

**Directions:** List down the 4 Personal Growth and Development.

- 1.
- 2.
- 3.
- 4.

**Directions:** Circle the letter of the correct answer.

5. How can you improve your physical growth?

- a. I can improve my physical growth through socializing.
- b. I can improve my physical growth through exercising.
- c. I can improve my physical growth through praying.

6. How can you develop your emotional development?

- a. I can develop my emotional development through relaxing.
- b. I can develop my emotional development through seeking of faith.
- c. I can develop my emotional development through physical activities.

7. How can you develop your spiritual development?

- a. I can develop my spiritual development through praying.
- b. I can develop my spiritual development through playing sports.
- c. I can develop my spiritual development through deep breathing

8. How can you improve your social growth?

- a. I can improve my social growth through meditation.
- b. I can improve my social growth through being friendly.
- c. I can improve my social growth through eating healthy foods.

**Directions:** Write the correct answer in the blanks.

9. What can you improve if you are polite?

It will improve my \_\_\_\_\_

10. What can you improve if you play sports?"

It will improve my \_\_\_\_\_