

# Health 7

## Learning Activity Sheet

### Quarter 3 – MELC 1

#### Promotion of Good Mental Health



**REGION VI – WESTERN VISAYAS**

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## **HEALTH 7**

### **Learning Activity Sheet Quarter 3 – MELC 1: Promotion of Good Mental Health**

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# ***Introductory Message***

Welcome to MAPEH 7!

The **Learning Activity Sheet** is a product of the collaborative efforts of the Schools Division of Cadiz City and DepEd Regional Office VI - Western Visayas through the Curriculum and Learning Management Division (CLMD). This is developed to guide the learning facilitators (teachers, parents and responsible adults) in helping the learners meet the standards set by the K to 12 Basic Education Curriculum.

The **Learning Activity Sheet** is self-directed instructional materials aimed to guide the learners in accomplishing activities at their own pace and time using the contextualized resources in the community. This will also assist the learners in acquiring the lifelong learning skills, knowledge and attitudes for productivity and employment.

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## **For learning facilitator:**

The **Health 7 Activity Sheet** will help you facilitate the leaching-learning activities specified in each Most Essential Learning Competency (MELC) with minimal or no face-to-face encounter between you and learner. This will be made available to the learners with the references/links to ease the independent learning.

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## **For the learner:**

The **Health 7 Activity Sheet** is developed to help you continue learning even if you are not in school. This learning material provides you with meaningful and engaging activities for independent learning. Being an active learner, carefully read and understand the instructions then perform the activities and answer the assessments. This will be returned to your facilitator on the agreed schedule.

## **Learning Activity Sheets (LAS) (For Health MOI LA)**

Name of Learner: \_\_\_\_\_

Grade & Section: \_\_\_\_\_ Date: \_\_\_\_\_

### **HEALTH 7 ACTIVITY SHEET**

#### **Promotion of Good Mental Health**

#### **I. LEARNING COMPETENCY WITH CODE**

- Explains the factors that affect the promotion of good mental health **(H7PH-IIIa-b-28)**

#### **II. BACKGROUND INFORMATION FOR LEARNERS**

Good mental health is more than just the absence of mental illness. It is a state of mental health that allows one to flourish and fully enjoy life.

Everyone experiences down times in life. The ability to cope with negative experiences varies greatly from one person to another and, in large part, determines whether people enjoy their lives.

Mental health promotion seeks to foster individual competencies, resources, and psychological strengths, and to strengthen community assets to prevent mental disorder and enhance well-being and quality of life for people and communities.

To maintain good mental health, you must establish a balance between various aspects of your life. These aspects are:

- Social
- Physical
- Mental
- Economic
- Spiritual
- Emotional

#### **III. DIRECTIONS/INSTRUCTIONS**

The following are some reminders in using this Learning Activity Sheet (LAS):

1. Use the Learning Activity Sheet with care. Do not put unnecessary mark/s on any part of the learning activity sheet. Use your Health activity notebook in answering the activities. Write each activity number and its title.
2. Read the direction carefully before doing each task.
3. Observe honesty and integrity in doing the tasks and checking your answers.
4. Finish the task at hand before proceeding to the next.

5. Return this learning activity sheet (LAS) to your teacher/facilitator once you are through with it.

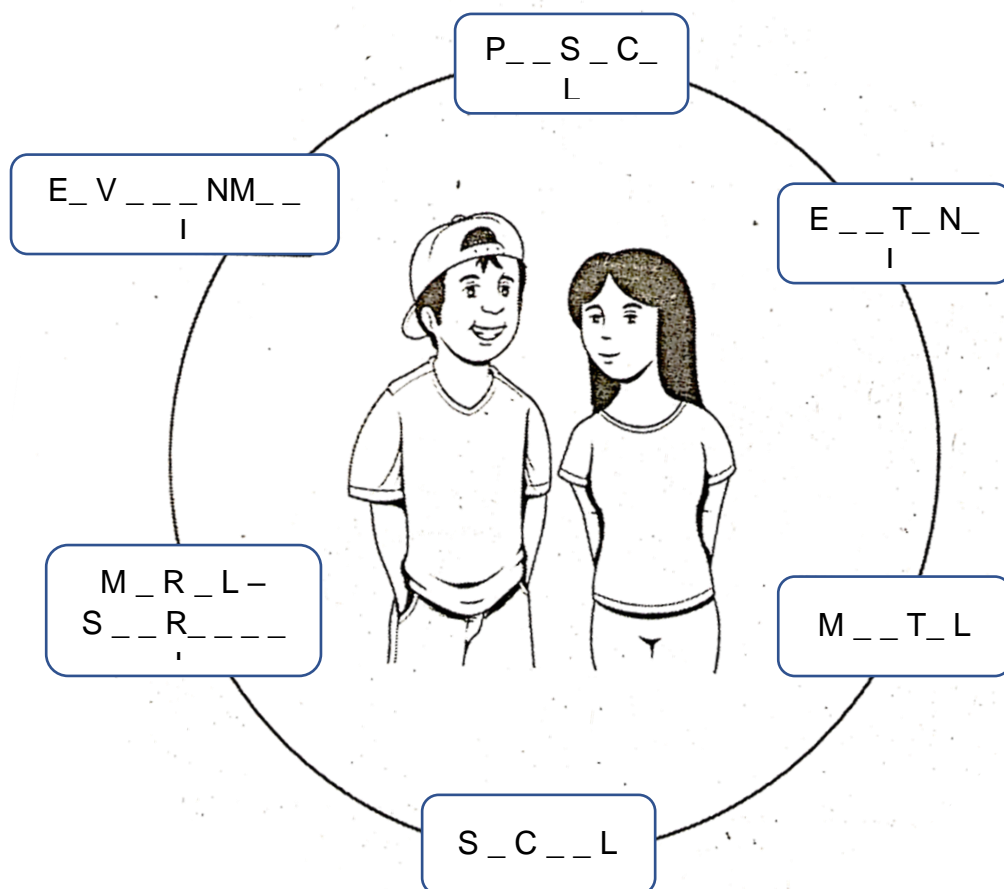
If you encounter any difficulty in answering the tasks in this learning activity sheet (LAS), do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

#### IV. EXERCISES/ACTIVITIES

##### Activity 1: LET'S RECALL!

**DIRECTIONS:** Complete the diagram showing the dimensions which contribute to the total well-being of a person.



This module will focus on your m \_ \_ t \_ l and e \_ \_ t \_ \_ n \_ l health.

## Activity 2: LET'S BRAINSTORM

**DIRECTIONS:** In this activity, define your own definition of mental and emotional health. Complete the sentence inside the box.

<b>Mental and Emotional Health is</b> <hr/> <hr/> <hr/>
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### V. GUIDE QUESTIONS

1. How does your body respond to the things you think and feel?

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2. How can I improve my Mental and emotional health?

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### VI. REFLECTION

**DIRECTIONS:** Reflect on the questions below. Write your insights or realization in your answer sheet.

1. What are you thinking and feeling right now in current situations?

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2. Use a sheet of bond paper to draw pictures or write words and phrases.

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## **VII. REFERENCE FOR LEARNERS**

### Books:

Dunne, Layon J. 2002 Nutrition Almanac. McGraw-Hill

Duyff, Roberta Larson 2000 Nutrition and Wellness

Wardlaw, Gordon M. et. Al 2005 Contemporary Nutrition Sixth Edition

Williams, Melvin H. (2010) Nutrition for health, fitness & sport

### Internet/ electronic resources:

<https://canwetalk.ca/about-mental-illness/factors-affecting-mental-health/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3134513/>

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/maintaining-good-mental-heal>

## VIII. ANSWER KEY

Activity 1	PHYSICAL EMOTIONAL MENTAL MORAL SPIRITUAL SOCIAL ENVIRONMENTAL
Activity 2	Answers may vary
Activity 3	Answers may vary
Reflection	Answers may vary