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Learning Activity Sheet for PE and Health

Quarter 1

Week

4

Learning Activity Sheet PE and Health Grade 7

Quarter 1: Week 4

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LEARNING ACTIVITY SHEET 4

How Do You Safeguard Your Mental Health?

How do you safeguard your mental health? What are the different ways you do to safeguard your mental health? A. Check (/) the clause/phrase that most adolescent like to do to promote adolescent wellness for active and healthy living. Write your answer in a piece of paper.

- A. Check (/) the clause/phrase on the table that most adolescents like to do to promote adolescent wellness for active and healthy living. Write your answer on a piece of paper.

1. Adolescent Exercising	
2. Family On Outing/Camping	
3. Doing Spiritual Activity	
4. Cleaning the Environment	
5. Hanging Out with Friends	
6. Adolescent Managing Emotion	
7. Adolescent Reading Books	
8. Adolescent Managing Emotion	
9. Joining school clubs and organization	
10. Preventing and responding bullying	

- B. Look at the pictures in Activity A and answer the following questions in your notebook.

1. Do all these ways safeguard your mental health? _____
2. Do all these ways promote wellness for healthy living? _____
3. Which of the ways promote wellness and healthy living? _____
4. Which of the ways you do regularly? _____
5. What do all these ways have in common?

Remember that the format of a learning activity sheet can be adjusted to fit the needs of your learners, the subject matter, and the level of detail required. The key is to provide clear instructions, engaging tasks, and the necessary resources to help learners achieve the intended learning outcomes.