

# Health

## Quarter 1 – Module 2

### Self-Management Skills



**Health – Grade 6**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 2: Self-Management Skills**  
**First Edition, 2019**

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**6**

# **Health**

**Quarter 1 – Module 2**  
**Self-Management Skills**

# Introductory Message

For the facilitator:

Welcome to the **Health 6** Alternative Delivery Mode (ADM) Module on **Self-Management Skills**.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 6** Alternative Delivery Mode (ADM) Module on **Self-Management Skills**.

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



***What I Need to Know***

This will give you an idea of the skills or competencies you are expected to learn in the module.



***What I Know***

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



***What's In***

This is a brief drill or review to help you link the current lesson with the previous one.



***What's New***

In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.



***What is It***

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



***What's More***

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



***What I Have Learned***

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



### ***What I Can Do***

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



### ***Assessment***

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



### ***Additional Activities***

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.



### ***Answer Key***

This contains answers to all activities in the module.

At the end of this module you will also find:

### ***References***

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, 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!



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you demonstrate self-management skills to prevent and control personal health issues and concerns.

The module consists of only one lesson.

- Lesson 1 – Self-Management Skills

After going through this module, you are expected to demonstrate self-management skills (**MELC H6PH-Iab-Ia**)



## ***What I Know***

Directions: Write **Yes** if the statement shows self-management skills and **No** if it does not. Do it in a separate sheet of paper.

1. Eat foods with too much sugar or salt for good nutrition.
2. Engage or join in indoor and outdoor activities to exercise the body.
3. Have enough rest and sleep.
4. Stay late at night watching television or playing gadgets.
5. Practice proper tooth brushing to prevent bad breath and cavities.
6. Physical activity makes our bones, muscles and joints stronger.
7. Eat more vegetables and fruits to regulate or nourish your body.
8. Observe correct posture to protect your spine from injury.
9. Vitamins and minerals are not needed to make the body healthy.
10. Cover your mouth and nose with a tissue or handkerchief when you cough or sneeze

# Lesson 1

## Self-Management Skills

Healthy lifestyle is very important for us to do our everyday activities. We need to demonstrate self-management skills in handling different personal health issues and concerns to help protect ourselves from illnesses.



### *What's In*

Self-management encourages us to be responsible of ourselves by showing good behavior and attitude in improving personal health. Looking after our health there is a need to develop self-management skills like observing proper nutrition, proper hygiene, regular physical activity, enough rest and sleep, good posture and oral or dental care to prevent and control health issues and concerns. It reduces the risk of getting ill and acquiring diseases.





## What's New

- A. Directions: Try singing the song to the tune of “Row, Row, Row, Your Boat”.

### PROPER HYGIENE SONG

Written by: Francilet R. Padios



Take, take, take a bath  
Do it everyday  
Use a shampoo and soap  
To take the dirt away.



Wash, wash, wash your hands  
Scrub and rub with soap 'til clean  
Perform hand washing everyday  
To keep the germs away.



Brush, brush, brush your teeth  
Do it everyday  
Use toothpaste or a dental floss  
To keep cavities away.



Use, use, use a face mask  
Wear it everyday  
Cover your nose and mouth  
To keep the viruses away.

If you practice proper hygiene  
You will not get ill  
Manage yourself, keep it clean  
A healthy life, you'll feel.



Remember:

Germs, bacteria and viruses will make your resistance weak.  
Practice proper hygiene so you will not get sick.

Directions: Answer the following questions regarding the song. Do it in a separate sheet of paper.

1. What are the activities that show proper hygiene?
  2. How often should we observe personal hygiene?
  3. Aside from soap, what else can we use to clean or sanitize our hands?
  4. What weakens our resistance if we do not practice proper hygiene?
  5. Why is proper hygiene important?
- B. Directions: Read and learn from this poem. It is all about the healthy food that you should eat to maintain good health and proper nutrition that is important in reducing height and weight problems and other diseases.

## **“Healthy Food for a Healthy You”**

Written by: Francilet R. Padios

Don't skip meals, eat a balanced diet  
Be sure you have nutrient-rich food in your every bite.  
Go foods or energy-giving foods make us active in work and play  
These fuel our body to move and learn each day.

Go foods include grains like corn, rice and wheat  
Sugarcane, honey, sugar and other foods that are sweet.  
Root crops like cassava, yam and sweet potato  
Fats like oils and margarines, will keep you on the GO!

Grow foods or body-building foods help us to grow bigger  
These help our body's muscles, teeth and bones to become stronger.  
Meat, fish, eggs, milk, cheese and yoghurt too  
Nuts, seeds and beans, they are protein-rich food for you.

Glow foods or body-regulating foods are rich in vitamins and minerals  
These can be found in our locally grown fruits and vegetables.  
Glow foods help to protect us from various diseases  
These make our bodies healthy and fight off illnesses.

See to it that you daily drink 8-10 glasses of water  
Milk is good for the teeth and bones; it makes them grow stronger.  
Our natural fruit juices, also a thirst quencher  
When you do physical activities, drink more and get fitter.

Being overweight or underweight and growth that is stunted  
By eating healthy foods, these will be avoided.  
Proper nutrition is important for a healthy you  
Choose your food wisely, it's the best thing that you can do.





## What is It

- A. Directions: The pupils are having a conversation on how to show proper self-management skills in doing regular physical activity. Read the comic strip and take note of what they are saying.

Danny, do you really think that physical activities are important to children like us?

Yes, Belle. Physical activities could make us fit and children like us should be physically active.

We have a physical activity pyramid guide to make us aware of the activities that we need to do. If we follow the suggested activities, it will help in making us physically healthy.

Our teacher in P.E. mentioned of the activities that we need to do daily. She also said that we need to do warm-up activities before doing exercises or sports activity.

You are right! Everyday activities are considered moderate activities. Some of the examples are walking and doing household chores. Do you help in doing chores at home, Belle?

Yes, I do! I help in segregating our waste at home and I also water the plants in our garden. I love feeding our animals at home and I help in preparing food for the family. My parents give me daily responsibilities to perform.



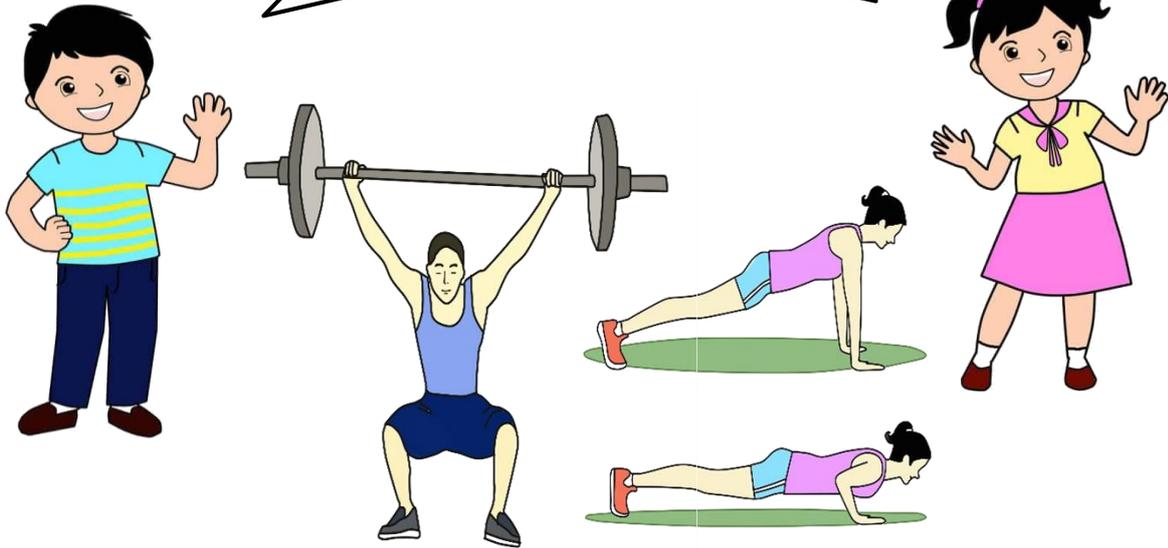
You are such a helpful child, Belle. There are vigorous activities that we need to do three to five times a week. Some of the examples are running, swimming, biking, playing basketball, tennis, and hiking.

Vigorous activities could certainly improve cardiovascular endurance. Are there activities prescribed in the physical activity pyramid that we should do twice a week?



Yes, Belle. Some activities that we can do twice a week are lifting, curl-ups, push-ups and stretching. As you can see, these are exercises for muscle fitness.

How about the activities that do not require movement like sitting? How often should we do such kind of activity?



Sitting does not require movement. It is an example of activity that we need to cut down. It is considered minimal activity.

Do you mean that lying on the bed, watching television and playing gadgets should be avoided?



Not at all, but we should minimize those kinds of activities Belle, because they do not require movements that could make us fit.

I learned a lot from you Danny. Thank you for sharing this information about physical activities.



Physical activity makes our bones, muscles and joints stronger. It can help us manage our weight better. In addition, we will be more relaxed, sleep better, and have a better mood and energy if we engage in proper activities.

From now on Danny, I will engage in physical activities to make me a physically healthy and active child. Thank you for inspiring me to live an active life.



B. Directions: Read the information on how to develop self-management skills about rest and sleep.

Rest and sleep allows our body to recharge energy to prepare us for the next day's activity. Children should have enough rest and sleep for them to perform tasks that are expected for them to do. Household chores, school works and sports activities can drain our energy that is why after doing such activities, we need to have a good rest and sleep.



Do you know that experts suggest specific time frame that will fit the needs of each child? Take a look at the table and find out if you have enough sleep.

Age	Specific Time Frame
0-3 months old	5-18 hrs./day
3-12 months old	9-14/hrs./day
1-3 years old	12-14/hrs./day
3-5 years old	11-13 hrs./day
5-12 years old	10-11 hrs./day



**Remember:**

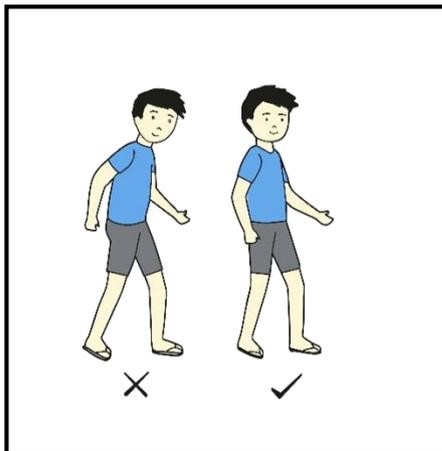
Getting enough rest and sleep would give us benefits. It will:

- a. promote health,
- b. reduce heart diseases,
- c. affect weight,
- d. reduce injury risk
- e. increase attention span
- f. boost learning

C. Directions: Read the information on how to manage good posture.

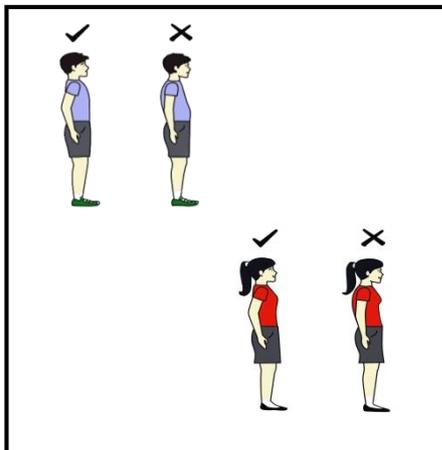
Good posture means a person's body are correctly aligned and supported by the right amount of muscle tension. Correct posture can help reduce strain on the body during movement and exercise and could improve the health of our spine. If you manage your body the right way, whether you are moving or still, you can prevent pain, injuries and other health problems.

Try to follow the following steps that show and develop good posture.



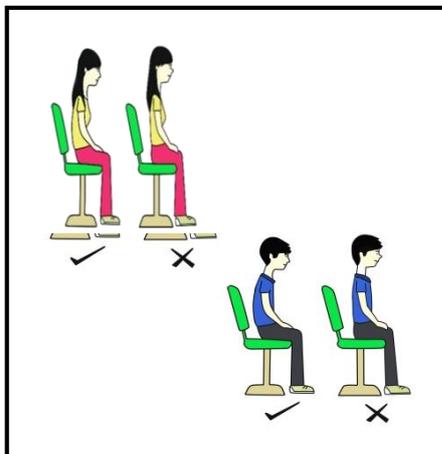
### Good Walking Posture

1. Stand up straight. Visualize being tall and straight, like a tree.
2. Do not lean forward or lean back.
3. Keep your eyes forward.
4. Keep your chin up (parallel to the ground).
5. Let your shoulders be back and relaxed.
6. Stuck in your stomach.
7. Straighten your back and rotate your hips forward slightly as you walk.



### Good Standing Posture

1. Straighten your knees.
2. Keep the balls of your feet slightly apart and heels together or feet together flat in the ground.
3. Hang your arms naturally down the sides of the body.
4. Stand straight and tall with your shoulders pulled backward.
5. Stomach in.



### Good Sitting Posture

1. Sit with your back straight and shoulders back.
2. Ensure your body weight is distributed evenly on both hips.
3. Bend your knees by 90-degree angle, keeping the height of your knees even with your hips.
4. Rest your feet flat on the floor to keep aligned with your hips.

D. Directions: The pupil is given the task to share about oral or dental health. Let's learn from her.

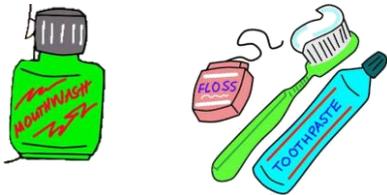


Good day! I am Avelina. Today, I will tell you information on how to manage oral or dental problems by singing you a song in the tune of "London Bridge is Falling Down". Here it goes.



Brush your teeth three times a day  
To prevent tooth decay  
Use fluoride toothpaste when you brush  
To make your teeth healthy

You may use a dental floss  
To remove food particles  
You may use a mouthwash too  
That's oral health for you



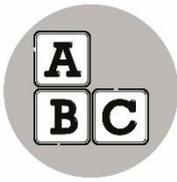
Crowded teeth is a condition  
It is called malocclusion  
Teeth removal or braces for you  
Orthodontist can help you

Then drink lots of water too  
Eat healthy foods, yes please do  
Teeth disorders will never win  
Just practice oral hygiene



Malocclusion and cavities  
Halitosis and gingivitis  
For the teeth that are problem free  
Visit your dentist regularly.

Written by: Francilet R. Padios



## ***What's More***

Direction: Read the statements carefully. Write the letter of the answer that shows self-management skills in handling situations about personal health issues and concerns in a piece of paper.

1. Allan is suffering from obesity. He has difficulty in choosing clothes that fit his size. He easily gets tired and prefers sleeping or lying on his bed. What should he do?
  - a. Eat food that is high in calories and fat.
  - b. Continue his inactive activity.
  - c. Balance the consumption of calories, sugar and fat from foods and beverages.
  
2. Mary Lutz learned that having enough sleep is very important for the body to be healthy. What should she do?
  - a. Stay late at night watching her favorite show.
  - b. Have 8-9 hours sleep.
  - c. Have 5-6 hours sleep.
  
3. It is summertime. What activities should Receli and Cathy do to make their body fit?
  - a. Play gadgets.
  - b. Use their time sitting in front of television.
  - c. Play active games like hide-and-seek and patintero.
  
4. Cavities occur as a result of tooth decay. What should Elsie do to prevent oral or dental problem?
  - a. Practice proper brushing of teeth.
  - b. Eat sugary or sweet foods like chocolates, cakes and candies.
  - c. Drink very hot or very cold drinks or beverages.
  
5. Franklin is underweight. He is sickly and inactive. What should he do to manage his problem?
  - a. Eat nutritious foods to boost his health
  - b. Buy junk foods and carbonated drinks.
  - c. Eat processed foods like hotdogs and canned goods every day.



## ***What I Have Learned***

Directions: Write **Yes** if the statement shows self-management skills and **No** if it does not. Write your answer in a separate sheet of paper.

1. Cover your nose and your mouth when you cough or sneeze.
2. Lean forward or lean back when you walk.
3. Skip meals.
4. Perform physical activity every day.
5. Doing household chores should be done twice a week to keep us physically fit.
6. Practice proper hygiene to avoid illness.
7. Sleep at night without brushing your teeth.
8. Sit with your back straight and shoulders back when you sit.
9. Wash your hands thoroughly before and after eating.
10. Mouthwash, dental floss and fluoride toothpaste are needed for good oral health.



## ***What I Can Do***

Directions: Choose inside the box the self-management skill that is being demonstrated in the following situations. Write the letter of the correct answer in a separate paper.

1. Lenny makes sure that she has 8-9 hours of sleeping time every day.
2. Marvin engages in active sports like basketball and table tennis.
3. The pupils wash their hands before they eat their snacks.
4. Let your shoulders be back and relaxed when you walk.
5. Visit your dentist regularly to check the condition of the teeth.
6. Take a bath everyday to make yourself clean.
7. The children help in doing household chores and activities like cleaning the house and watering the plants.
8. Zoila includes fruits and vegetables in her daily meal.
9. Francis prefers to walk in going to school to exercise his body.
10. After doing activities at home, Riza sees to it that she gets some rest.

- |   |
|---|
| <p>A. Proper Nutrition<br/>B. Proper Hygiene<br/>C.<br/>D. Regular Physical Activity<br/>E. Enough Rest and Sleep<br/>F. Good Posture<br/>G. Oral or Dental Car</p> |
|---|



## ***Assessment***

Directions: Write **Agree** if the statement shows proper self-management and **Disagree** if it does not. Write it in piece of paper.

1. Eat meals that are nutritious.
2. Do not cover your nose and mouth when you cough or sneeze.
3. A healthy meal includes go, grow and glow foods.
4. Brush your teeth once a day.
5. Drink carbonated drink or beverage.
6. Don't stay late at night.
7. Join in physical activities to make your body healthy.
8. Observe proper sitting, standing and walking to have good posture.
9. Use face mask when going out to protect you from viruses.
10. Practice proper hygiene at all times.



## ***Additional Activities***

Directions: On a separate sheet of paper, give two examples on how you manage yourself when it comes to:

1. Proper Hygiene
2. Proper Nutrition
3. Regular Physical Activity
4. Enough Rest and Sleep
5. Good Posture
6. Oral or Dental Care



# Answer Key

<p style="text-align: center;"><b>What Can I Do</b></p> <ol style="list-style-type: none"> <li>1. D</li> <li>2. C</li> <li>3. B</li> <li>4. E</li> <li>5. F</li> <li>6. B</li> <li>7. C</li> <li>8. A</li> <li>9. C</li> <li>10. D</li> </ol> <p style="text-align: center;"><b>Assessment</b></p> <ol style="list-style-type: none"> <li>1. Agree</li> <li>2. Disagree</li> <li>3. Agree</li> <li>4. Disagree</li> <li>5. Disagree</li> <li>6. Agree</li> <li>7. Agree</li> <li>8. Agree</li> <li>9. Agree</li> <li>10. Agree</li> </ol> <p style="text-align: center;">Additional Activities</p> <p style="text-align: center;">Pupils' answer may vary</p>	<p style="text-align: center;"><b>What's More</b></p> <ol style="list-style-type: none"> <li>1. c</li> <li>2. b</li> <li>3. c</li> <li>4. a</li> <li>5. a</li> </ol> <p style="text-align: center;"><b>What I Have Learned</b></p> <ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> <li>3. No</li> <li>4. Yes</li> <li>5. No</li> <li>6. Yes</li> <li>7. No</li> <li>8. Yes</li> <li>9. Yes</li> <li>10. Yes</li> </ol>	<p style="text-align: center;"><b>What I Know</b></p> <ol style="list-style-type: none"> <li>1. No</li> <li>2. Yes</li> <li>3. Yes</li> <li>4. No</li> <li>5. Yes</li> <li>6. Yes</li> <li>7. Yes</li> <li>8. Yes</li> <li>9. No</li> <li>10. Yes</li> </ol> <p style="text-align: center;"><b>What's New</b></p> <ol style="list-style-type: none"> <li>1. Taking a bath, washing hands, brushing teeth and using face mask</li> <li>2. everyday</li> <li>3. alcohol, sanitizer</li> <li>4. germs, bacteria and viruses</li> <li>5. You will not get ill or sick.</li> </ol>
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