

PROJECT EASE

Effective and Affordable Secondary Education

TECHNOLOGY AND LIVELIHOOD EDUCATION Home Economics



MODULE 1

BUREAU OF SECONDARY EDUCATION

Department of Education
DepEd Complex, Meralco Avenue
Pasig City



Home and Family Living

First Year

Module 1

You and Your Family



What this module is about

A most beautiful day to you, dear student! When you meet somebody you haven't seen for sometime, the usual greetings would be, "How are you? How is your family? Are you doing well? How about you? What keeps you busy?" Note how the questions are asked - first, about you, then about your family. Do you know that your answers reveal a lot about you? They reveal your relationship with your family. Your values and experiences over the years are reflected in your answers to the questions. Think about your responses the next time someone asks you these questions. Meanwhile, go over the lesson in the module to know more about yourself.



What you are expected to learn

This module is planned to enable you to perform the following activities:

1. Discuss factors that influence the outlook in life of an individual.
2. Draw insights from one's strengths and weaknesses as an individual and as a member of the family.
3. Plan wholesome and achievable goals for yourself to promote satisfying family relationships.
4. Enumerate desirable Filipino family values which should be preserved and observed by family members.
5. Explain the rights, duties and responsibilities of responsible parents to their children, and responsible children to their parents.
6. Share responsibilities in promoting family welfare by performing your duties and functions without being told.
7. Organize recreational activities for the family.
8. Explain how to meet expected or unexpected events in your home.



How to learn from this module

To facilitate learning as you go through this module, the following terms have been defined.

inculcate	-	to impress on one's mind
kinship	-	relationship
morality	-	exemplary conduct
prejudice	-	preconceived opinion
procrastination	-	wastage of time
outlook	-	viewpoint or attitude



PRETEST

Directions: Read each statement very well. Choose the letter that best describes the given statement. Write the letter of the correct answer in your notebook.

1. It is what you need to meet the challenges of life.
 - a. outlook in life
 - b. values that relate to life
 - c. paths to life
 - d. roadmaps to life
2. A child who is ridiculed tends to be
 - a. aggressive
 - b. timid
 - c. scared
 - d. shy
3. The following are weaknesses, except
 - a. laziness
 - b. procrastination
 - c. initiative
 - d. lying
4. Strengths could be any of these, except
 - a. dancing
 - b. fault finding
 - c. craft-making
 - d. sewing
5. Which of these is a short-range goal?
 - a. doing well in exams
 - b. training to be a nurse
 - c. becoming a barangay captain
 - d. becoming a businessman
6. Long-range goals relate to
 - a. your past
 - b. your present life
 - c. your future
 - d. your future

7. It promotes sharing to get work done.
 - a. caring
 - b. loyalty
 - c. trust
 - d. cooperation

8. Feeling good about yourself is
 - a. self-esteem
 - b. empathy
 - c. faith
 - d. charm

9. We express this value through going to church and prayers.
 - a. value for education
 - b. word of honor
 - c. love and respect for God
 - d. strong family ties

10. It is known as P.D. 603.
 - a. Family Code of the Philippines
 - b. Child and Youth Welfare Code
 - c. Labor Code
 - d. Civil Code of the Philippines

Lesson 1

Developing a Sound Outlook in Life

As you gradually grow up into an adult, you start having mixed feelings about yourself, the people around you and the events that make a typical teenager's world. You need a sound outlook in life to face the daily challenges.

Your outlook in life shows your attitude towards schoolwork, your choice of friends and activities which you and your group enjoy, how you handle your allowance, your choice of clothes, and the way you relate to people.

Your outlook in life starts taking shape in the family. As you grow older, you begin to adopt the thinking, reasoning and reactions of your family which you apply in relating to others. Soon your outlook broadens to include a remarkable teacher who influences you in making life better for yourself and for others. A neighbor or a friend who has helped bring you closer to God should be thanked for the lifelong benefit.

The foregoing inputs will help make your life more meaningful in the years to come. Consider mistakes as challenges for you to do better, rather than roadblocks that keep you from moving ahead. It is good to learn from one's own mistakes. It is a sign that you are learning to be an adult, and by looking back where you have done wrong and taking note of how far you have progressed helps you keep improving all the time.

Factors that Influence One's Outlook in Life

You may not know it, but you may have developed your outlook in life because of the following circumstances:

1. In the Mother's Womb

Recent studies have shown that a baby inside a mother's womb does not only develop physiologically but psychologically and emotionally as well. The mother's feeling of love or insecurity can be passed on to the unborn child. This explains why babies born from unwanted pregnancies have a low birth weight which later leads to malnutrition and poor performance in school. On the other hand, babies whose mothers talk or read to them have normal birth weights, are healthy and do well in school when they grow up.

2. At Home

Our home is our first school where we learn the basic lessons in life such as love, respect, obedience, cooperation and acceptance. We learn to see and appreciate the beauty of life. A child who is often ridiculed tends to be shy and thinks he is not appreciated for what he is and can do.

3. In School and Among Friends

Every child spends time learning in school. The school environment can influence his viewpoint of life. Schools require standards of behavior and learning to guide the child as he grows up and develops into a grown-up individual.

His teachers and the circle of friends of a teenager wield much influence on his behavior. He starts comparing himself with his friends and wonders why his concept of life is different from theirs. His parents teach him the value of studying hard to get good grades, but his friends tell him that they also get good grades, not by studying but through cheating. The result may be the same but the way of getting this is not. It is thus important for teachers to provide the needed guidance which students must have.

4. Media and Communication

Television, movies, newspapers, magazines, radio and, more recently, video gaming, texting and the internet provide information that educate and arouse public interest. If you want to know what teenagers do with their time and allowance, visit the mall and you'll find them inside video arcades, internet shops or video bars. Teenagers would rather spend long hours with the internet, watching videos or texting rather than studying or playing wholesome games. Parents, on the other hand, should look into the interest of their children, because media can be powerful enough to affect their life.

Activity 1

List down three symbolic items which you think represent three people: a member of the family or relative, a teacher or school personnel and a friend who have influenced your present outlook in life. Explain why you chose these items/objects to represent them. Example: Rosary, represents my friend Annie. I chose this because_____.

Activity 2

Draw a picture of any form of media which you think represents who you are, and write a message that guides your life and which you strongly feel may influence other teenagers like you when they saw it. Don't forget to write a brief explanation. Your creativity is needed.



Self-check

True or False: Write **True**, if the statement is true, and **False**, if the statement is not true. Write your answer on the blank before each number.

- _____ 1. Your personal outlook in life shows the way you dress up.
- _____ 2. Mistakes are "roadblocks" that keep you from moving forward.
- _____ 3. Children first learn respect, love and acceptance in school.
- _____ 4. The kind of friends we keep can change our outlook in life.
- _____ 5. Teenagers would rather spend time with their cellular phone than talk to their parents.

Did you get 3 out of 5? Good! Keep up the good work. However, if you missed some numbers, you may go back to the lesson and try again! You surely will do better.

Lesson 2

Your Strengths and Weaknesses

People have much in common but it is the differences that make them unique. Each individual shows a particular physical, mental, social and emotional characteristics which represents his personality. These characteristics develop as you grow up. You learn to see things differently based on your experiences. You may be good in writing poems but not in solving math problems. You may be good in one activity but weak in another.

Strengths show in your talents, skills and abilities. Talents include singing, drawing or craft-making. Skills and abilities may be shown in solving problems, cooking, encoding or sewing. Weaknesses, on the other hand, are your "bad" side which sometimes put you down. Procrastination and laziness are weaknesses. Being too self-conscious and lack of self-esteem make weak personalities.

Adolescents who grow up in a wholesome environment where children are treated fairly by their parents and encouraged to do their best at all times, become responsible individuals in the future. Those who have been pampered in their childhood may develop weak personalities when they mature.

How about you? Do you accept your weaknesses as well as your strengths? Are you worthy of your place in the family? in your class?

Activity 3

Below is a list of traits common in teenagers. Place an S, if you think the statement describes you, and W, if you think you need to improve in these traits. Write your answers on the blanks before the numbers.

- _____ 1. I am a good member of the family.
- _____ 2. I obey my parents.
- _____ 3. I always do my household tasks with my brothers and sisters helping me.
- _____ 4. I give way to the younger members of my family.
- _____ 5. When mother and father are away, we leave our househelp alone to do the work.
- _____ 6. I work on my assignments independently.
- _____ 7. When I am not sure of the answers in my assignment, I copy instead of asking for help.
- _____ 8. As a group member, I leave my group mates to do all the work.
- _____ 9. Even if I don't know where my friends are taking me, I go with them.
- _____ 10. I believe the best person who knows my problems is my "barkada".
- _____ 11. I am confident that if I pray to God, He will help me.
- _____ 12. I am ashamed to accept my fault.
- _____ 13. By this time, I know what I want to become in the future.
- _____ 14. I know how to organize my task and stick to it.
- _____ 15. The computer helps enhance my knowledge, hence, I use it for that purpose.
- _____ 16. I handle my allowances well.
- _____ 17. My parents know that I have various needs in school. So, I just ask money from them every time I need to pay my school fees.
- _____ 18. When I need to make important decisions, I ask my parents' help.
- _____ 19. My parents trust me.
- _____ 20. I change moods very often.

Activity 4

Now that you know your strengths and weaknesses, what do you plan to do with them?

Answer the following:

Strengths: Considering my good side, I plan to

Weaknesses: Considering my bad side, I plan to

Lesson 3

Setting Your Goals

Advice from the Cheshire Cat

When Alice in Wonderland was deciding where to go, she asked the Cheshire Cat, "Would you tell me please, which way I ought to go from here?" "That depends a good deal on where you want to go to," said the cat. "I don't care much where," said Alice. "Then, it doesn't matter which way you go," replied the cat.

You will notice that Alice wants to go somewhere, but doesn't know where she would go. Do you see yourself like Alice? At this point in your life, you must know WHERE you want to GO.

Knowing what you want is not always easy, but setting specific goals can help you. If you want to excel in computers, perform in the drama club and start your own fashion jewelry business at the same time, you have to make choices. What you can do now is to set goals which you can easily achieve as you aspire to achieve more difficult goals.

Short-range Goals

A short-range goal is one that can be reached in a brief period of time such as talking to friend on the internet, finishing your portfolio and trying a new recipe which you can do in a short period of time. Completion of a task is in sight even when you have just started. There are many ways of working toward a short-range goal. Study the example below.

Angela, Jericho and Noel are running for the position of Supreme Student Council president. They are campaigning in the way that suits them. The issues they support reveal their main interests.

- Angela belongs to the honor class and enjoys dialogues or debates. As editor of the school paper, she looks for background issues that can help students and hopes to discuss these with the whole assembly. In the meantime, she shares her ideas through the articles she writes.
- Jericho is a Christian and thinks that Christian teachings should be part of the co-curricular activities of the school. He calls on all Christian students to support him in this endeavor.

- Noel is a CAT commandant and feels that to become successful, students must be disciplined. He thinks that CAT can be useful in discipline training, hence, he is counting on all his officers and cadets for support.

These youngsters have the short-range goal of winning the election, but each one sees the position from different viewpoints, and uses various approaches to achieve his or her own goal.

Long-range Goals

Long-range goals relate to one's desired work in the future. To keep up the effort of reaching a long-range goal, one must see the importance of goals. Goals are easier to achieve if they are approached gradually. Read the sample situation on the next page.

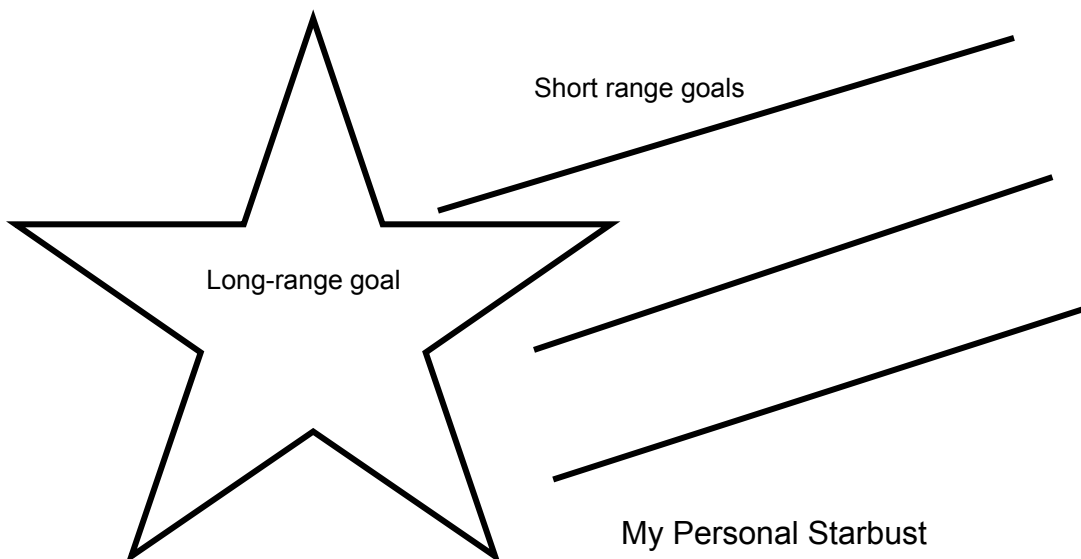
Joy's long-range goal is to be a dental assistant. She knows that she needs to be good in math and science. To achieve her long-range goal, she has the short-range goal of studying hard particularly in the two subjects.

Setting the Goal of Satisfying Family Relationships

You can also set goals for your own family which you can work on together. This helps build strong family relationships because every member is involved. It also helps provide a good training ground for the younger members of the family. It is best to be open to possibilities of change without losing sight of the original plan. A long-range goal gives direction to your choice of a short-range goal, but it should not keep you from being flexible. Remember that everything can be worked out if every member helps. Whatever your future will be, the setting of short-range goals in order to reach long-range goals will help you and your family.

Activity 5

Make your own personal starburst similar below. Write your long-range goal inside the star. To achieve this long-range goal, write your short-range goals on the rays of the starburst. Color and hang in a place you will always see it to remind you to keep on track!



Lesson 4

Maintaining Harmonious Family Relationships

Examine your family pictures. What do you see? Family pictures always portray family members getting along smoothly. See the smiles on their faces. Doesn't this ask you to smile, too? But behind the picture are families always in smiles. However, there are moments of sadness and laughter as in other families. These are the times when families bond. What binds them together? Is there any particular formula? Perhaps these strategies can help:

1. Cooperation promotes sharing in order to get things done. It also means giving up something you want for yourself when someone else's need is more urgent. Cooperation fosters family unity.
2. Communication builds understanding and the feeling of being safe. It is as simple as talking and listening. When expressing yourself, you listen in return. Communication is not always expressed in words, it could also be expressed through non-verbal means such as a hug or a simple smile. Some families have a particular time for talking to one another. How about yours?
3. Trust builds one's self-confidence and sense of security. When you tell one another about everyday things, then, more serious matters will be easier to share.
4. Responsibility makes people become more dependable and able to keep their promises. Knowing how to make choices between what is right and what is wrong and taking full responsibility for your choice makes you a responsible family member.
5. Consideration and respect develop feelings of self-worth and thoughtfulness. Consideration means thinking of and considering the feelings and rights of others. Respect is showing regard for others, whether they are elders or persons of authority.
6. Loyalty gives one a feeling of belonging and trust. As your family grows, each member comes to trust and believe in others. You know you can depend on one another whenever needed.
7. Caring shows people that they are loved. It is a quality that keeps family members feeling good about themselves. When you feel good about yourself you have self-esteem. When you feel sad when a person is sad, or happy when a person has had good luck, you have sympathy. If you can imagine yourself in the person's place, you have empathy.
8. Commitment is accepting and sharing not only the happiness but also the difficulties of the family.

9. Companionship makes you find time to be with the family.

Good family relationships do not develop instantly. It needs much effort and time. Talking, listening, cooperating, trusting and caring are important aspects in maintaining a harmonious family relationships. It takes patience and dedication to enjoy the company of one another.

Activity 6

Write an acrostic on any of the “keys” based on how satisfying family relationships can be achieved. Be original. Use your imagination.

Example: L - loyalty
O - overcoming barriers to be able to communicate
V - very understanding sister
E - efforts to develop good family relationships



Self-check:

Identify and write the answers to each statement. Use the spaces before each number.

- _____ 1. Knowing how to make the right choices and accountability for your choice.
- _____ 2. It builds understanding.
- _____ 3. You find time to be with your family.
- _____ 4. You show people that they are loved.
- _____ 5. It builds self -confidence and a sense of security.

Lesson 5

Desirable Filipino Family Values

Values are beliefs, ideals or practices considered important by an individual which guides his decisions and his very life. The Filipino home is the first school of life. It provides the environment where family members learn universal truths, cultural values and traditions essential to the development of a responsible citizenry. Parents are the best examples of sound values for the children to emulate such as getting along with others, respectfulness, and love and concern for family members.

There are values which are distinctly Filipino values, as follows:

1. Honor and Respect for God

From the time we were baptized, our lives have always been dedicated to God. Important events in our lives such as birthdays, passing exams, anniversaries, job

promotions, and even recovering from an illness are always celebrated by going to church for thanksgiving. At home, giving grace before meals is practiced as well as the recitation of the rosary and prayers before going to bed and upon waking up. Not a minute passes by when we do not acknowledge the blessings of God.

2. Honor and Respect for Parents and Elders

The practice of kissing the hands of elders or “pagmamano” dates back to the early Spanish times when children kissed the hands of their parents and elders as a sign of greeting, respect and obedience, to which parents reply by saying “May God bless you!” We use “po” and “opo” when addressing or speaking to elders. We offer our seat whenever older passengers board the bus or jeepney. We seek the advice of elders on family matters. We look up to them as models after which our lives may be patterned.

3. The Value of Education

Remember the stories you heard about parents selling the carabao or their house in order that they could send their children to college? All parents believe that education is the only inheritance they can offer their children, something which Filipinos hold high as their family goal. Wealth is not measured in terms of money but on the number of professionals the family is able to educate. This accounts for the high literacy rate of our country and the status of Filipinos as qualified contenders for jobs in this country and abroad.

4. Strong Family Ties

Filipinos are bonded by strong family ties. See how Filipino family gathers when someone leaves for abroad, when someone is sick or when a baby is born. Grandparents, aunts, and uncles live with most families. They are our sources of affection, comfort, loyalty and commitment. Hospitality is a distinct Filipino value. In the spirit of sacrifice and generosity, Filipinos are willing to share whatever little they have to accommodate a guest or a relative.

5. Debt of Gratitude (*Utang na Loob*)

We value any favor that has been extended to us no matter how small or insignificant. In return, we express gratitude in various ways.

6. Word of Honor (*Palabra de Honor*)

Family honor is at stake when we “give our word,” and are willing to sacrifice even to the disadvantage of our own family just to fulfill our commitment.

Observance of family values fosters family solidarity and preserves the legacy of the family. These values are passed on from generation to generation and are the lifeblood of all families.

Activity 7

On a piece of cartolina, make a collage of desirable values observed in your family. Be as creative as possible. Below are suggestions of what you may include to complete the collage.

- quotations
- symbolic objects
- pictures
- poems
- cut-outs from magazines
- songs



Self-check:

Match the following distinct Filipino family values in Column A with their descriptions in Column B. Write the letters on the spaces before the numbers.

Column A	Column B
_____ 1. Strong family ties	a. It is our way of thanking God for the blessings we have received, such as passing an exam or being promoted.
_____ 2. Values	b. Filipino parents believe that it is the only inheritance they can leave to their children for a better life when they grow up.
_____ 3. Kissing of the hands	c. It is apparent in generations living with the family under one roof.
_____ 4. Honor and respect for parents and elders	d. It is repaying any favor extended to us.
_____ 5. Going to church	e. It is any belief, ideal, or practice held important by an individual.
_____ 6. Honor and respect for God	f. We seek their help, particularly when family matters are concerned, for we know that they can give us sound advice.
_____ 7. Debt of gratitude	g. It is a practice dating back to the time of the Spaniards.
_____ 8. Word of honor	h. We get these teachings to get along with others from our parents and our own home.
_____ 9. Values formation	i. We say grace before meals,
_____ 10. Value for education	

before the class starts or before gathering takes place.

j. Fame, name and reputation may be placed on the line because of this.

How was your score? Did you get all 10 right? You're in great shape! If you got 7 out of 10, you make me proud. However, if you didn't get at least 5, you may go over the exercise again and give it another shot. You've gone this far, don't stop now.

Lesson 6

Responsible Parenthood

Parenthood is a serious responsibility. From the time the children are born until they leave home to be on their own, parents work hard. Being a parent can be a 24-hour task, particularly when the children are very young. Parents cannot find time to be alone or enjoy personal interests and friends, especially when everyone in the family from the youngest to the eldest, needs quality time.

The duties and rights of parents and children are provided in the Civil Code of the Philippines, the Child and Youth Welfare Code (Presidential Decree 603), and the Family Code of the Philippines. The content of these laws is the essence of responsible parenthood.

Article 46 of the Philippine Constitution gives the general duties of parents in regard to their children:

1. To give them affection, companionship and understanding;
2. To extend to them the benefits of moral guidance, self-discipline, and religious institution;
3. To supervise their activities, including their recreation;
4. To inculcate in them the value of industry, thrift and self-reliance;
5. To stimulate their interest in civic affairs, teach them the duties of citizenship and develop commitment to their country;
6. To advise them properly on matters affecting their development and well-being;
7. To provide them adequate support ; and
8. To administer property, if any, according to their best interests, subject to the provisions of Article 320 of the Civil Code.

Article 3 – The Rights of the Child are as follows:

1. Every child is endowed with the dignity and worth of a human being from the moment of his conception, as generally accepted in medical language, and therefore, has the right to be born well.
2. Every child has the right to a wholesome family life that will provide him with love, care and understanding, guidance and counseling, and moral and material security.
3. Every child has the right to the well-rounded development of his personality to the end that he may become a happy, useful and active member of society.
 - The gifted child shall be given opportunity and encouragement to develop his special talents.
 - The emotionally disturbed or socially maladjusted child shall be treated with sympathy and understanding and shall be entitled to treatment and competent care.
 - The physically or mentally handicapped child shall be given the treatment, education, and care required by his particular condition.
4. Every child has the right to a balanced diet, adequate clothing, sufficient shelter, proper medical attention and all the basic physical requirements of a healthy and vigorous life.
5. Every child has the right to be brought up in an atmosphere of morality for the enrichment and strengthening of his character.
6. Every child has the right to education commensurate with his abilities and to the development of his skills for the improvement of his capacity for service to himself and to his fellowmen.
7. Every child has the right to full opportunities for safe and wholesome recreational education and activities as well as social, for the wholesome use of his leisure time.
8. Every child has the right to protection against child abuse, improper influence, hazards, and other conditions or circumstances prejudicial to his physical, mental, emotional, social and moral development.
9. Every child has the right to live in a community and a society that can offer him an environment free from bad influences and conducive to the promotion of his health and the cultivation of desirable traits and attributes.
10. Every child has the right to care, assistance and protection of the state, particularly when his parents or guardians fail or are unable to provide him with his fundamental needs for growth, development and improvement.
11. Every child has the right to an efficient and honest government that will deepen his faith in democracy and inspire him with the morality of the constituted authorities both in the public and private lives.

12. Every child has the right to grow up as a free individual in an atmosphere of peace, understanding, tolerance and universal brotherhood, and with the determination to contribute his share in building of a better world.

The Philippine Family Code also enumerates the responsibilities of a child as follows:

1. Strive to lead an upright and virtuous life in accordance with the trusts of his religion, the teachings of his elders and teachers, and the building of a clean conscience.
2. Love, respect, and obey his parents and cooperate with them in the strengthening of the family.
3. Extend to his brothers and sisters his love, thoughtfulness and helpfulness, and endeavor with them to keep the family harmonious and united.
4. Extend his utmost to develop his potentialities for service, particularly by undergoing education guided by his abilities, in order that he may become an asset to himself and to society.
5. Respect not only his elders but also the customs and traditions of our people, the memory of our heroes, the duly constituted authorities, the laws of our own country and the principles and institutions and democracy.
6. Participate actively in civic affairs and in the promotion of the general welfare, always bearing in mind that it is the youth who will eventually be called upon to discharge the responsibility of leadership in shaping the nation's future, and help in the observance of individual human rights, the strengthening of freedom everywhere, the fostering of cooperation among nations in the pursuit of their common aspirations for progress and prosperity and the furtherance of the world.

Activity 8

Look for an article or story that strongly defies the laws pertaining to the rights of children, the duties of parents, and responsibilities of the child. Write your personal views about it and how you can help put an end to these violations.

Suggested Topics / Ideas:

- Trafficking of children for adoption by foreigners
- Child labor
- Child exploitation
- Juvenile crimes
- The plight of handicapped children
- The plight of abandoned children
- Domestic violence



Self-check:

Write A if you agree with the statement, and D, if you disagree.

- _____ 1. Puring's parents always take the family to hear mass on Sundays. It is their parent's way of setting a good example to their children.

- _____ 2. Andrew's house is near a paint factory. Every day he complains of stomach pains and headaches because of the waste coming from the factory. When he complained to his mother about this, his mother asked him to cover his nose.
- _____ 3. Alex has been moving residence since he started school. His parents have been sending him to the best schools that offer the best teaching, no matter how distant these schools are. The family is also willing to transfer just to get him to these schools.
- _____ 4. A news report said that the statue of Bonifacio near the Manila City Hall was vandalized. Parts of the copper from the design were tripped and Bonifacio's bolo was missing. Witnesses said a group of teenagers was seen going back and forth before the incident happened. Lando and his friends were the last one's seen in that area.
- _____ 5. The class of I-Jasmin is busy campaigning for old toys and used clothes as their project in TLE to give to the street children housed in the Nayon ng Kabataan.

I hope you got all 5! You've done well. This shows that you are a "sensitive" individual who sees the need to share your time and talent in order to bring a ray of happiness to others.

Lesson 7

Being a Responsible Member of the Family

There are several roles you can perform to be a responsible member of the family. When both parents are working, you can take it upon yourself to take charge of the meals of the family. From your nutrition class, you can try your skill in planning menus, budgeting and marketing. You can also learn to be creative in the kitchen.

As a responsible family member, you can help your mother by looking after your younger siblings. You may do the house cleaning and teach your younger brothers or sisters do simple chores like making the beds or keeping their toys in the appropriate place. House cleaning also involves clean surroundings. You can help put up fences, dispose of garbage or trim the plants.

As a student, you can take part in family discussions. Parents should allow their children to participate as a means of training them to think and reason out. A family council makes the children aware of their responsibility in helping solve family problems.

Being a teenager can sometimes be tough because of all the development tasks you have to go through. Among them are the following:

1. setting up your goals
2. choosing a philosophy of life or a sound outlook in life
3. identifying your values and determining those that guide your life
4. developing your potentials and overcoming your weaknesses
5. learning to deal with your emotions and trying to control them
6. performing household chores expected of you
7. managing your allowance wisely
8. developing your ability to make decisions based on desirable values of what is right or good
9. communicating your feelings and problems competently
10. developing yourself physically, mentally, socially and spiritually

Activity 9

Make a list of tasks you perform at home and in school. Rank them according to those you are already doing and those you will try to do, as you become an informed and responsible teenager.

Lesson 8

Recreational Activities for the Family

Recreation plays an important role in creating harmonious family relationships. A wise family sets aside the time for wholesome and productive activities that can break daily routine. This can respond to the social and physical needs of the family. Recreation gives time for the father and the mother to be their children's friend. It also allows teamwork and develops skills and strategies among members.

Identifying the Recreational Needs of the Family

Below are guidelines that can help the family identify the types of recreational activities most appropriate for members to meet their physical and social needs:

- Is the activity enjoyable to everyone?
- Is it educational? Will family members learn something worthwhile?
- Will it enhance harmonious relationships in the family?
- Will it develop the physical well-being of the family members?

Organizing Recreational Activities for the Family

Parents can initiate the planning of the recreational activities of the family. Children can suggest and help organize the activities which delegate responsibility and distribute the tasks among the members. This alone can be a source of fun.

1. Indoor Activities

Friendly family competitions can be experienced in such games as chess, scrabble, word factory and game of the generals among others, which can be learned by anyone. You can try watching videos or singing your favorite songs alone. The simplest of all would be just to sit around and tell stories and exchange jokes.

2. Outdoor Activities

Backyard basketball, table tennis or gardening, when done with the whole family can be wholesome recreation. Seeing movies is a favorite Filipino pastime which families can share. Parents can supervise the movies children want to see.

3. Out-of-town Activities

On long weekends or during vacations, the family can go adventure tripping in the provinces. They can visit resorts for swimming or go on camping trips. These activities can be both free as well as educational.

Activity 10

Paste pictures of your family is recreational activities and write a short paragraph about each. Write how you felt on the day when you find fun with your family.



Self-check:

Write **T** if the statement is true, and **F**, if false.

- _____ 1. Recreational activities help break the monotony of routine tasks.
- _____ 2. Recreational activities meet the physical and social needs of the family.
- _____ 3. Seeing theatrical plays is an example of an indoor activity.
- _____ 4. Playing boards games is an outdoor activity.
- _____ 5. Children can help plan and organize recreational activities.

How did you score? Did you get all 5 correct? Good for you! I hope you'll try to come up with recreational activities that will be a "hit" in the family.

Lesson 9

Meeting Expected and Unexpected Events in the Home

No matter how well managed and organized a family is, chances are, there will be problems big or small which needs the concern and attention of the family. Following are examples:

1. *Change of Residence.* When a family decides to move to a new address, instability arises. You and your family have to make adjustments living in a new neighborhood and trying to get along with the neighbors and the community.

The oneness of the family is upset whenever a loved one leaves to work abroad. The separation of parents from their children, the responsibilities that will be borne on the shoulders on those left behind, not to mention the management of family finances, become a different problem for every family member.

2. *Loss of Economic Support.* When the breadwinner of the family gets sick, becomes disabled, loses his job or dies, the rest of the family is affected. Meeting the family's basic needs for food, shelter and clothing is a serious problem. The education of the children is momentarily suspended. A plan for savings in the future is very much needed.
3. *Natural Calamity.* Typhoons, floods, earthquakes and fires are some of the catastrophes that can cause the loss of lives and properties.
4. *Overstaying of Visitors.* Offering the comfort and safety of our homes to our relatives and friends is a Filipino tradition. Everyone at home is willing to make little sacrifices such as giving up your beds in favor of the guests. Giving up your time to take them around or just be with them as a sign of hospitality is good at first. But what if your guest has already been staying for quite some time, the family needs to talk about this because it may soon become a problem to the entire family.
5. *Illness in the Family.* Caring for someone sick at home is not an easy task. Every member of the family has to help in the recovery of the patient. A patient needs a separate bed or room to protect others from getting sick. The need of the patient for medicine, personal cleanliness, meals, and changing of clothes has to be done for him or her.
6. *Death in the Family.* The death of either a father or mother in the family calls for much personal adjustment for those who will fill in their shoes. The death of either parent will leave one with the task of fulfilling unfinished tasks and responsibilities such as setting finances and support and care for the children.

Death is inevitable, and often comes when least expected. Every member must learn to face reality with perseverance, strength and deep faith in God. As the saying goes, "It 's God's will, just remember that God will never put you in a situation that you can't handle." By keeping a strong faith and calling on Him through prayer, the problem you face will have an answer!

Activity 11

Besides those given in the lesson, think of other unexpected incidents that may affect the family. What family values could help relieve the family when situations like this happen?

Activity 12

Prepare a plan for your family, showing the steps you'll take should an unexpected event happens. Below is a list to choose from, but you are free to make your own. Write your plan stating the role of each family member. Keep the plan posted in a place where everyone can see it for reminders.

"The _____ Family Plan of Action in Case of Emergency."

- Fire
- Earthquake
- Typhoon
- Flood
- Power Failure

Activity 13

Facing unexpected events in your life, when you are just starting to assume responsibilities is truly challenging. If you have had the experience, write an essay and give your insights into the situation you have gone through. If you have not experienced any of the given examples, try to write your plans, should you encounter them.

Example of possible titles:

"My Most Unforgettable Experience"

"A Day I Will Always Remember"

"What I Would Do Should It (give a situation) Happen to Me"



Self-check:

Write True if the statement is true, and False, if it is not true.

- ____ 1. When someone is sick in the family, you must do your best to attend to his/her personal needs.

- _____2. Solving our problem with natural calamities is the task of the government authorities alone.
- _____3. When my father was jobless, as an older family member, I sold newspapers and candies to help raise the school allowance of my brothers and sisters.
- _____4. If a relative has been staying long in your house, you can tell them calmly to start packing up and go home.
- _____5. When a family member is sick and cannot do things by himself or herself, we, as the stronger family members, should do our part in giving care.

Congratulations! You have finished all the lessons in this module with flying colors. You may now proceed to the next module. If not, go over with the lessons in which you need the support of your teacher or a classmate who can help you understand the lessons well. Good luck!



LET'S SUMMARIZE

- ❖ Some of the distinct Filipino values are as follows: Honor and respect for God, honor and respect for parents and elders, strong family ties, debt of gratitude, word of honor, and value for education.
- ❖ The Presidential Decree 603 or the Child and Youth Welfare Code of the Philippines is the law that protects the rights of every Filipino child.
- ❖ Recreation plays an important role in creating harmonious family relationships.



POSTTEST

Directions: Read each statement very well. Choose the letter that best describes the given statement. Write the letter of the correct answer in your notebook.

1. It is what you need to meet the challenges of life.
 - a. outlook in life
 - b. values that relate to life
 - c. paths to life
 - d. roadmaps to life
2. A child who is ridiculed tends to be
 - a. aggressive
 - b. timid
 - c. scared
 - d. shy
3. The following are weaknesses, except
 - a. laziness
 - b. procrastination
 - c. initiative
 - d. lying
4. Strengths could be any of these, except

- a. dancing
 - b. fault finding
 - c. craft-making
 - d. sewing
5. Which of these is a short-range goal?
- e. doing well in exams
 - f. training to be a nurse
 - g. becoming a barangay captain
 - h. becoming a businessman
6. Long-range goals relate to
- a. your past
 - b. your present life
 - c. your future
 - d. your future
7. It promotes sharing to get work done.
- a. caring
 - b. loyalty
 - c. trust
 - d. cooperation
8. Feeling good about yourself is
- a. self-esteem
 - b. empathy
 - c. faith
 - d. charm
9. We express this value through going to church and prayers.
- a. value for education
 - b. word of honor
 - c. love and respect for God
 - d. strong family ties
10. It is known as P.D. 603.
- a. Family Code of the Philippines
 - b. Child and Youth Welfare Code
 - c. Labor Code
 - d. Civil Code of the Philippines



ANSWER KEY

Answer Key to Pretest and Posttest

- 1. a
- 2. d
- 3. c
- 4. b
- 5. a
- 6. d
- 7. d
- 8. a

9. c
10. b

Lesson 1: Self-check

1. True
2. False
3. False
4. True
5. True

Lesson 4: Self-check

1. responsibility
2. communication
3. companionship
4. caring
5. trust

Lesson 5: Self-check

1. c
2. e
3. g
4. f
5. a
6. i
7. d
8. j
9. h
10. b

Lesson 6: Self-check

1. A
2. D
3. A
4. D
5. A

Lesson 8: Self-check

1. T
2. T
3. F
4. F
5. T

Lesson 9: Self-check

1. True
2. False
3. True
4. False
5. True