



What Is This Module About?

Do you often compare your looks and your ways with those of other people? Well, as you have noticed, each of us is unique. You cannot find any other person exactly the same as yourself. You differ from other people in a lot of ways.

This module is the second in a three-part series on self-awareness or knowing yourself better. The first module is about knowing yourself better through your interests, likes and dislikes, character traits, and behavioral patterns. The third module, on the other hand, is about your goals and dreams.

In this module, you will discover how different you are from other people. You will learn how to improve your looks, talents, skills, knowledge and relationships. After studying this module, you will feel better about yourself and enjoy your uniqueness.

This module is divided into three lessons. These are:

Lesson 1 – *How Do I Look?*

Lesson 2 – *I'm Getting Better!*

Lesson 3 – *How I Really Feel*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ describe how you look;
- ◆ plan how to improve your looks;

- ◆ demonstrate your talents, skills and knowledge; and
- ◆ distinguish facial expressions, language and gestures well in order to build good relationship.



Let's See What You Already Know

Before you start studying this module, take this simple test first to find out what you already know about this topic.

Write **True** if the statement is correct and **False** if the statement is wrong.

- _____ 1. All people look the same.
- _____ 2. To learn more, don't be afraid to ask.
- _____ 3. Gestures are the things you do that express your feelings.
- _____ 4. A dirty person is nice to be with.
- _____ 5. If you have any talent, keep it to yourself.
- _____ 6. Correct interpretation of gestures, language and facial expressions helps build good relationships.
- _____ 7. Smiling can improve your looks.
- _____ 8. Learning is for young people only.
- _____ 9. Always be happy no matter what the situation is.
- _____ 10. Reading is a waste of time.

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 28 to find out.

If you got all the answers correct, very good! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and more! Are you ready?

You may go now to the next page to begin Lesson 1.

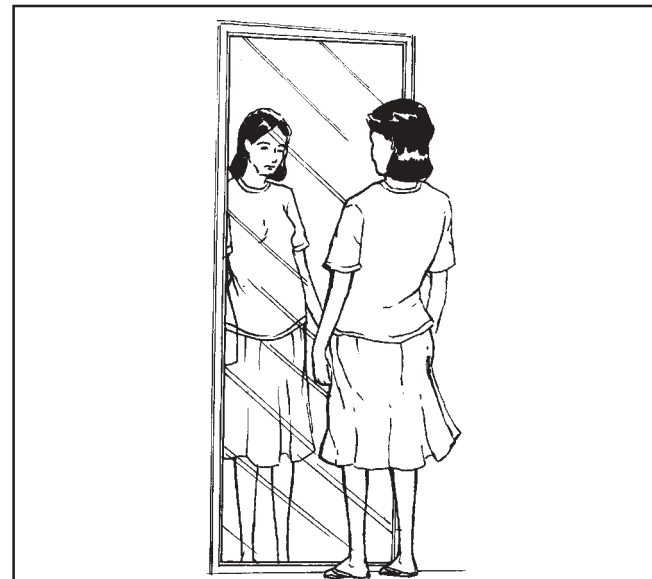
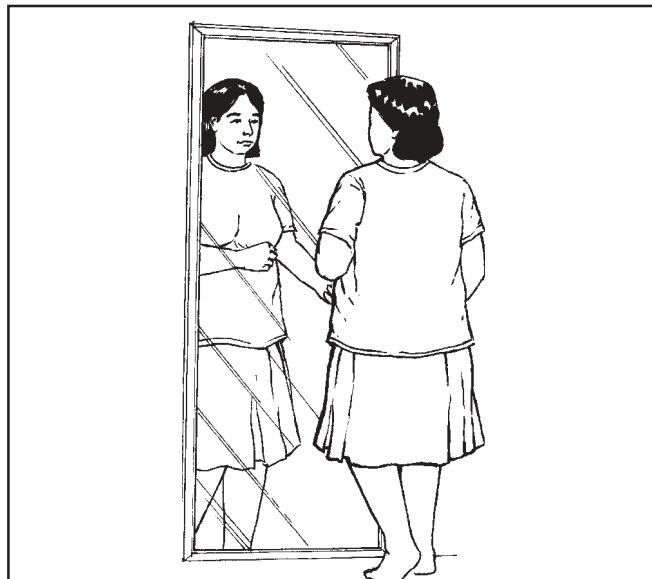
How Do I Look?

Aside from your character traits, your looks make you different from other people. The way you look is an important part of your identity. That is why when you are asked about someone, you describe how that person looks.



Let's Try This

Look at yourself in the mirror. Examine your facial features, body build, height and posture.

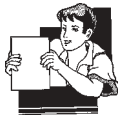




Let's Think About This

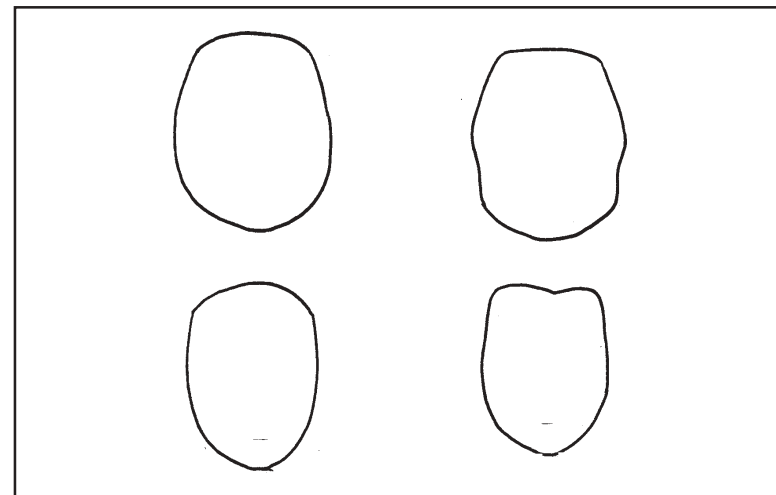
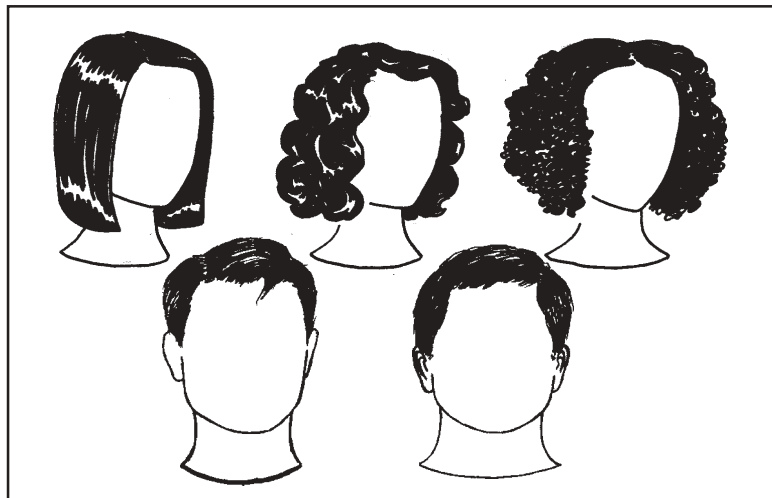
Do you like the way you look? Can you tell something about your face and its parts? Do you think your weight is just right for your age and height? Are you tall or short? How about your posture? Do you think you hold your body well when you sit, stand, walk, or sleep?

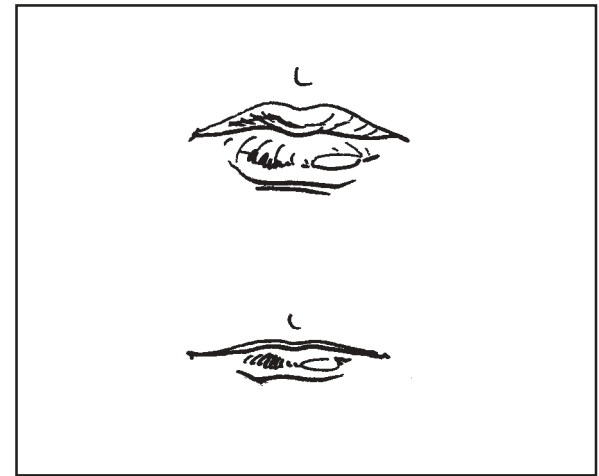
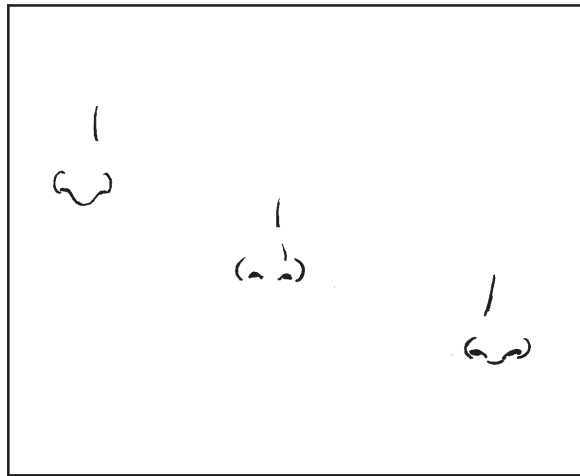
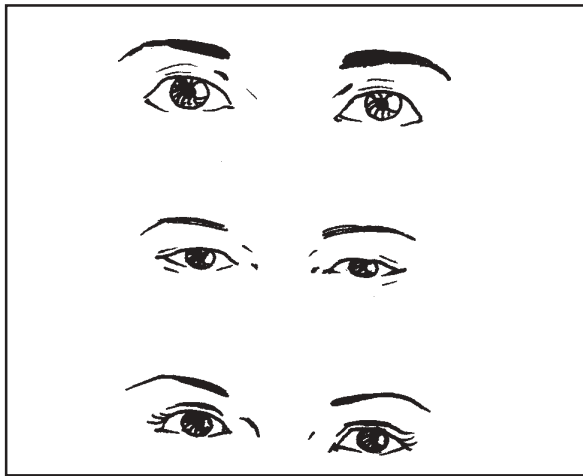
You may compare your answer with the one in the *Answer Key* on page 28.



Let's Learn

People differ in facial features, body build, and posture. **Facial features** are the characteristics of your face and some of its parts such as the eyes, nose and lips.



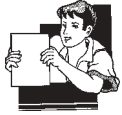


Let's Try This

Pick out the hairstyle, shape of face, eyes, nose and lips that you like from the illustrations above and on the previous page. Copy them and draw the face of a man in one box and a woman in the other box.

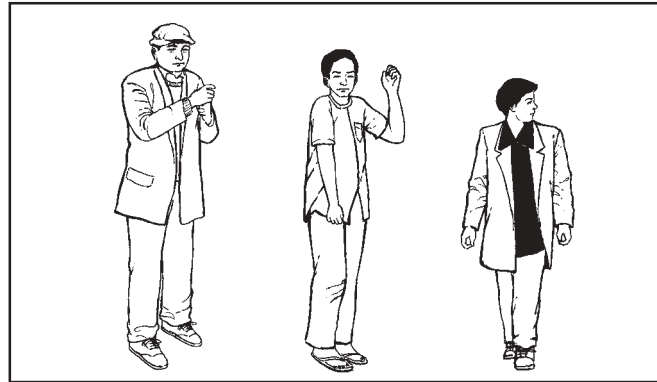


Compare these pictures with those in the *Answer Key* on page 29. Do the pictures look like anyone you know?

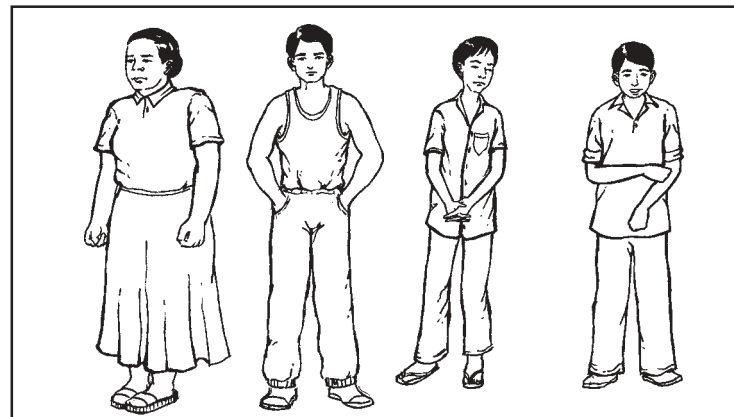


Let's Learn

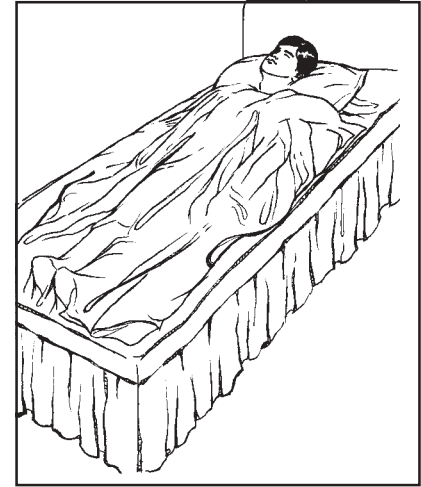
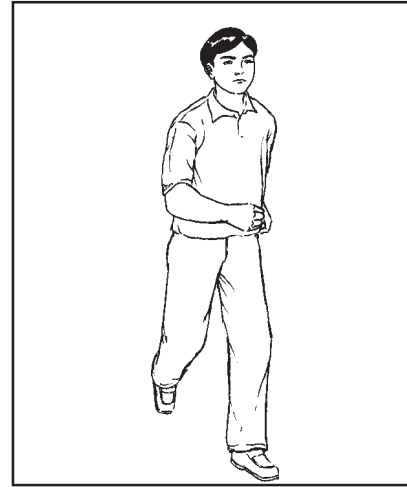
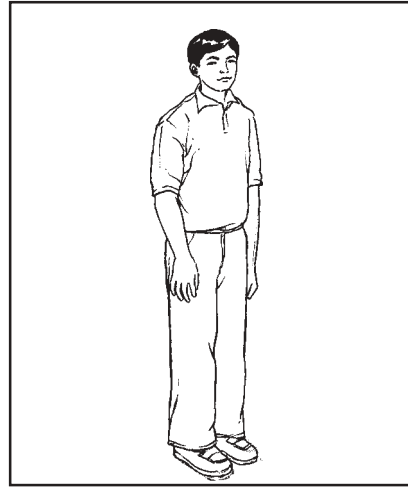
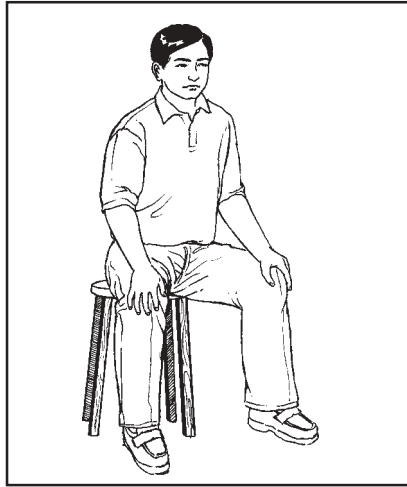
People differ in height. **Height** is the distance from the ground or floor where you stand to the top of the head of a person. Some people are tall, some are of average height and some are short.



Different people have different build, too. **Build** is the body's bone and muscle structure. A person is either fat, muscular, thin or of average body build. A muscular person has noticeable (easily seen) muscles. A fat person is too heavy for his/her height. On the other hand, a thin person is too light for his/her height. A person of average body build weighs just right for his/her height.

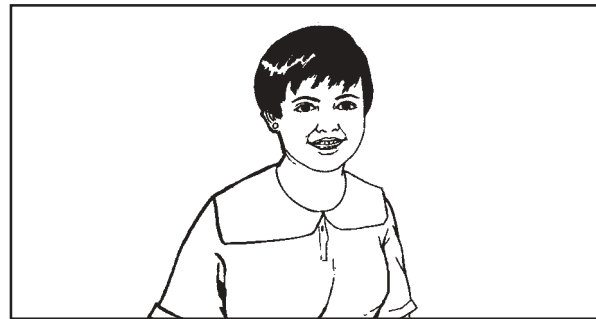


Likewise, people have different postures. **Posture** is the way you hold your body when you sit, stand, walk or sleep. The pictures below show good posture. Do you think you have good posture?

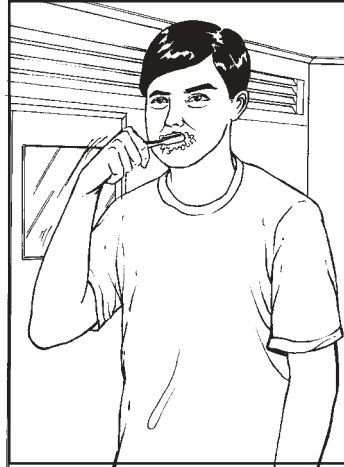
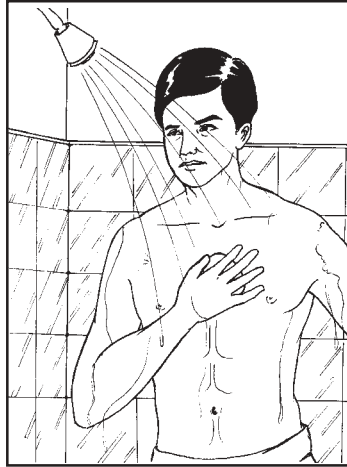


Do you want to look better? There are simple ways by which you can improve your looks.

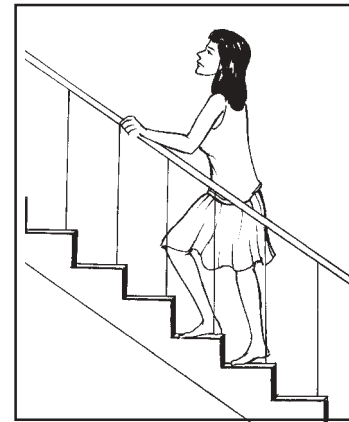
1. *Always smile.* This is an inexpensive and the easiest way to improve your looks. Always remember that when you smile, the whole world smiles with you. Frown and you'll frown alone. Look at the pictures below. Who looks better, the one who is frowning or the one who is smiling?



2. *Stay clean.* A truly handsome or beautiful person is clean in body and soul. Take a bath at least once a day. Brush your teeth after meals. Keep your nails clean and hair neat.



3. *Be healthy.* Eat healthy foods, get enough sleep and exercise regularly. You will look good if you are healthy and strong. You can be healthy if you watch your diet, get at least eight hours of sleep every day, exercise daily and drink plenty of clean water. Climbing the stairs, walking, jogging around your neighborhood or on the beach are some simple exercises that you can do.





Let's See What You Have Learned

- A. How different are you? Compare yourself with a brother, a sister or a friend. Write your name on the first blank and his/her name on the other blank. Then, put a check mark (✓) beside each characteristic that best describes you and him/her.

1. Hair

- a. black brown
b. long short
c. straight curly kinky

2. Shape of face

- round square oval like

3. Eyes

- round chinky deep-set

4. Nose

- pointed high-bridged flat j

5. Lips

- thick thin just right

- B. How do you intend to improve your looks? Make a list of what you plan to do to look better.

Show your work to your Instructional Manager for comment.

Do you really want to look better? If you do, follow your plan. After one month, see if you really look better. Continue following your plan. Every month, check if you really look better. Remember, you can make yourself look better if you follow your plan.

Compare your answers with those in the *Answer Key* on pages 29–30.



Let's Remember

- ◆ People differ in facial features, body build, height and posture.
- ◆ **Facial features** are the characteristics of the face and its parts.
- ◆ **Body build** is the bone and muscle structure. The common types of build are fat, muscular, thin and average.
- ◆ **Height** is the distance from the ground or floor where you stand on to the top of the head of a person. A person is either tall, of average height, or short.
- ◆ **Posture** is the way one holds his/ her body when sitting, standing or sleeping.
- ◆ To improve your looks, always smile, stay clean and be healthy.
- ◆ To be healthy:
 - eat healthy foods;
 - get eight (8) hours of sleep everyday;
 - exercise daily; and
 - drink plenty of clean water.

I'm Getting Better!

Are you contented with the way you look? You really don't need to look physically beautiful to feel good about yourself. Physical beauty isn't all that matters. There are still other aspects of yourself that you can develop. You can still work on your skills and talents.

What are the things that you can do very well? Are you doing anything to improve your talents and skills? They are part of your identity. They, too, aside from your looks, make you a unique person, a person different from anybody else. And improving these gifts means developing yourself into a better person.

In this lesson, you will learn how to develop your skills and talents. You will also learn the importance of learning in your goal to develop yourself.



Let's Read

Read the comic strip. Then answer the questions that follow.

Rica, you have a wonderful voice! Why don't you join a singing contest?

Do you think I have a chance of winning?

If you practice every day, you may even become a star.

Rico, what do you think I should do? I want to learn more about carpentry. So far, I only know the basics. But I want my customers to get more from the money they're paying me.

Why don't you ask Mang Tonio about his techniques? He's the best carpenter in town. He's been a carpenter since he was 18 years of age and now he's already 57 years old.

Do you think he would be willing to share his techniques?

Fred, I'm sure he would. In fact, he has already taught the other men he had worked with.

I noticed that Aling Siony is beginning to lose her customers. Before, the foods she was selling were delicious and affordable. But when she noticed that her customers like her cooking, she increased her prices.

I have observed that, too. That's why when I put up my own carinderia, I'll consider my customers and their budget.

Do you like to read books? Oh, how I love reading them! I learn a lot from reading. It's like traveling to different places and seeing different people. It's like experiencing things you have not even imagined.

It's not. You'll learn so many things from reading. I suggest you read a lot. I'm sure you're going to love it, too.

Isn't it boring to read?



Let's Think About This

Answer the following questions.

1. Based on the first situation, what should a person do to improve his/her talents?

He/She should improve his talent by _____ every day.

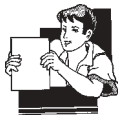
2. What did Rico advise Fred to improve his skills in carpentry?

Rico advised Fred to _____.

3. Based on the third and fourth situations, what should you do to learn more?

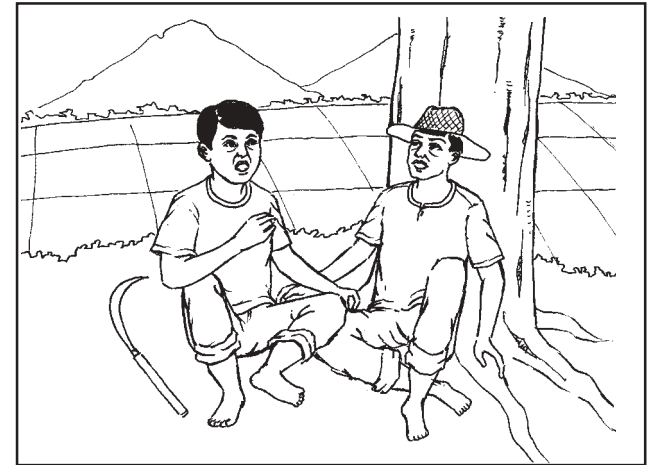
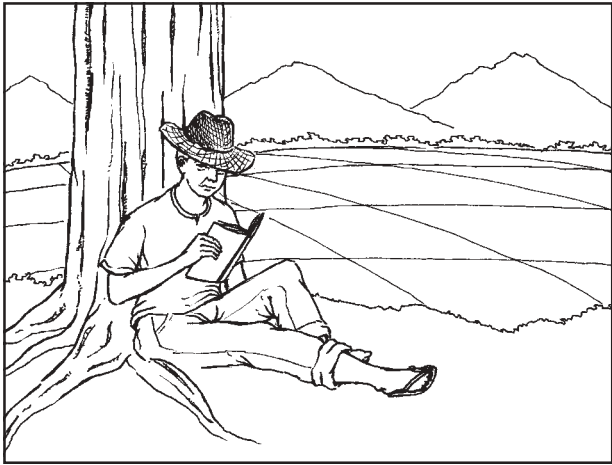
In order to learn more, I should _____.

Compare your answers with those in the *Answer Key* on page 30.



Let's Learn

As long as you are alive, you can change, grow and learn. Don't give up. Continue learning. It is good for you. Nobody is too old to learn if he/she really wants to learn. Always feed your brain with new ideas. Challenge yourself to learn something new every day. Discover and develop your hidden talents. Improve your skills. Think of better ways to use your talents and skills. Do these. Soon you will realize that you are becoming a better person.

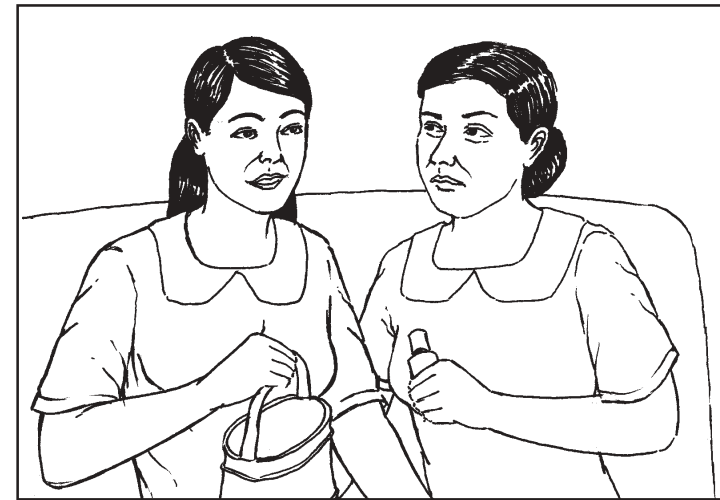


How can you develop your talents, skills and knowledge?

1. *Observe. Learn from the mistakes of others and from the right things they do or have done.* Look at Mang Julian and his son Mario. They are both fishermen. Mang Julian lost his one hand when dynamite exploded before he could throw it in the water. Mario learned from his father's experience. Now he uses only a net for fishing.



2. *Ask questions and listen. You can learn a great deal from listening carefully.* Teresa works in a beauty parlor as a manicurist. She started working there two months ago. Helen, on the other hand, has been a manicurist for twelve years. She has a lot of customers. Teresa asks Helen about better ways of doing her work and of dealing with customers.



3. *Read a lot. There are so many things that you can learn if you are reading books.* Aling Amelia is a fish vendor. She enjoys reading books, magazines or newspapers during her free time and whenever she has time to do so, even when she is in the toilet. She devotes at least one hour a day to reading.



4. *Practice regularly.* Have you heard the saying, "Correct practice makes perfect"? It takes patience and determination to perfect something. So if you have any talent or skills, be patient to develop it. It would help if you have someone you can look up to. Look at the picture at the right. Karen loves to sing and she has a nice voice. She wants to be famous and become like Regine Velazques someday. She practices neck-deep in water, too.



Let's See What You Have Learned

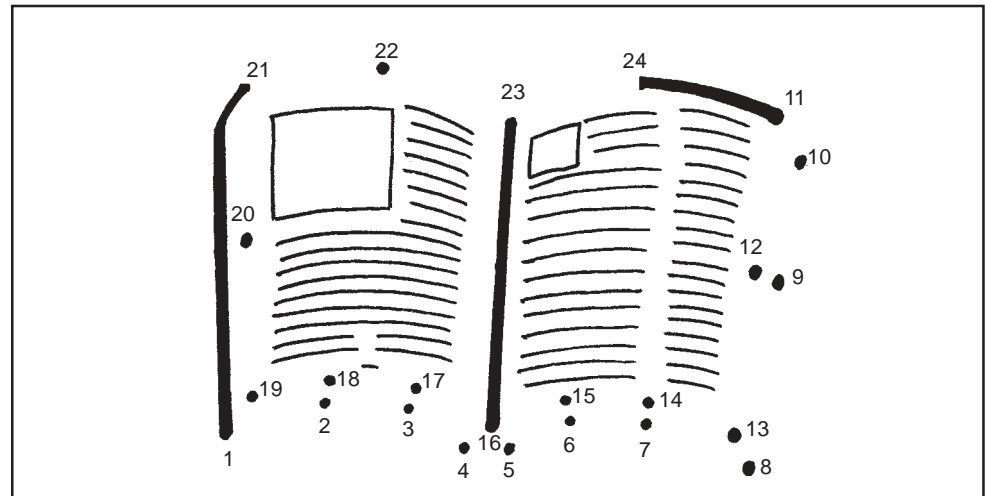
- A. Connect the dots in the box. Then answer the questions below.

1. What figure did you get?

2. What do you do with it? Do you keep it in your room, read it or throw it away?

3. Do you learn from it?

4. What can you tell others about the figure you made on the right??



B. Answer the following questions.

1. Name one of your talents. How do you intend to develop it? Complete the sentences.

I have a talent for _____

I will develop it by _____

2. Name one of your skills. Does it help you earn money? What do you plan to do to improve it ? Complete the sentences.

_____ is one of my skills.

I plan to improve it by _____

Compare your answers with those in the *Answer Key* on pages 30–31.



Let's Remember

- ◆ Your skills and talents are part of your identity. They, too, make you different from anybody else. Discover and develop your hidden talents and improve your skills.
- ◆ Learning is an effective way of developing yourself. Challenge yourself to learn something new every day.
- ◆ Think of ways of making your talents, skills and learning useful to you and others.
- ◆ You can develop your talents, skills and knowledge if you:
 - Observe and learn from others' mistakes and successes.
 - Ask questions and listen carefully from other people in the same way that they, too, can learn from you.
 - Read a lot and learn a great deal from reading.
 - Practice your talent and skills regularly to perfect what you're already good at.

How I Really Feel

How important are your relationships to you? Surely, you don't just care about yourself only. You care about other people, too. Nobody can live alone. That is why we care about how our relationships are going. But sadly, there are times when we misunderstand one another. We fail to see other people's true feelings. We fail to interpret their facial expressions and language correctly.

In this lesson, you will learn some facial expressions and language that reveal different emotions. They will help you to know how other people really feel and thus avoid misunderstanding. They will also help you build good relationships with other people.



Let's Try This

Try to guess what emotion each picture shows. Write on the blank whether it is **sadness**, **happiness**, **surprise** or **anger**.









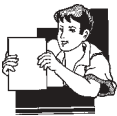
Compare your answers with those in the *Answer Key* on page 31. Read on to learn more about these emotions.



Let's Think About This

What kind of emotion would you feel if your daughter or sister wins an amateur singing contest? Or if you find out that your neighbor is telling lies about you? What if your friend from the province unexpectedly arrives on your birthday? Or if someone close to you dies?

Wouldn't you feel differently in each situation?



Let's Learn

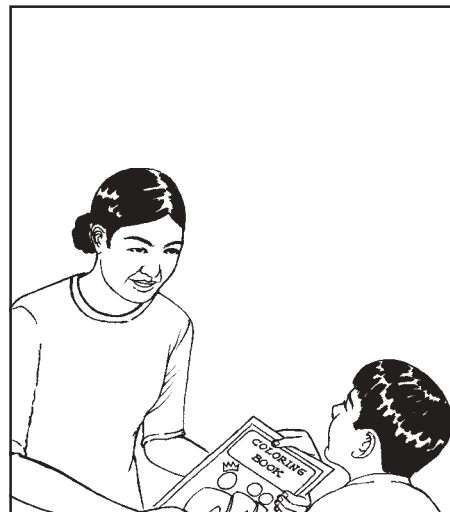
We react differently in different situations. There are a lot of ways of expressing your emotions. One way is through your facial expression. Look at the pictures below and notice the different facial expressions. Choose the correct word from this list that best describe the emotions shown in each picture.

anger

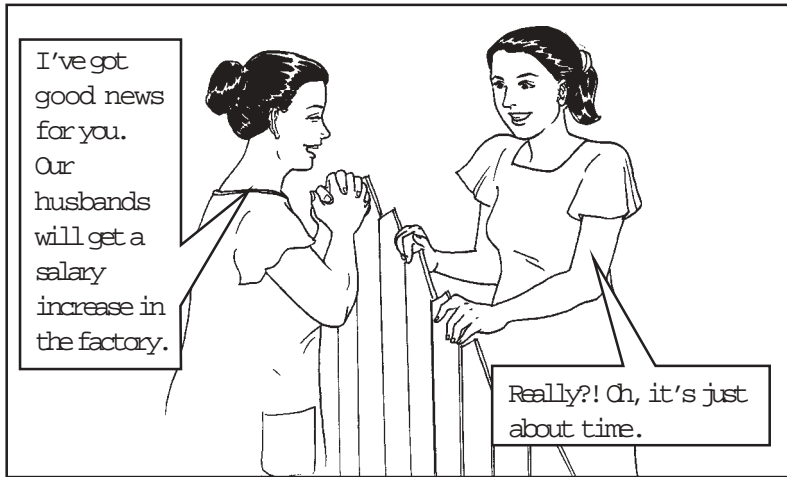
sadness

happiness

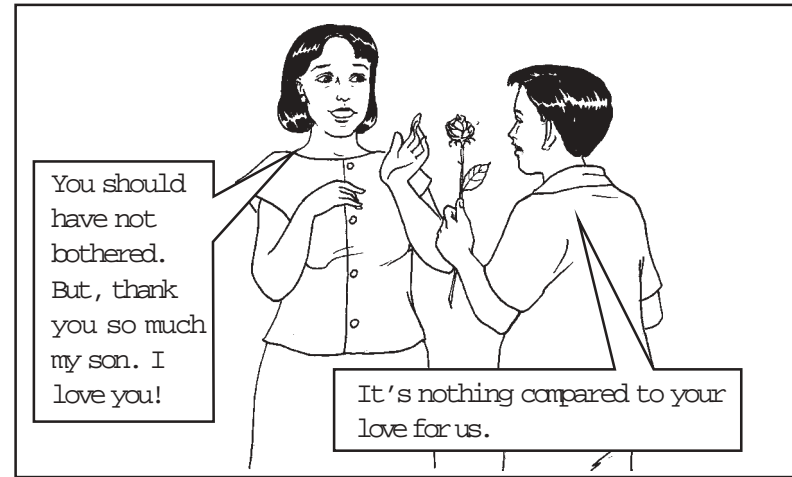
surprise



Another way of expressing your emotion is through your language. This includes the tone and loudness of your voice and the words you use. Can you guess what emotion the main character in each picture feel? Is it sadness, anger, surprise or happiness? Write your answer in the blank below each picture.



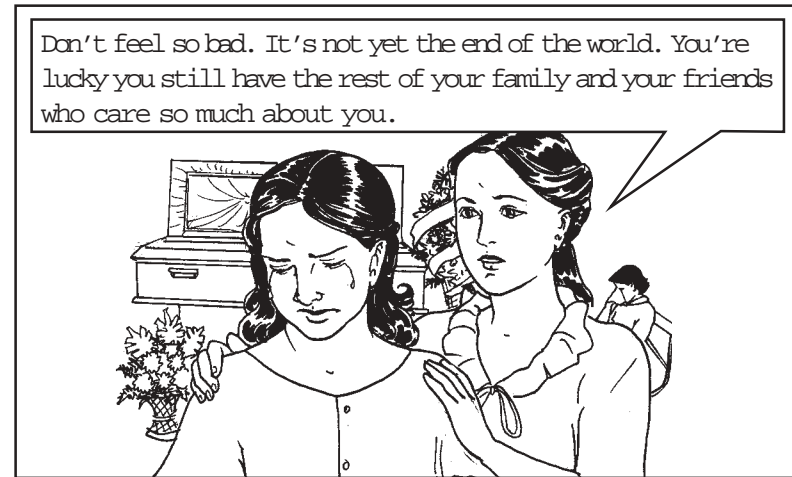
1. _____



2. _____



3. _____



4. _____

Our emotions are best expressed when our language, facial expression and gestures go together. **Gestures** are the things we do that show our feelings or emotions. For example, there are people who bite their nails when they worry so much. Other examples are shown in the picture below. Try to guess whether each picture shows **fear**, **boredom**, **happiness** or **pain**. Write your answer on the blank below the picture.



1. _____



2. _____



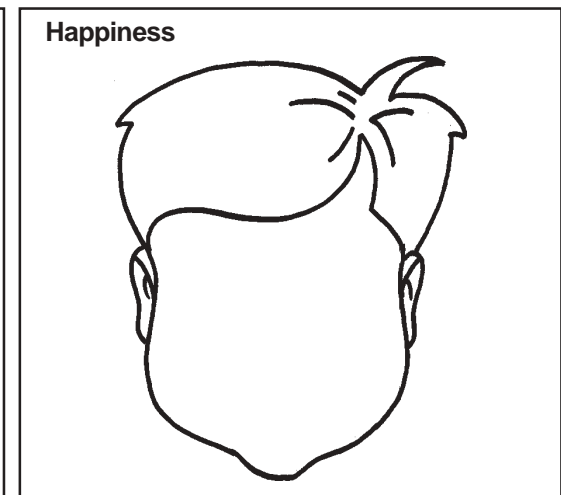
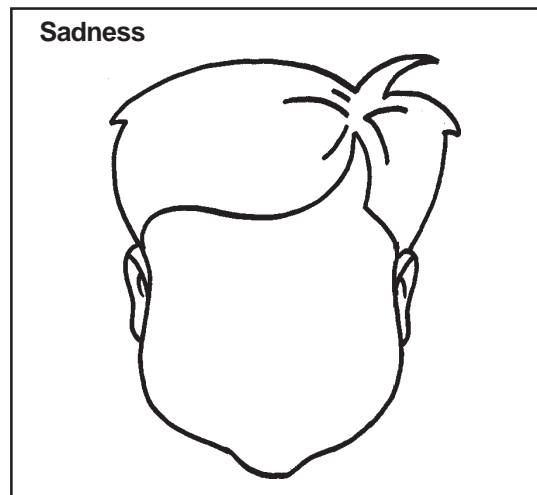
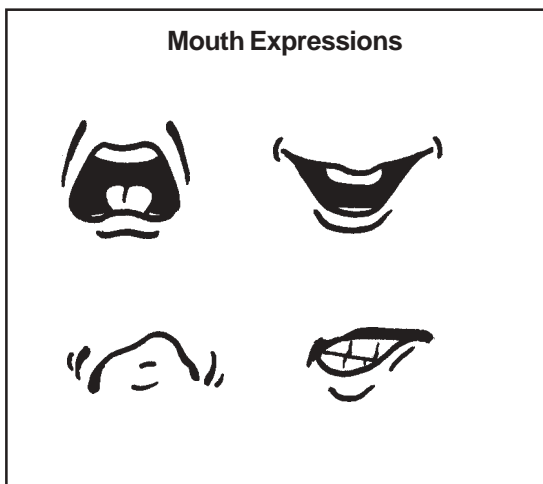
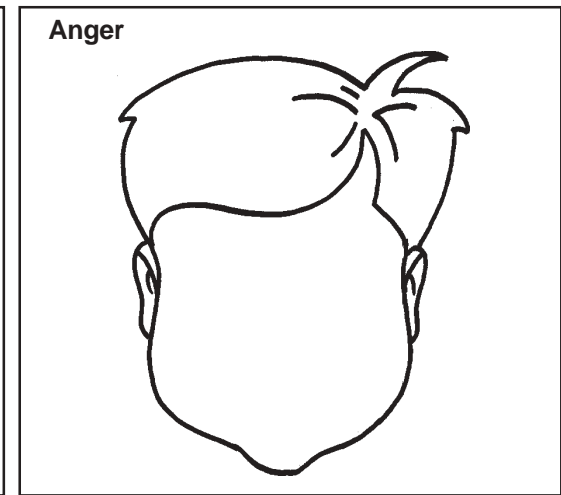
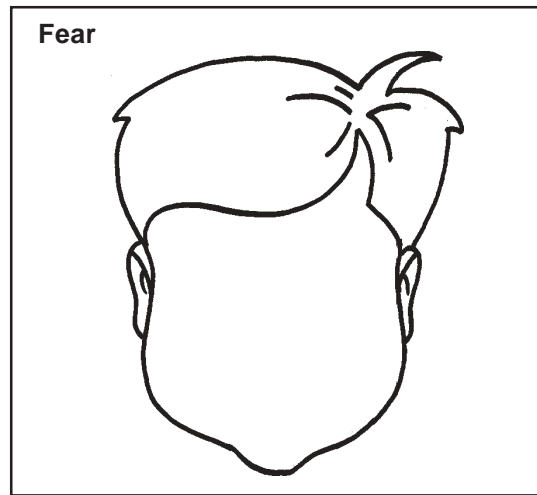
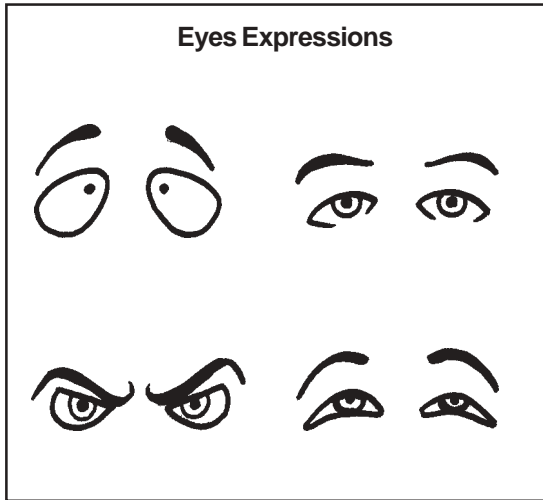
3. _____



4. _____

? Let's See What You Have Learned

A. Complete the drawings. Select the eyes and mouth expressions that show each emotion written in the box.



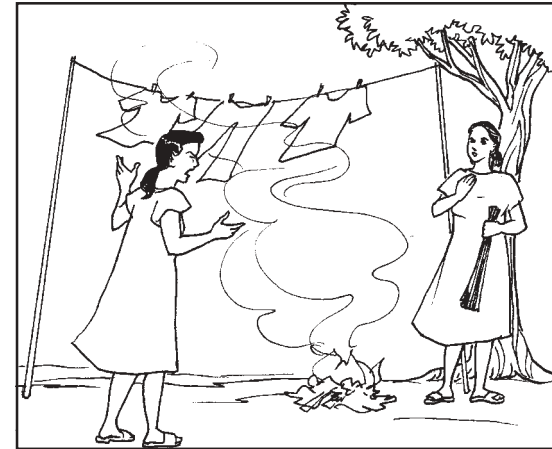
B. What do you think will the character in each situation say? Choose your answer from the line/sentences below. Write your answer on the space provided.

1. a. Ouch! Huhuhuu... 'Nay, please... It really hurts.
b. 'Nay, will you please put more of that medicine?
2. a. Wow! The smoke from your garbage is wonderful.
b. Can't you see that we have just hung our clothes to dry?
3. a. Dear Lord, I'm so happy about how my life is going. Praise to You!
b. Dear Lord, please ease the pain in my heart and make me stronger.
4. a. Oh! Thank you so much. But you should not have bothered.
b. I don't like chocolates! And I hate flowers, too!

1.



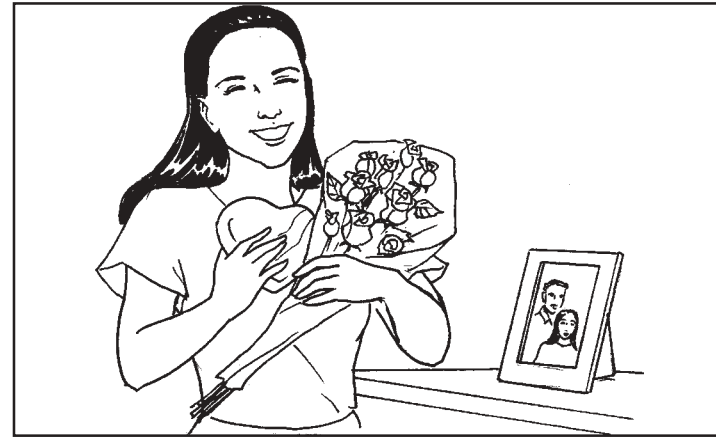
2.



3.



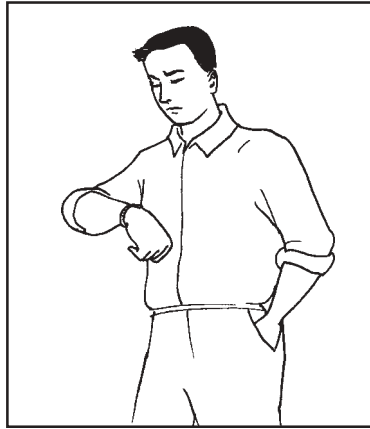
4.



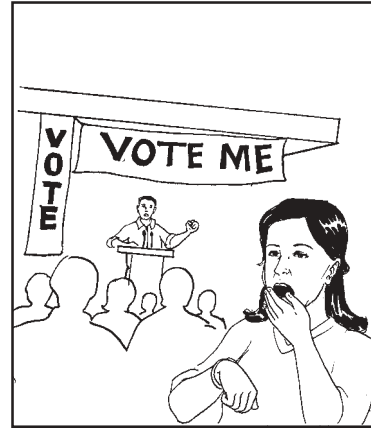
C. Tell whether the gestures below show **boredom**, **sadness**, **fear**, or **impatience**. Write your answer on the blank.



1. _____



2. _____



3. _____



4. _____

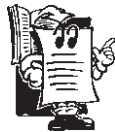
Compare your answer with those in the *Answer Key* on page 32.



Let's Remember:

- ◆ You express your emotions through your facial expressions, the language you use and your gestures.
- ◆ One way of expressing your emotions is through your language. Language includes the tone and loudness of your voice and the words you use.
- ◆ **Gestures** are the things you do that show your feelings or emotions.
- ◆ Correct interpretation of facial expressions, language and gestures helps build good relationships.

You have reached the end of this module. Congratulations! Your eagerness to learn had paid off. Did you learn a lot from this module? Did you have fun reading it?



Let's Sum Up

The following is a summary of the module's main points.






- ◆ People are different in looks, talents, skills and knowledge. They also differ in the way they improve themselves in expressing emotions.
- ◆ You look different because you have different facial features, body build, height and posture from other people. No two people, even twins, are exactly the same.
- ◆ Your talents and skills are part of your identity. Develop them as well as your knowledge. You can improve your talents, skills and knowledge by observing other people, asking questions, reading and regular practice.
- ◆ No one is too old to learn. Continue learning.
- ◆ We don't just care about improving ourselves. We want to strengthen our relationships, too. We can avoid misunderstandings if we can interpret facial expressions, gestures and language correctly.
- ◆ Correct practice makes perfect.





What Have You Learned?

Identify the small pictures and use their names to complete the sentences. You may choose your answers from the words or phrases in the box below.

sad	books	sleep	face	tall
driving	angry	sing	smile	fat

I am different. I am unique. My  is different from yours. I am  but you are short. I am  while you're thin. We even differ in posture. But I know I can still look better. I'll always  and be clean. I'll eat healthy foods, get enough  and exercise regularly. I'll look good if I'm healthy and strong.

My talents and skills are different from yours. I can  well but you can dance gracefully. I'm good at  while you're good at fishing. I also want to learn more so I read , magazines and newspapers.

I don't just care about myself. I care about other people, too. I want to build good relationships with them. I care about what they feel. I know when they are , surprised,  or happy.

We were born different from each other. My looks, talents, skills and knowledge are different from yours. We differ in the way we express our feelings, too. I am different from you because I am who I am and you are who you are.

Compare your answers with those in the *Answer Key* on page 33.



Answer Key

A. Let's See What You Already Know *(page 2)*

1. false — Each person is unique. People look different from each other.
2. true
3. true
4. false — You should stay clean because a dirty person doesn't look good.
5. false — If you have any talent, you should develop, share and make use of it.
6. true
7. true
8. false — Nobody is too old to learn. As long as you are still alive, you can still learn if you strive to.
9. false — We feel different emotions in different situations.
10. false — Reading is never a waste of time. You can learn a lot from reading.

B. Lesson 1

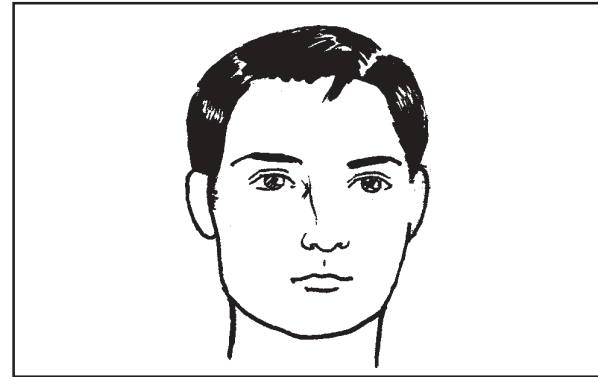
Let's Think About This (page 5)

The following is a sample answer.

The color of my straight hair is black. My eyes are chinky. I have a slightly flat nose and thick lips. I am tall and thin. I think that I have a good posture.

Let's Try This (page 6)

The following is a sample answer.



Let's See What You Have Learned (page 10)

A. The following is a sample set of answers.

MILAGROS

1. Hair

a. black brown

4

b. long short

4

c. straight curly kinky

4

2. Shape of face

round square oval like

4

3. Eyes

round chinky deep-set

4

4. Nose

pointed high-bridged flat j

4

5. Lips

thick thin just right

4

B. The following answer is expected from you. But you may still have a different answer.

I want to look better. I will always smile and clean myself. I'll take a bath every day and I'll always brush my teeth. I'll keep my nails clean and hair neat. To be healthy and strong, I'll eat healthy foods, get enough sleep and exercise regularly.

C. Lesson 2

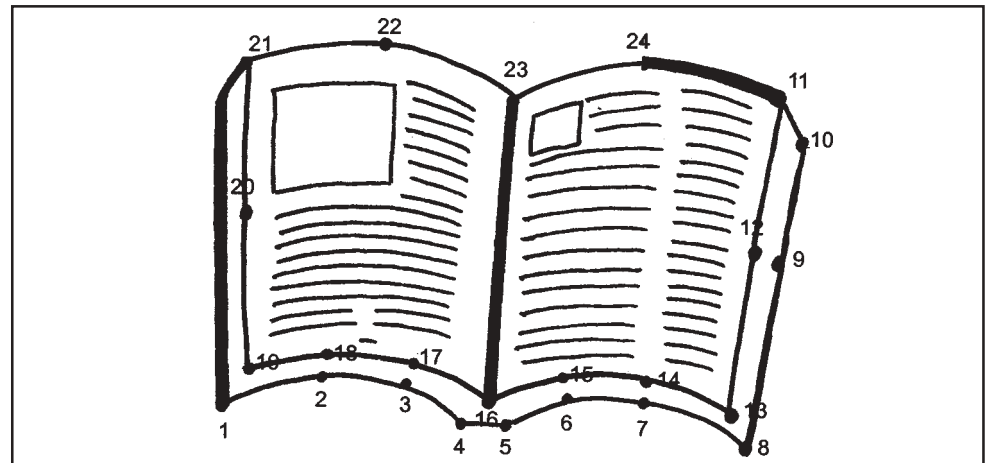
Let's Think About This (page 14)

1. He/She should improve his/her talent by practicing every day.
2. Rico advised Fred to ask the best carpenter in their town to share with him his techniques.
3. In order to learn more, I should observe and learn from the mistakes and the right things that other people do or have done. I should also read a lot to learn more.

Let's See What You Have Learned (pages 17–18)

A. The following is a sample set of answers.

1. a book
2. I read it.
3. Yes, I learn from it.
4. If you want to learn, read more books, magazines, and newspapers. Ask other people about what interests you. And always allot time for studying.



B. The following are sample answers only.

1. I have talent for singing.

I will develop it by practicing everyday.

2. Sewing clothes is one of my skills.

I plan to improve it by taking a dressmaking class in a vocational school.

D. Lesson 3

Let's Try This (page 19)

1. surprise

2. sadness

3. anger

4. happiness

Let's Learn (pages 20–22)

A. 1. happiness

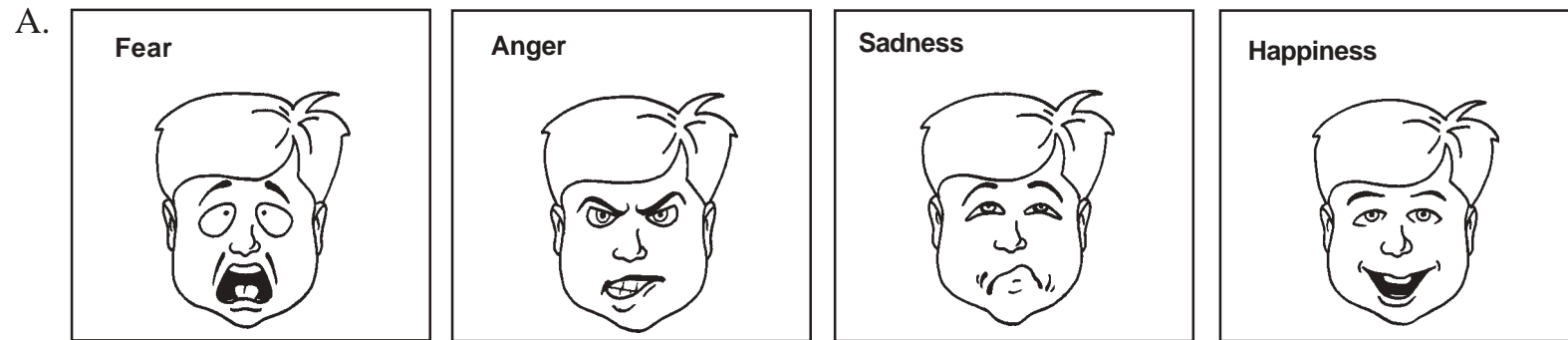
2. surprise

3. anger

4. sadness

- B. 1. happiness
2. pain
3. boredom
4. fear

Let's See What You Have Learned (pages 23–25)



B. You should write these lines or sentences in the space provided.

1. Ouch! Huhuhuu... 'Nay, please... It really hurts.
2. Can't you see that we have just hung our clothes to dry?
3. Dear Lord, please ease the pain in my heart and make me stronger.
4. Oh! Thank you so much. But you should not have bothered.

- C. 1. fear
2. impatience
3. boredom
4. sadness

E. What Have You Learned? (page 27)

I am different. I am unique. My **face** is different from yours. I am **tall** but you are short. I am **fat** while you're thin. We even differ in posture. But I know I can still look better. I'll always **smile** and be clean. I'll eat healthy foods, get enough **sleep** and exercise regularly. I'll look good if I'm healthy and strong.

My talents and skills are different from yours, too. I can **sing** well but you can dance gracefully. I'm good at **driving** while you're good at fishing. I also want to learn more so I read **books**, magazines and newspaper.

But I don't just care about myself only. I care about other people, too. I want to build good relationships with them. I care about what they feel. I know when they are **sad**, surprised, **angry** or happy.

We were born different from each other. My looks, talents, skills and learning are different from yours. We differ in the way we express our feelings, too. I am different from you because I am who I am and you are who you are.



Reference:

Ekman, Paul. University of California. *Facial Expressions of Emotions*. <http://www.dushkin.com/connectext/psy/ch10/facex.mhtml>. 18 January 2001, date accessed.