

# Learning Activity Sheet for General Effective Communication

Quarter 1

Lesson

2

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## LEARNING ACTIVITY SHEET

|                             |  |                             |   |
|-----------------------------|--|-----------------------------|---|
| <b>Learning Area:</b>       | Effective Communication                      | <b>Quarter:</b>             | 1 |
| <b>Lesson No.:</b>          | 2  | <b>Date:</b>                |   |
| <b>Lesson Title/ Topic:</b> | Intrapersonal Communication /Online Presence |                             |   |
| <b>Name:</b>                |  | <b>Grade &amp; Section:</b> |   |

- I. Activity No. 1: Shark and Dolphin Thoughts**
- II. Objective(s):** At the end of the activity, you should be able to classify and discuss personal positive and negative thoughts about yourself
- III. Materials Needed:** pen and paper
- IV. Instructions:** Ponder upon this question, “*What do you say to yourself when you make a mistake?*” Classify your thoughts into shark thoughts (i.e. unhelpful thoughts that will not make you feel good or solve the problem) and dolphin thoughts (i.e. helpful and positive thoughts that will make you feel better and perhaps solve a problem). Classify them accordingly in the table provided.

| Dolphin Thoughts | Shark Thoughts |
|------------------|----------------|
|                  |                |

**V. Synthesis:**

1. How do your positive and negative thoughts influence your decision-making?

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2. If you were mentoring someone struggling with self-doubt, what advice would you give about managing their thoughts?

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### I. Activity No. 2: Nature Walking

**II. Objective(s):** At the end of the activity, you should be able to express your thoughts, feelings, or memories evoked by the natural environment through journaling.

**III. Materials Needed:** pen and journal notebook

**IV. Instructions:** Grab your journal notebook and go out on a nature walk outside your classroom. Spend at least 5 minutes walking around in the fresh air and immersing yourself in the sights and sounds of nature. After spending your time nature walking, you can go back to your classroom and find a quiet spot where you feel at ease, and write for another 10 minutes. You may use the guide questions below in writing your journal.

*Guide Questions:*

- What have you felt while immersing yourself with nature?
- How does that feeling affect your perception about yourself?
- How does your self-perception contribute to how you respond to certain situations?

### V. Synthesis:

1. How did you find the activity? Can you share and describe your experience?

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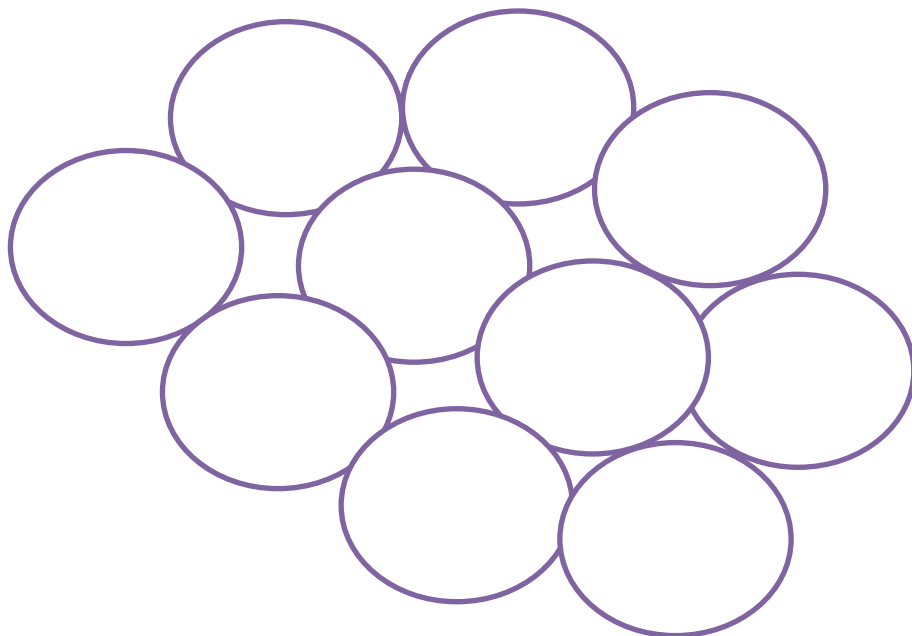
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**I. Activity No. 3: Mind Map**

**II. Objective(s):** At the end of the activity, you should be able to define intrapersonal communication

**III. Materials Needed:** pen and paper

**IV. Instructions:** Draw thought bubbles inside the head. The thought bubbles represent the different internal messages you tell yourself either positive or negative. Color code the bubbles into : Green=positive/supportive thoughts, Red=negative/unhelpful thoughts, Blue=curious/questioning thoughts, and Yellow=neutral/reflective thoughts. Choose at least 2 red bubbles and **rewrite them as constructive or realistic alternatives.**



(for the illustrator– pls. draw a silhouette head and enclosed all the bubbles inside the head)

## Red Bubbles

Example: "I always mess up" → "I made a mistake, but I can learn from it."

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### **V. Synthesis:**

1. What did this activity help you learn about intrapersonal communication?

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2. How do your inner thoughts affect your confidence, motivation, or mood?

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### I. Activity No. 4: The Journal Matchmaker

**II. Objective(s):** At the end of the activity, you should be able to identify the type of journal fit for a particular scenario.

**III. Materials Needed:** pen and paper

**IV. Instructions:** Provide the proper type of journal in the box next to each scenario.

- Health & Wellness Journaling
- Reflective Journaling
- Food Journaling
- Gratitude Journaling
- Art Journaling
- Travel Journaling
- Dream Journaling

| Scenario   | Type of Journal |
|--|-----------------|
| You submitted an essay you worked hard on but received lower marks than expected along with detailed feedback. You felt disappointed at first but later reviewed the feedback carefully  |                 |
| You were feeling overwhelmed or upset, and a friend noticed and reached out to check on you—even with just a kind message or small gesture.  |                 |
| You dreamed of standing on a stage getting an award, seeing your artwork in a gallery, or getting accepted into your dream college.  |                 |
| You experienced a meaningful moment—a great trip, a holiday, or a meaningful conversation—that you want to remember. (Create a visual memory journal page using pictures, objects (like ticket stubs), or drawings to capture the feeling and details of that moment.) |                 |



|   |  |
|---|--|
| You visited a local museum, heritage site, or monument as part of a school trip. You saw artifacts, listened to a guide, and learned something surprising about your country's history. |  |
| You tried sushi, kimchi, or another food you had never eaten before, either at a restaurant or from a friend's lunchbox.  |  |
| You were overwhelmed during exam week and noticed your stress levels rising. You tried breathing exercises, taking breaks, or getting more sleep.                                       |  |

**V. Synthesis:**

1. Of the different types of journals (e.g., gratitude, reflective, travel, dream, art, food), which one best fits your current needs? Why?

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**I. Activity No. 5: Privacy Patrol**

**II. Objective(s):** At the end of the activity, you should be able to identify online privacy measures while still maintaining your online presence.

**III. Materials Needed:** pen and paper

**IV. Instructions:** Fill in the blanks with the words provided in the box.

|             |           |         |
|-------------|-----------|---------|
| suspicious  | passwords | online  |
| overshare   | privacy   | Think   |
| information | location  | mindful |

1. Review and adjust \_\_\_\_\_ settings on all social media and online platforms you use.
2. Only share minimal \_\_\_\_\_ necessary on profiles and forms.
3. Turn-off \_\_\_\_\_ tracking on your devices and apps unless you need it.
4. Don't \_\_\_\_\_. \_\_\_\_\_ before sharing on social media and limit the amount of personal information you share.
5. People \_\_\_\_\_ are not always who they say they are.
6. Use unique, strong \_\_\_\_\_ for all accounts, and consider a password manager to help with this.
7. Don't click \_\_\_\_\_ links in emails, texts, or DMs.
8. Be \_\_\_\_\_ of what you share and with whom.

**USE THE CODE**

A B C D E F G H I L M N O P R S T V W Y  
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

2 1 10 1 12 3 9 12 7 13 12 10 9 12 5 14 15 9 18 1 3 20 19 9 17 8 11 1 9 12 17 1 9 12 9 12 7 112

13 12 10 9 12 5 14 15 5 16 5 12 3 5 9 16 17 13 1 4 13 14 17 1 14 15 9 18 1 3 20 - 6 9 16 17

14 8 9 10 13 16 13 14 8 20

## V. Synthesis:

1. Why is online privacy important, even if you feel like you have "nothing to hide"?

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2. How do you balance staying connected online with protecting your privacy?

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