

5

Health

Activity Sheets

(First Quarter)

Department of Education

June 2016

HEALTH 5 ACTIVITIES –QUARTER 1

Objectives:

1. Demonstrate a mentally, emotionally and socially healthy person -H5PH-lab-10
2. Develop and maintain one's mental and emotional health - H5PH-lc-11
3. Explain some mental, emotional and social health concerns - H5PH-lg-15
4. Discusses the effects of mental, emotional and social health concerns on one's health and wellbeing - H5PH-lh-16

MY HEALTH ADVENTURE

Quarter 1

MODULE

1

You are about to explore and assess your health. Are you giving enough attention to improve your health? You will find this out as you work on this module. Are you ready to start with your health adventure?



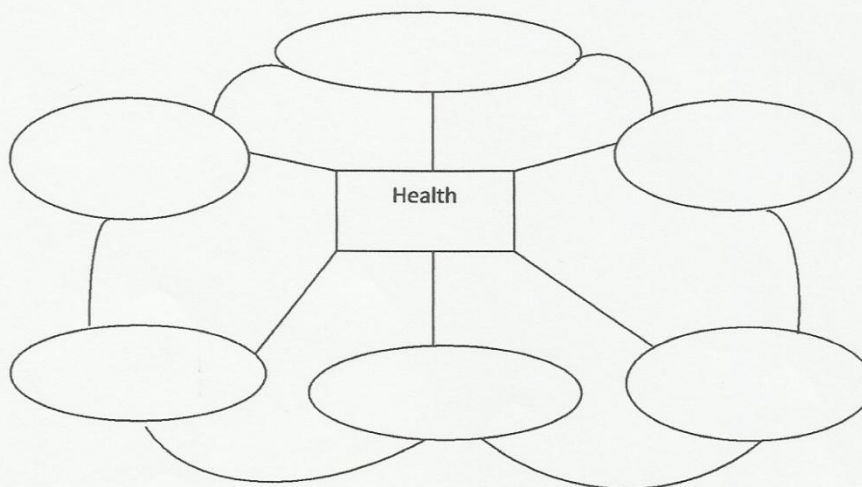
EXPLORE Your Understanding

In this first part of your adventure you will do different activities that will find out what you already know about your health. Try to reflect on your health habits and practices as you do some activities in this module.

Try your first health adventure. Check what you know about health.

RELATE IT!

Write a word/phrase or draw a picture that you can relate with the word HEALTH. You can make your own adventure trail or you can follow the trail below. Do this in your notebook/journal log.

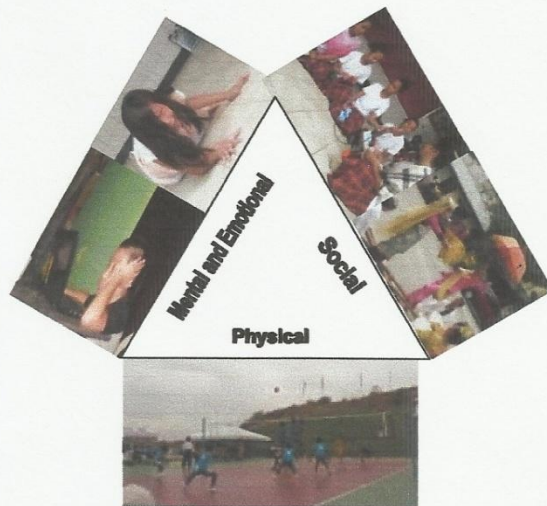


Write a brief explanation of the word/phrase/picture on the space provided below for each word/phrase/picture. Write your definition of health based on the words/phrases/pictures that you have written in this activity. Do this in your notebook/journal log.

ADVENTURE TRAIL 2

Your next adventure is to write your definition of health based on the word/phrase/pictures that you have written in activity 1.

Health is _____



MY HEALTH TRIANGLE

- Look at the “health triangle” above. Copy this triangle and write on one side social health, mental and emotional on the other side, and physical health at the base of the triangle.
- Think of your health practices/habits/activities related to the health dimension in the health triangle.
- Classify your health activities according to physical, social, mental and emotional.
- Those activities/practices/habits that you think have influenced your physical health place these under this category; those that relate to your mental/emotional health put these under this category; and those that affect your social health place these under this category.
- Write your health activities in the proper column. Do this in your notebook.

Physical	Social	Mental and emotional

- Look at your classification and answer the following questions:
 - Which category do you have more activities/practices/habits?
 - Which category do you have lesser activities/practices/habits?
 - Now, draw a triangle to illustrate your health activities. Are you happy with your health triangle?

If your answer is Yes, CONGRATULATIONS! You are leading a balanced life. If your answer is No, do something to balance your activities.

If you have more physical activities, the base of your health triangle should be wider. If you have more social activities, the right side of your triangle should be wider. If you have more mental and emotional activities, the left side of your triangle should be wider.

- How can you balance your health triangle or health dimension if it is not?
- Do this activity in your notebook/journal log.

HEALTH ADVENTURE 3

You learned about your own Health Triangle. You are now ready to analyze the Health Triangle of others.

- Draw the health triangle of the three teenagers and compare them.
- Choose any one from these teenagers and put yourself in his/her shoes.
 - How do you feel about his/her practices/habits?
 - What advice can you give him/her regarding his/her health triangle?
 - How do these health triangles help you think about your own health triangle?

MORE HEALTH TRIANGLE TO STUDY

- Mario has many friends. He spent most of his time with them. They play computer games and watch videos. Mario has never been good in sports or school activities and he doesn't want to change.
- Cora has friends whom she sees on weekends. After her class, she attends regular volleyball practice being a member of the school varsity team. At night she does her homework. She excels in almost all her subjects. She is also an active officer of the school clubs.
- Arthur doesn't spend much time with friends because he is busy with his basketball practice on weeknights and football on weekends. His grades which used to be good are failing. His parents are worried because he doesn't even help in household chores.

YOUR REACTION PLEASE!

- Read these essential questions and write your answer in your journal.
 - Why is it important to maintain balance of health activities?
 - Why is monitoring your health status important?

You can check if your understanding of health and its dimension is right as you go on with this module. After performing all the activities, you are expected to prepare and implement a plan of action to improve your health triangle or health dimensions. Your plan of action will be evaluated based on the following criteria:

- Attainable
- Realistic
- Health-oriented



FIRM UP Your Understanding

In this phase, you will be exposed to a variety of reading materials/resources and activities to firm up your understanding about the lesson. You are also given the opportunity to assess your own understanding, correct misconception, and clarify your questions about the lesson.

READ and you will UNDERSTAND!

Reading 1. DIMENSIONS of HEALTH

Health is everybody's responsibility. Everyday you make your own health decisions, so it is very important that you know correct health information. It is therefore your responsibility to use this health information wisely.

Nowadays, health focuses on wellness. It is a positive approach that includes your physical, social, and emotional/mental well-being. Health is the well-being of your body, mind, and your relationship with others. On the other hand, wellness means striving to live your life to your fullest potential, making decisions, and acting in healthy ways. It is practicing healthy behavior based on sound health knowledge and healthful attitudes. You are likely to have a high degree of wellness if you have a balanced life.

It maybe a lifelong pursuit but you can do a lot to strengthen your chances for a healthy and happy life.

Health is therefore, a combination of your physical, mental/emotional, and social well-being. Being healthy means having a balanced health triangle or a balance of the health dimensions. You have to keep the dimensions balanced to become a healthy individual.

Physical health means how well your body functions. You can carry out everyday tasks without becoming too tired when you are physically healthy. It also means you have enough energy to enjoy activities and to meet emergencies. You can attain this by giving your body total care. These include the following:

- keeping your body fit
- eating a well balanced diet
- getting adequate sleep
- drinking enough water

- practicing cleanliness and good grooming habits
- getting regular medical and dental check-ups and treatment
- avoiding harmful substances such as tobacco, alcohol, and harmful substances

Mental and emotional health includes liking yourself and accepting and learning from your mistakes. It refers to how well you meet the demands of daily life, adjusting to new situations, and how well you process information. It can be best observed when:

- expressing your emotions in positive ways
- facing life's problems squarely
- dealing with life's pressures and stresses in a positive way

Social health refers to how you get along well with people. It can be observed when you are:

- playing or working well with a group
- making and keeping friends
- giving and getting help from others when needed
- communicating well and showing respect and care for yourself and others

Your health triangle or health dimensions are interrelated or connected. Each one affects the other. Do you observe that when you are not feeling well or when you are under pressure, your relationship or dealing with people is affected? You may be physically tired and your mood is affected. You may be physically weak and tired and may not feel well to spend time with friends. When you are not ready to take an examination, you develop a headache or stomach ache. It is very clear that each dimension affects the other. Every dimension is equally important to attain wellness or good health.

CHECK YOUR UNDERSTANDING

See how well you understood the Reading. Answer these questions.

- How are the different health dimensions related to one another?
- How does one dimension influence one's health?
- How can you attain a healthy life?

Count the number of Often 3x ___ = ___

Count the number of Sometimes 2x ___ = ___

Count the number of Never 1x ___ = ___

Divide the total to 15

Scoring

3= often 2= sometimes 1= never

Are you happy with your grade?

MAP YOUR UNDERSTANDING

Continue your health adventure trail. This time, check your understanding about health. Make a concept map to show the relationship of the health dimension. Use the words listed then draw how they are related. Make your own graphic organizer or relationship map. Add as many links as you want to illustrate your understanding about the topic.

WORD BANK

social health
mental/emotional health
physical health
expressing your emotions
facing your life's problems
enough energy to enjoy activities
healthy individual
dealing with people
interrelated or connected
making and keeping friends
keeping your body fit
showing respect and care for others

Reading 2. SCREENING TESTS

Monitoring ones health is your responsibility. To do this you have to start with your health status. It is very important to know your health status. If it is good, you should know how to maintain. If it is not, you should know how to improve it. Regular health screening and medical check- up can help you take

necessary actions to immediately correct anything wrong. You can do your own screening test with the help of your family, *barangay* health clinic personnel, school clinic health personnel or your family doctor.

To know your health and do the necessary actions to improve it, you must submit to screening tests. It is very important to maintain your health.

In school the Health teacher and school health personnel conduct the screening test of the students. Screening tests include vision testing, hearing testing, and the height and weight taking.

The screening test is done at the beginning and towards the end of the school year. The results of the screening test will help the physician, nurse, dentist, and the teachers to identify the students needing health counselling, referral, and follow-up.

The school the health personnel can help assess and monitor the health status of students and other school personnel through the school health service. It is done through observations, screening tests and medical and dental examination. The school physician, school dentist, school nurse, teachers, and other school personnel play an important role in promoting and maintaining the wellness of all in the school.

CHECK or CROSS

Write your understanding about screening tests by doing the activity in your notebook/journal log.

- Put a check (/) if the statement relates to your practice and (x) if it does not relate to your practice/habit.
- Evaluate your answer. How many check answer do you have.

- ___ 1. I monitor my height and weight at least twice a year.
- ___ 2. I visit my dentist every six months
- ___ 3. I visit my doctor once a year even if I am not sick
- ___ 4. I take advantage of the health services in our *barangay* health clinic.
- ___ 5. I monitor my health status.
- ___ 6. I tell my health problems to my parents/health personnel.
- ___ 7. I submit to screening test to know my health status.

Are there health practices related to health monitoring that you want to improve?

Now you realize the importance of submitting to a screening test. A health Screening Contract will remind you to go for screening.

Here is an example of a Health Contract.

Health Screening Contract

My Health Screening Contract

Name: _____ Date: _____

I promise that _____

I plan to _____

Put your name and then make a promise to yourself to submit to screening test to monitor your health status. You may want to have your parents witness your contract to help remind you of your promise.

Make your own Health Screening Contract similar to the one above. You may want to write it on another material or paper other than your notebook.



DEEPEN Your Understanding

In this phase you will be given reading materials, varied activities/experiences to further enhance your understanding about health. You will be given the opportunity to reflect on your health choices and decisions that greatly influence your present health status.

Reading 1.

SCREENING PROCEDURES

Height Taking

This is done twice a year at the beginning and towards the end of the school year in the school.

Procedure in Taking the Height

1. Remove your shoes or slippers.
2. Stand straight with the head, shoulders, and rear of the heels in contact with the wallboard
3. Place the headpiece on top of the head vertically.
4. Record the height in centimeter to the nearest one-fourth.
5. Get the interpretation of the results based on the Filipino height and weight chart for boys and girls.

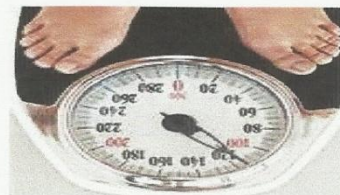


Weight Taking

This is done twice a year, at the beginning and towards the end of the school year.

Procedure in Taking the Weight

1. Remove your shoes and other heavy objects from your body and pockets
2. Stand straight on the middle of the weighing scale.
3. Balance the scale and read the weight properly to the tenth of a kilo and record it.
4. Get the interpretation of the results based on the Filipino chart of the height and weight of boys and girls.



Vision Testing

Vision test is done using the Snellen Chart twice a year also just like the height and weight taking.

Procedure in Vision Testing

1. Place the Snellen Chart in place with proper lighting.
2. Stand or sit when being tested. Stand in a 20-foot line distance from the Snellen chart. Heel should touch the line or when sitting, the back of the line or when sitting, the back of legs of the chair should touch the line.
3. Test with the eyeglass if the person is wearing an eyeglass.
4. Test both eyes first before testing the right and le eyes.
5. Cover one eye with cardboard while testing the other eye.
6. Point at the letter and let the student read it.
7. Record the result in fraction. The numerator represents the distance from the Chart which is 20-feet and the denominator represents the lowest line. Read accurately.
8. Do not memorize the letters written on the Chart

Hearing Test

The hearing test is important to find out ones hearing ability. The audiometer is an accurate instrument to test the hearing ability of an individual. Since not all schools have this instrument, a whisper and watch can be used. A quiet room is important in administering this test.

Procedure in the Hearing Test

1. Stand 30 feet away from the tester facing the opposite direction. Cover one ear with the hand.
2. The tester then whispers. The tester can whisper color, names of flowers, numbers, or names of cities. Use only one of the them; do not mix any of these.
3. If the one being tested fails to hear from 30-feet distance, the tester can move to 25 feet near the one being tested. Repeat the whisper. If still, he/she fails to hear the whisper, move closer up to ten feet then repeat the whispers.
4. Repeat the test to the other ear.
5. Record the distance where he/she was able to hear the whisper.

Remember, the results of the screening tests are important basis in assessing ones health status.

A VISIT TO THE *BARANGAY* HEALTH CENTER/CLINIC

- Go to your *barangay* health clinic or school health clinic and request the nurse to help you get your height and weight, your visual acuity and to check your hearing ability.
- Record your height and weight and ask the nurse about the interpretation of the result.

- Ask the nurse about the services they provide to the people in the community to help them maintain good health.
- Answer the following questions in your notebook/journal log after knowing the results of your screening test.
 - How do you feel about your height and weight and vision test?
 - How can you use the results of the screening test to improve your present health status?
 - What is the importance of monitoring your health?
 - How can the health services offered in your *barangay* help you attain good health?

Now, continue your health adventure trail. You will do another activity that will help you monitor your health habits and practices.

MY HEALTH HABITS LOG

- Take note of your daily health habits and practices for one week.
- Record the activities you do in your notebook/journal log that affect the physical, mental/emotional, and social side of your health triangle.
- Select the activities/habits/ practices that you would like to be part of your life.
- Evaluate the results of your practices for one week.
- Make a bar graph using the data from your daily log record.
- Answer the questions below after your one week observation log.
 - What does your daily log of health activities/habits/practices show?
 - If you will do the same activities again, are there activities that you wish you could have not done? Why?
 - What dimension of your health is properly managed?
 - Which dimension needs improvement?
 - Do you see yourself as a responsible person as far as managing your health is concerned? Why?

EXPRESS YOUR UNDERSTANDING

- Complete the following statements:
 - I firmly believe that health _____
 - To attain good health, I must _____
 - A healthy person lives _____
- Write your answer to the following questions based on your understanding of the lesson. Put these in your notebook or journal log.

1. What might happen if you will not monitor your health status?
2. What do your health triangle assessment and your screening test results reveal about your health?
3. How could you use that data in attaining good health?
4. How do you know that you have a balanced health triangle?
5. What are your strengths and weaknesses as far as health screening is concerned?



TRANSFER Your Understanding

In this phase you are given an opportunity to transfer your understanding by preparing and implementing a plan of action to improve your health.

MY HEALTH PLAN OF ACTION

- Prepare your health plan of action based on the results of your screening test, health habits/practices daily log, health dimension checklist.
- Write what you will do to change the habit/practice in any dimension you want to improve or what you will do to maintain it.
- An example is given to guide you.

Dimension I want to improve or maintain	Habit/practice/condition I want to change, improve, or maintain	Action/activity I will do to improve/maintain the habit/practice
Physical health	Being overweight/undesirable weight	I will avoid eating too much. I will eat balanced diet. I will exercise regularly.

- Act on the plan that you have prepared.

- Observe the effect of doing the plan of action on your health for one month.
- Note the positive effect on your health or the negative effect if there's any.
- Make some revision in your plan if necessary.
- Your plan will be assessed using the rubric below.

Level of achievement		Description
Outstanding	4	Plan of actions are attainable and health-oriented, implement procedure to reach the goal.
Very satisfactory	3	Plan of actions and processes are positive, realistic, and somewhat health-oriented.
Satisfactory	2	Some plans and processes are positive and realistic, little health value is seen.
Fair	1	Plan of actions are not focused and are unrealistic for abilities or present level of development.
Needs improvement	0	No plan of action are mentioned
SCORE		

You have been exposed to varied activities in this module, are you happy with your experiences? If you are done with all the health adventure trails, then you can proceed to the next module.

CONGRATULATIONS!