# {Onboarding}

| {Lesson: Onboarding} | |
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| Welcome. This may be a difficult time for you and your family. We hope we can help, even just a little.  The tips you receive here are designed with support from the World Health Organisation, UNICEF, UNHCR, and experts in the parenting research community. | Welcome |
| Before you receive the tips, I want to explain how ParentText works.   Together we will review:   * What to expect * How to access playful activities with your child * And how to access additional information & support | * What to expect * How to access playful activities with your child * How to access additional information & support |
| You will receive a new tip every day to help you support your children in a time of crisis.  These tips are made to be short but helpful. It takes less than 5 minutes to read the daily tips. |  |
| If you want to review any of the tips you’ve previously received, just type MENU and navigate to “Review Tips”  To change your language or gender settings, select “Change my Settings”  To share a link to this chatbot with a friend, select “Invite a Friend to ParentText”  For more information or resources available to you in a crisis, select “Get more help.” You can also access this information by typing HELP at any time.  Finally, selecting “Watch a video about ParentText” will replay this video. | MENU  “What would you like to do?”   Review Tips  Change my Settings  Invite a Friend to ParentText  Get more help  Watch a video about ParentText  Exit Menu |
| In a challenging time, it can be difficult to find moments to connect with our children, but these moments, even if they are small, give our children much-needed stability.  ParentText offers ideas on how to play with your child. You can do these activities anywhere, without supplies.  After each tip, you’ll be asked whether you’d like a playful activity, or to finish your lesson for the day.  You can choose the type of activity you want to do with your children:  Active - for energetic fun Calm - to relax together, or  Quick - for when you are short on time  You don’t have to wait for the end of a tip to receive these playful activities. You can also type PLAY at any time. | PLAY  Active  Calm  Quick |
| Being here shows you care. Welcome to ParentText. | Welcome to ParentText |

# {Mindfulness activities}

| {Breath and body awareness} | |
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| Today's pause is called breath and body awareness. |  |
| Close your eyes if you like or maintain a soft gaze.  Start by taking a deep breath.    Notice how you are feeling emotionally.  Notice how your body feels. |  |
| Continue to take deep breaths.  Feel your breath as it goes in [pause]  and out.  Notice any emotions you are feeling. Are there feelings of happiness, excitement, worry?  Whatever you are feeling is okay. |  |
| Now, expand your awareness to your whole body.  [pause]  Listen to the sounds in the room. |  |
| Take a moment to reflect on whether you feel any different.  When you are ready, open your eyes and continue to your lesson with a sense of calm. |  |
| Thank you for taking a moment to pause with us. It's time for today's lesson. |  |

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| {Body Scan} | |
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| Today's pause is called a body scan. |  |
| Begin by closing your eyes or maintaining a soft gaze.  Take a full breath in and a long breath out.  Now, bringing awareness to the top of your body,  [pause]  your head,  [pause]  face,  [pause]  neck,  [pause]  shoulders.  Noticing any sensations, movements, any places of holding. |  |
| Continue to scan your body, moving down the arms and hands  [pause]  and into your fingers.  Sense the back of your body  [pause]  and your lower back. |  |
| Feeling the contact of your body with the chair if you are seated.  Now, sensing your upper legs,  [pause]  your lower legs,  [pause]  and the feet. |  |
| Take a full, deep breath in and a long breath out.  Finish this pause by opening your eyes. |  |
| Thank you for taking a moment to pause with us. It's time for today's lesson. |  |

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| {Loving Kindness Meditation} | |
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| Today's pause is called loving kindness meditation. |  |
| Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.  Close your eyes if you are comfortable, or maintain a soft gaze.  Ask yourself, “What is my experience in this moment?” |  |
| Notice what thoughts you are experiencing.  Notice how you feel emotionally.  Notice how your body feels. Notice any discomfort or tension. |  |
| Connect to your heart in a kind and gentle way. You may want to place one hand on your heart or chest.  You can then say the following words silently to yourself:  May I be peaceful.  May I be safe.  May I be healthy.  May I be happy.  May I feel loved.  Repeat slowly once or twice, taking your time between each phrase. |  |
| If you feel comfortable, you can also send thoughts of loving-kindness to your child, your partner, your family, and anyone else who is close to you in your life.  Now, allow your focus to expand to the whole body.  Allow your focus to expand to the sounds in the room. |  |
| Take a moment to reflect on whether you feel any different.  Open your eyes, and when you are ready, continue to your lesson with a sense of calm.  Thank you for taking a moment to pause with us. |  |