

LKPD MATERI PROCEDURE TEXT

READING COMPREHENSION OF PROCEDURE TEXT (TIPS)

Tujuan Pembelajaran:

E. 1 Mengidentifikasi konteks, gagasan utama, dan informasi terperinci dari teks procedure (tips) yang disajikan dalam bentuk multimoda dalam lingkup minat remaja.

E. 3 Menganalisa makna tersurat dari teks procedure (tips) dalam bentuk multimoda dalam lingkup minat remaja.

1. LKPD 1 (online)

<https://wordwall.net/play/36094/124/854>

2. LKPD 2

8 FEEL GOOD TIPS TO BOOST YOUR MOOD

Having a bad day? Here are some ways to feel better.

- Take your mind off it:** make plans with friends or family. Laughing and spending time with loved ones can be a good distraction from a bad day.
- Let it out:** cry, yell, sob... it's OK to express yourself in whatever way feels right for you.
- Breathe:** focus on your breathing. Take a few deep breaths, relax your body and mind and concentrate on feeling better.
- Focus on you:** What makes you happy? Take some alone time doing something just for you, such as listening to your favourite music or watching your favourite TV show.
- Give back:** if you're having a bad day, helping to brighten someone else's day may make you feel better. Do something nice for a friend or volunteer with a local charity.
- Talk about it:** sometimes all it takes to feel better is talking about a problem. You can speak to a friend, parent/caregiver or teacher about what's on your mind. You can also call a Kids Help Phone counsellor at 1-800-668-6868.
- Get artistic:** draw, paint or write about how you're feeling to turn your bad day into something creative.
- Exercise:** go for a walk, dance to music or do some other physical activity you enjoy. This can help boost your mood and make you feel better (mentally and physically).

Remember: you're not alone.
Almost everyone has bad days from time to time — lots of people feel the same way you're feeling right now, but it will get better.

Kids Help Phone ☎️
1-800-668-6868
KidsHelpPhone.ca

Decide if the statements are true or false according to the infographics.

Infographic A		
The following activities can boost (True False) your mood after having a bad day	True	False
1. Do something good to others		
2. Stay at home		
3. Call someone and talk about your problem		
4. Avoid to meet people		
5. Listen to your favourite song		
6. Contemplate and criticize yourself		
7. Cry if you want		
8. Waste money on the things you want		
9. Share your problem to your social media		
10. Relax your mind and breath		

3. LKPD 3 (5 tips for a long and healthy life)
<https://www.youtube.com/watch?v=YNsuneGBsMY>

Infographic A		
The following activities can boost (True False) your mood after having a bad day	True	False
1. Sleep well about more than 8 hours		
2. Take much supplements/vitamins		
3. Drink enough water		
4. Build good relationship		
5. Do heavy sports		