniqueness



Gabay sa Magulang/Tagapag-alaga

Isinulat ang modyul na ito bilang gabay ng inyong mag-aaral upang malinang ang kanyang aspetong personal at sosyal. Naka-disenyo ito para sa *distance learning* o alternatibong pamamaraan ng pagkatuto na hindi nangangailangan ng pisikal na presensya sa paaralan bilang tugon sa direktiba na pagkansela ng *face-to-face* dulot ng pandemyang Covid-19.

Matututuhan ng mag-aaral dito ang ibayong pagpapaunlad ng kakayahang makipag-ugnayan sa kapwa. Isinasaad dito ang mga paraan kung paano maipakikita ang pagtanggap, pag-unawa at respeto sa pagkakapareho at pagkakaiba ng opinyon, paniniwala, kultura o pagpapahalaga ng bawat isa. Ang mga gawaing nakapaloob sa modyul na ito ay naglalayong mas mapalalim at mapatibay ang kanilang relasyon sa pamilya at kapwa.

Inaasahan namin ang inyong buong pusong paggabay sa mag-aaral upang matapos ang mga gawain. Mahalaga ang inyong partisipasyon sa ilang gawaing itinakda upang maging bahagi ng kanilang sarili ang mga aral na nais iparating ng modyul na ito. Kaugnay nito, hinihiling namin na mabigyan ninyo sila ng oras sa tahanan upang magampanan ang pagtupad sa bawat gawain. Ang transpormasyong bunga ng kanilang pagkatuto ay maaari ninyong makita sa pamamagitan ng kaniyang maayos na pakikitungo sa loob at labas ng inyong tahanan.

Introductory Message

For the Learner:

This module is designed to help you in your academic-related needs; concerns affecting your individuality (self), your relationship with others and interaction in the community; and, in discovering your interests, talents and skills that will help you explore future career options and opportunities.

The module has six interactive tasks, which are:

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; and

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 asked to do.

Have fun! Stay safe and healthy!



MODULE

3

EMBRACING UNIQUENESS

Learning Objectives

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

1. distinguish your own uniqueness and the characteristics of your immediate others (family members);
2. identify actions that show respect for individual differences as observed in family interaction; and
3. value the importance of good relationship and individual differences.

Period: Weeks 5 and 6 of 1st Quarter

Suggested Total Time Allotment: 120 minutes

Materials Needed:

Clean sheets of paper/ bond papers
Pencil/ Ballpen



Introduction:

Do you like spicy foods? Some people may answer yes and some will automatically say no. Those who say no might dislike it because of the burning sensation it gives to the mouth, while some can't handle it at all. Those who say yes might really just like it very much. All of us have different tastes, different likings, as well as ways to enjoy.

In this module, we will go deeper and understand how people make good relationship even with individual differences. We can also distinguish different actions of people around us that influence our improvement as a person despite the challenges in the current times.





Let's Try This

Suggested Time allotment: 15 minutes

Uniqueness in our Family

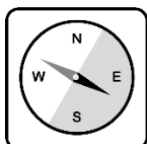
Identifying one's uniqueness starts at home. Your family is composed of different members who have differences as well. You may differ in opinions, beliefs, characteristics and abilities but you still live in harmony.

1. Copy the table below on a clean sheet of paper.
2. Complete the table by writing your personal responses under Column B.
3. Interview at least two (2) of your family members and fill in Columns C and D.
4. Answer the processing questions after accomplishing the table.

A	B	C	D
	Yourself	Family Members	
<i>Favorite food</i>			
<i>Favorite TV Show</i>			
<i>Hobby</i>			
<i>Favorite subject</i>			
<i>Talent</i>			
<i>What makes you happy?</i>			
<i>What makes you angry?</i>			

Processing Questions:

1. Do you have the same answers as the other members of your family? What are these?
2. How are you different from your family members? Cite some examples.



Let's Explore This

Suggested Time allotment: 25 minutes

What Will You Do?

There are similarities and differences among individuals. Some of these are obvious, others are not. It is important to recognize and respect your similarities and differences with the people around you in order to strengthen your relationship with them.

Read each situation below and answer the questions. Write your answer on a clean sheet of paper.

Situation 1:

Your younger sister shows difficulty in her school work and you would like to help her. However, you also need to submit your school requirements the next day. What would you do?

Situation 2:

You overheard your parents talking about their plans for your future. They plan to send you to a medical school. In silence you were determined to be a fashion designer, how would you tell your parents about your dream?

Situation 3:

Water supply in your area is very limited. You share the little supply with the rest of your family. If your friend told you that you have an unpleasant smell, what would you do?

Processing Questions:

1. What did you consider in answering the different situations?
2. Based on your answers, how did you face your differences with other people in the situations?
3. Is it easy to maintain a positive relationship with others despite differences?



Keep in Mind

Suggested Time Allotment: 20 minutes

Respect Uniqueness

Being unique is something that you can be proud of. Could you imagine if the people in your community have the same face? That would be a challenge to determine who you are interacting with. Hence, the uniqueness of each person serves them to be recognized by others. You can easily identify your friends through their faces, preferences, gestures, and expressions. Keeping these in mind, we learn how to respect their individuality and establish healthy relationship with them.

Here are some practical and effective ways on how to show respect for other's uniqueness:

Recognize individual differences

As we interact with other people, we tend to compare and differentiate our personal traits, characteristics and behavior from others. We can easily identify similarities and differences amongst people. It is essential that we value our individual differences so that we will be able to understand the reason behind other person's actions, beliefs and behavior. Acceptance of individual differences will help us in establishing healthy relationships.

Empathize

To empathize means to see others' perspective, to recognize others' without judgment, and to understand others' feelings. Showing empathy can help you in identifying the needs of others, in building emotional connection, and in establishing meaningful relationships.

For example, you saw your classmate crying because he failed in the examination. You can empathize by listening to his concern and offer words of encouragement.

Speak with kindness

Proper communication is essential in showing respect for others. The best way to communicate is through our words and actions, that is why it is important that we understand how to speak with kindness. You need to properly choose your words and the timing and the tone of your voice. It is important that before we speak, we also listen. Being kind in words and in actions would lead to healthy relationships. On the other hand, shouting or being rude to others leads to misunderstanding, fighting and broken relationships.

Promote positivity

Positive words and actions can influence the quality of our relationships. Remember to use words of appreciation, gratitude and encouragement and show actions like smiling, nodding or tapping the shoulder to show affirmation.

Express personal thoughts and feelings in an appropriate manner

You can express your thoughts and feelings by communicating with your family members, teachers, friends or other people whom you trust . You can also have a personal journal or an e-journal in your mobile phone. You can also express your thoughts and feelings through creative arts.

Expressing thoughts and feelings in an appropriate manner will promote personal growth, harmonious relationships and respect for others' uniqueness.

Care to show compassion

Caring to show compassion is also showing respect for others. The best way to show compassion is to be a friend. Being a friend means being a good listener, showing good example, having concern for the welfare of others, and providing support during times of difficulty.

Treat everyone with sincerity

Treating everyone with sincerity means being honest in our words and actions. We can show sincerity by keeping our promises, giving honest comments, being consistent in our behavior toward others, and accepting our personal limitations. However, we need to be mindful on how we express our sincerity to still emphasize our good intention.



You Can Do It!

Suggested Time Allotment: 15 minutes

Strengthening Relationships amidst Diversity

Choose a word from the box below and give an example on how you are going to use it to promote respect for individual differences and healthy relationship. Write your answer on a clean sheet of paper.

Respectful	Approachable	Organized
Helpful	Honest	Creative
Thoughtful	Resourceful	Focused
Cheerful	Energetic	Calm



What I Have Learned

Suggested Time Allotment: 15 minutes

Answer the following questions on a clean sheet of paper.

1. How will you promote good relationship in your family?
2. How will you inspire others to respect individual differences?



Share Your Thoughts and Feelings

Suggested Time Allotment: 30 minutes

On a clean sheet of paper, create a slogan about embracing the uniqueness of every person. You may use different art materials that you have at home. Below is the sample slogan:

“Embracing uniqueness is the key to transforming relationships.”

- Jona Kristen



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