

# Homeroom Guidance

Quarter 4 – Module 11:

How to Help Others



## Homeroom Guidance Self-learning Module – Grade 7

Quarter 4 Module 11: How to Help Others

2021 Edition

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### Recommended Entry:

Department of Education. *Homeroom Guidance Self-learning Module 8: Shared Experiences are Shared Developments*. Manila: Department of Education Central Office, 2020.

Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio  
Assistant Secretary: Alma Ruby C. Torio

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#### Gabay sa Magulang/Tagapag-alaga

Ang modyul na ito ay sinulat upang higit na magkaroon ng kamalayan ang inyong mag-aaral tungkol sa kahalagahan ng kanyang mga karanasan sa paaralan at komunidad, positibo man o negatibo ang mga ito. Sa tulong ng modyul na ito, makikita ng mag-aaral na ang mga “*challenging experiences*” ay maaaring maging “*learning experiences*.” Inaasahan na maibabahagi niya ang kanyang natutunan sa kanyang mga kapwa-tao lalo na sa mga katulad niyang mag-aaral. Sa pamamagitan nito, mas malilinig ang kakayahan ng mag-aaral at kanyang mapapagtanto na ang mga karanasan na ito ay may malaking tulong sa pagkamit niya ng pang-akademikong tagumpay. Ito ay dinesenyo 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 class*” dulot ng pandemyang COVID-19.

Maaaring may mga pagkakataon na hihingiin ng inyong mag-aaral ang inyong patnubay sa pagsunod sa mga tagubilin at pagsagot sa mga tanong sa bawat bahagi ng mga gawain at maging sa pagkakaroon ng mga kakailanganing materyales base sa nakatakandang gawain. Hinihiling ng Kagawaran ang inyong suporta upang matagumpay niyang maisakatuparan ang mga gawaing ito. Ang araling ito ay makakatulong upang hubugin ang kanyang kabutihan na tanggapin ang pagkakaiba-iba ng bawat tao sa katangian, kakayahan, damdamin at pananaw. Tiyakin na sasagutin niya ang bawat bahagi ng modyul nang tapat hangga’t maaari, kapag siya ay sumasagot sa mga gawain at pagtatasa.

Kinakailangan din ang long folder na magsisilbing **Portfolio** ng mag-aaral sa Homeroom Guidance. Dito isisilid lahat ng gawaing natapos sa bawat bahagi ng modyul. Tiyaking ito ay magagawa nang tapat at maipapasa sa petsa at oras na itinakda ng kanyang Gurong-Tagapayo.

## Introductory Message

For the learner:

As you continue your journey towards academic success in this new normal, it is also important to share your gained knowledge and skills to extend help in your community.

Are you ready to take the challenge of applying what you learned from school and contribute in your community? Remember, by sharing your knowledge and skills with others, you will also gain valuable experiences. You can do this!

This self-learning module consists of six interactive tasks, which are as follows



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 asked to do.

Have fun! Stay safe and healthy!

## MODULE

# 11

## HOW TO HELP OTHERS

### Learning Objectives



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

1. identify the knowledge and skills that can be used in responding to the needs of the school and community.
2. develop initiative in extending help to others; and
3. participate in activities promoting community involvement.

Period: Week 1 - 3 of 4th Quarter

Total Time Allotment: 180 Minutes

Materials Needed:

Pencil/Ballpen

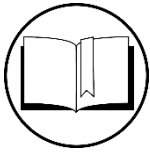
Bond papers/ sheet of paper

Any coloring materials



### Let's Review

In the previous modules, you were able to apply lessons learned from school, community and barangay in your daily living.



## Introduction

This module will guide you in applying your gained knowledge and skills towards achieving lifelong learning. Your motivation to succeed academically should also come from your desire to be of help to others.

As a learner, you can do your part in making communities in which you live a better and safer place. The truth is that no matter what you share, the gesture can make you feel good and empowered.



## Let's Try This

***Time Allotment: 25 minutes***

### Word Hunt

It is best to know first which among your gained knowledge and skills will be useful in helping your community. This activity will help you in identifying them.

1. Look for the 10 examples of important knowledge and skills needed to successfully contribute in your community that are included in the puzzle.
2. Write your answers on a sheet of paper. After which, answer the processing questions.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | E | K | C | X | F | J | F | M | K | X | N | G | W | R |
| I | M | T | P | I | H | S | R | E | D | A | E | L | E | P |
| B | P | Z | G | E | F | X | I | P | G | S | D | S | R | N |
| G | A | R | I | O | A | Z | K | D | M | I | P | O | O | P |
| P | T | Y | Z | M | B | G | H | S | N | O | B | I | D | Z |
| E | H | S | X | N | E | D | A | V | N | L | T | Y | E | S |
| R | Y | U | C | K | T | X | O | S | E | A | M | T | X | I |
| A | D | T | M | A | P | L | I | M | C | U | P | I | Q | C |
| M | H | Z | U | S | V | B | S | I | T | E | Q | V | F | V |
| P | F | X | K | E | I | O | N | B | C | U | R | I | A | U |
| Q | I | C | M | L | L | U | D | V | X | H | Q | T | L | G |
| A | K | E | I | V | M | G | Y | Z | A | N | X | A | O | H |
| U | N | T | I | M | T | H | J | N | K | D | V | E | V | U |
| T | Y | N | O | F | C | U | W | X | B | I | W | R | G | S |
| I | G | C | X | Q | D | B | Q | H | Y | A | Q | C | N | M |

Processing Questions:

1. Were you able to find all the hidden words? Briefly share your experience while completing the activity.
2. Why does knowing one's knowledge and skills important in helping others?
3. How will you contribute in your community using these knowledge and skills?



### Let's Explore This

**Time Allotment: 25 Minutes**

### Supply Us

This activity will lead you in thinking of ways on how you can express your willingness to help.

1. Using the first letters of the word HELP, make an acrostic composition on the different ways that you can do to apply your gained knowledge and skills in helping others.

2. You may include instances in which you extended your help to your classmates, friends, family or neighbors especially during this pandemic.
3. Complete the activity on a sheet of paper. Then, answer the processing questions.

H \_\_\_\_\_  
E \_\_\_\_\_  
L \_\_\_\_\_  
P \_\_\_\_\_

Processing Question:

1. What was the most challenging or difficult part of the activity?
2. Why is it important to be able to help others?
3. How does helping others or receiving help make you feel?



### **Keep in Mind**

#### ***Time Allotment: 20 Minutes***

As the old saying goes, “you cannot give what you do not have.” Indeed, giving is an art of generous service to other people. It is an act of kindness. It is the language in which the deaf can hear and blind can see.

Helping others makes you feel good and you also get satisfaction from knowing you have helped. It teaches you that there are people who are in a less healthy situation than yours, and so you will be more grateful and value what you have.

In helping others, it is important to identify first whether someone needs or wants your help before you think what you can do for them. You should also consider when is the best time to offer help.

Being helpful in any way you can and wherever you are can give inspiration to others in your community. You do not always need money to start up helping. You can always maximize on your talent or skills. Consider the following:

1. When you are good in Math, you can help a classmate through peer tutoring.
2. When you want to engage in socio-civic activities, you may join fund drives and charity events of your school or barangay.



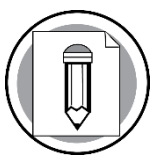
3. If you love to speak, you will be able to make a storytelling session to younger children on the streets or in your neighborhood. By doing your part, you can inspire other teenagers like you and influence them to do the same.

4. When you are good at drawing, you can make posters or paintings that will educate and help others.

5. If you are good at writing, you can write a poem that will inspire others.

A single act of helping and kindness can turn into multi folds if done by many. Helping others in whichever way you can strengthens human relationship. When you help others, you also help yourself. When you pave the way for others, others will have positive feelings for you, and you will see that your relationships with others will improve. As a matter of fact, you are enriching your own life when you help others.

As you go out within the bounds of friends and family, you meet other people in your neighborhood, in your street, in school, in your barangay. You may not really know them that well but later on, there is a possibility that some of them will be a part of your support system especially in the time of Covid 19 Pandemic. Having all of these people in your circle, the social relationship you have with them can serve as a platform in raising common concerns and causes that you support like following the health and safety protocol in the community to minimize the spread of Covid 19. It is a challenge to us that we make good use of our connections and therefore facilitate awareness on issues affecting us and the community as well.



## **You Can Do It**

***Time Allotment: 60 minutes***

### **Let's Contribute**

Now that you already know what helping can do for you and for the benefit of others, it is now time to put in action:

Your Barangay Captain asked you to help in making a poster to spread awareness on how to prevent the spread of COVID-19 that will be posted around your community.

1. Apply your gained knowledge and skills to create an informative poster.
2. Create your work using a bond paper, pencil and coloring materials.

## COVID 19 PANDEMIC

1. What did you feel while completing the activity?
2. How will your community benefit from the poster that you created?
3. In what other ways can you extend your help in your community?



### What I have learned

***Time Allotment: 30 Minutes***

### Getting Involved

| Problem   | Suggest Ways to Solve It |
|---|--------------------------|
| Children going around your neighborhood without facemask and do not follow the minimum health standard. |                          |
| People are throwing garbage everywhere.   |                          |
| Vandalism in the community  |                          |



## Share your Thoughts & Feelings

**Time Allotment: 20 Minutes**

Write your reflection on this –

***“In what way does helping help you to become a better person?”***

A large, green-outlined rectangular box with rounded corners and a scroll-like top edge. Inside the box, there are ten horizontal lines for writing a reflection.



## Reference

Create Your Own Word Search Puzzle | Discovery Education Puzzlemaker.  
(n.d.). Word Search for Free. Retrieved May 20, 2021, from  
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