

8

Learning Activity Sheet for TLE

Quarter 3

Lesson

1

Learning Activity Sheet for TLE Grade 8
Quarter 3: Lesson 1 (Week 1)
SY 2025-2026

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LEARNING ACTIVITY SHEET

Learning Area:	TLE 8	Quarter:	3
Lesson No.:	1	Date:	
Lesson Title/ Topic:	Concepts of Beauty Care and Wellness Services		
Name:		Grade & Section:	

I. Activity No.1: Self-assessment of one's Beauty Care and Wellness**Practices** (5 minutes)

II. Objective(s): To be able to assess oneself as regards to beauty care practices applied in real life situations.

III. Materials Needed:

- Activity sheets that will be provided by the teacher and ballpen.
- Beauty Care and Wellness Self-Assessment Tool

IV. Instruction

Direction: Read and understand carefully the Beauty Care and Wellness practices that are mentioned in the self-assessment tool. Simply check those practices that applies to you. Be honest in answering the assessment tool.

Beauty Care and Wellness Practices Assessment Tool:

Beauty Care Practices	Yes	No
1. I take a bath and cleanse my skin twice daily to remove impurities and excess oil.		
2. I apply sunscreen daily, regardless of the weather, to protect my skin from skin barrier.		
3. I put a roll on my underarm after taking a bath.		
4. I use a hair conditioner or mask at least once a week to nourish and strengthen my hair.		
5. I trim my hair ends regularly to prevent split ends and encourage healthy hair growth.		
6. I comb my hair using a clean comb.		
7. I keep my nails trimmed, clean, and moisturize my cuticles to promote strong and healthy nails.		
8. I drink at least eight glasses of water daily to hydrate my skin and flush toxins from my body.		
9. I eat a balanced diet of fruits, vegetables, and proteins to support my skin, hair and nail health.		
10. I practice positive outlook and perception in everyday life.		
11. I take vitamins at least once a day.		
12. I get at least 7-8 hours of sleep per night to allow my body to repair and rejuvenate.		
13. I visit my physician every 6 months for health consultation.		
14. I visit my dentist every 6 months to have dental check-up and cleaning.		
15. I engage in regular physical activity to improve blood circulation, which benefits my skin health and overall wellness.		
Overall total Yes Answer		

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Formula: Number of **Yes** responses/15 multiply by 100

Ex. $14/15 \times 100 = 93.333$

Rating Interpretation:

100: **Excellent** - You are fully committed to your beauty care and wellness routine and consistently apply all the recommended practices. Continue this great work to maintain your optimal health and well-being.

90: **Very good**- You consistently apply the most recommended beauty care and wellness practices. Continue to maintain these habits and consider integrating any missing elements to enhance your routine further.

80: **Good** - You follow several beauty care and wellness practices, but some areas still need more attention. Review your routine to identify which additional practices could improve your overall well-being.

Below 80: **Needs Improvement** - Reflect on the beauty care and wellness practices you must consistently apply and consider making any necessary improvements.

In Processing the activities made here are the guide questions:

1.What emotions have you felt while doing the activity?

2. What realization did you have after you finished your task?

V. Synthesis/Extended Practice/Differentiation:

From the beauty care and wellness self-assessment activity, your teacher will call at least one to three students to give their insights about the day's lesson.