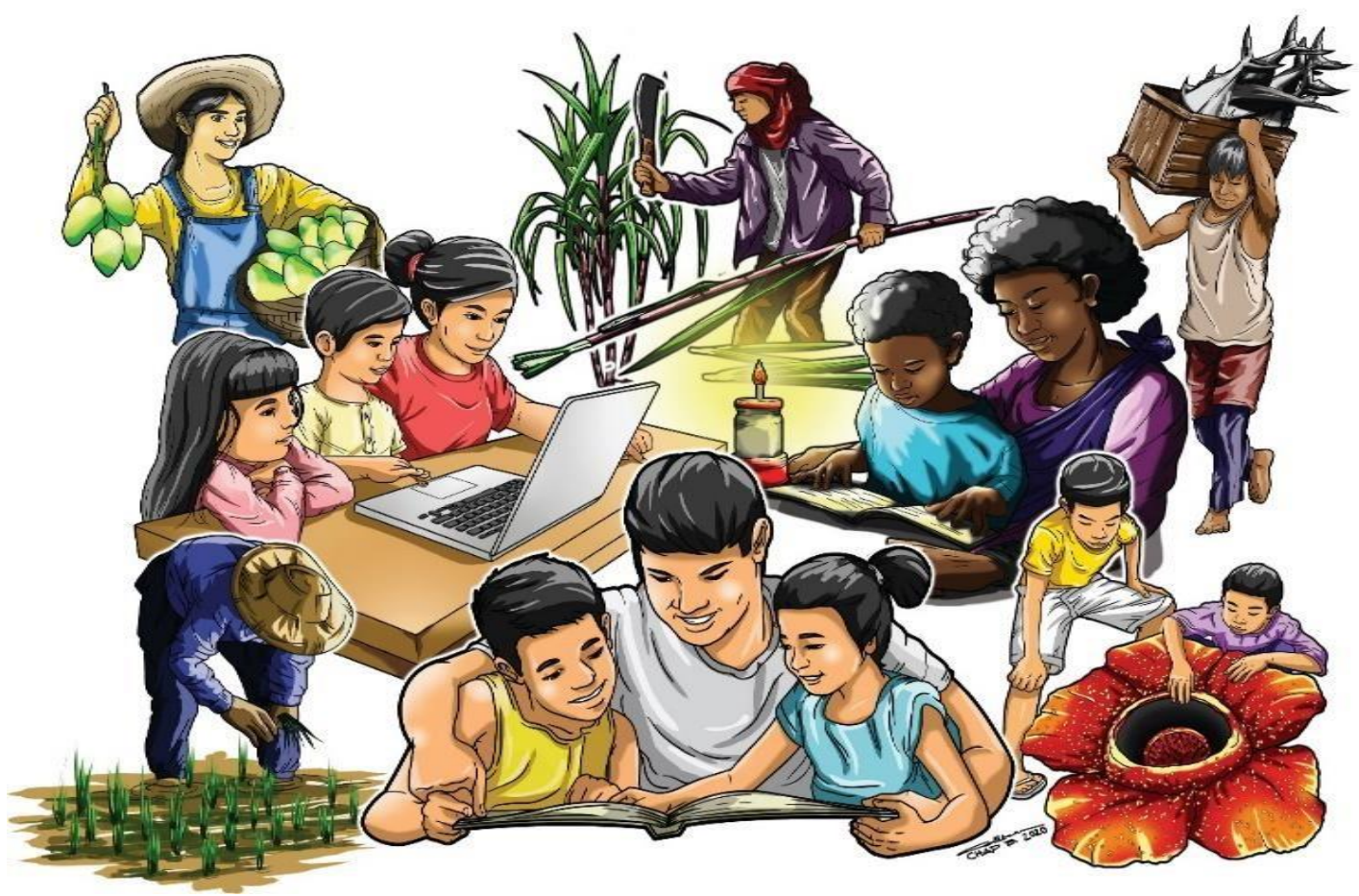


# Health 7

## Learning Activity Sheet

### Quarter 3 – MELC 2

#### Stress



REGION VI – WESTERN VISAYAS

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## **MAPEH 7**

### **Learning Activity Sheet Quarter 3 – MELC 2: Stress First Edition, 2021**

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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**

#### Stress

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

- Explains that stress is normal and inevitable **(H7PH-IIIa-b-29)**

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

Do you think that stress is always something negative? Stress can either be negative or positive!

Stress is defined as the physiological or physical and emotional responses to a significant or unexpected change or disruption in one's life (Payne, et al...2005)

It may also refer to “what you feel when you react to pressure, either from the outside world (school, family, friends) or from yourself i.e. wanting to fit in, wanting to do well in school.

#### **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 CHECK

**DIRECTIONS:** In this activity, you will identify stressful situations.

Procedure:

1. Read the following situations.
2. Put a check (/) if you consider the situation as stressful.

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| _____ 1. Choosing a gift for a friend | _____ 6. Losing your money            |
| _____ 2. Arguing with a classmate     | _____ 7. Getting a birthday surprise  |
| _____ 3. Going to a new place         | _____ 8. Attending a party            |
| _____ 4. Having a newborn sibling     | _____ 9. Witnessing a tribal dance    |
| _____ 5. Getting a failing mark       | _____ 10. Watching a traditional play |

#### V. GUIDE QUESTIONS

1. Give 3 ways to deal with a stressful situation:
  - a.
  - b.
  - c.

2. How do you handle stressful situations?

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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  
Answers may vary

Guide Questions  
Answers may vary

Reflection  
Answers may vary