

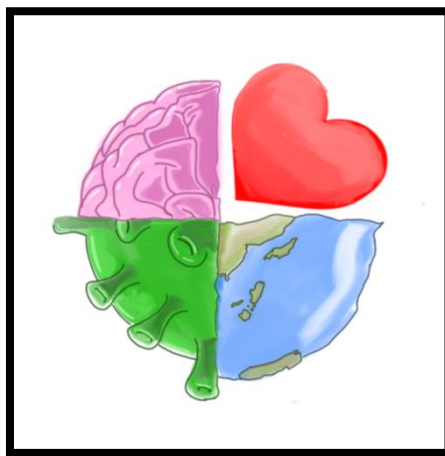
# **PSYCHOLOGICAL FIRST AID (HIGH SCHOOL)**

Lesson 1: Validating and Normalizing  
Feelings

Lesson 2: Calming Down and Controlling  
One's Emotion

Lesson 3- Linking: Identifying and Addressing  
Needs

Lesson 4: Sources of Strength



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Department of Education • Cordillera Administrative Region

Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Cordillera Administrative Region  
Wangal, La Trinidad, Benguet

Published By:  
Learning Resource Management and Development System

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## PREFACE

This module is a project of the Curriculum and Learning Management Division –Learning Resource Management System, Department of Education-Cordillera Administrative Region(DepEd-CAR).

This Learning Material is a property of the Department of Education-Cordillera Administrative Region. This module aims to provide psychological first aid and to help learners to cope up with the COVID-19 Pandemic.

Date of Development	: April, 2020
Resource Location	: CAR-LRDMS
Learning Area	:
Grade Level	: 7-12
Track and Strand	:
Learning Resource Type	: Module
Language	: English
Quarter/ Week	: Quarter1/Week1
Learning Objectives:	<ol style="list-style-type: none"><li>1. Identify their feelings/reactions related to the disaster.</li><li>2. Accept that all feelings and reactions are normal and valid.</li><li>3. Express one’s feelings through art and body movements.</li><li>4. Identify positive ways to manange one’s emotions.</li><li>5. Practice calming down using relaxation exercise.</li><li>6. Identify one’s current needs and those of one’s family.</li><li>7. Become aware of the various institutions, departments and centers present within the school environment and community.</li><li>8. Take note of the numbers and information regarding who to approach for their needs.</li><li>9. Identify personal, social, and emotional sources of strengths during and aftermath of the disaster/ stressful situation.</li><li>10. Identify their internal and external sources of strength.</li></ol>

## ACKNOWLEDGEMENT

The developers would like to express their utmost appreciation to all those who contributed to the accomplishment of this learning material. Specifically, they would like to acknowledge the following people:

To Larenz JerzyCael and Kyla Fray Degayof Cordillera Regional Science High School providing the illustrations and Aleksander Joseph D. Rodrigo II of SLU-Laboratory for sharing his artwork that was used as the cover art for this module;

To Ms.Sonnie Lyn L. Contreras, a specialist Psychology and Psychological First Aid, for validating contents in the last lesson of the module. To Mr. Rolando Malafu for validating the content of the rest of the lessons;

To their superiors, for providing moral support, guidance, time and countless efforts in developing this module;

To their family, for understanding their busy situation, providing them basic needs in order to focus, and unending words of encouragement on the construction of the module;

To their friends and colleagues, for supporting them through entertaining their questions and giving them words of wisdom to complete the module;

To all whom they failed to mention but gave a contribution to the success of this material. To God be the glory!

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## TABLE OF CONTENTS

	Page
Copyright Notice.....	ii
Preface .....	iii
Acknowledgement.....	iv
Table of Contents .....	v
Title Page.....	1
Introduction.....	1
Learning Objective.....	1
Pretest.....	2
Lesson 1: Validating and Normalizing Feelings .....	5
Activity 1.....	5
Activity 2.....	6
Discussion .....	9
Activity 3.....	9
Activity 4 .....	10
Lesson 2: Calming Down and Controlling One’s Emotion.....	12
Activity 1.....	12
Activity 2.....	13
Discussion.....	14
Activity 3.....	17
Discussion.....	18
Lesson 3: Identifying and Addressing Needs.....	21
Activity 1.....	21
Discussion.....	22
Activity 2.....	24
Discussion.....	25
Activity 3.....	28
Discussion.....	29
Activity 4.....	29
Lesson 4: Sources of Strength .....	33
Activity 1.....	33
Activity 2... ..	34
Discussion... ..	35
Activity 3.....	38
Post-Assessment .....	41
Reference Sheet.....	43

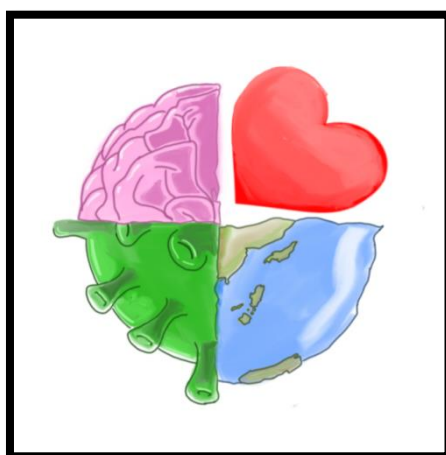
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