Спершу прочитайте: Примітки до перекладу

* Перекладайте лише вміст, що відображається в стовпцях **{Script}**  та **{On Slide Text}.**
* **Do not** translate content in the **{Animation Notes}** column. Leave this column in English.
* **Do not translate Lesson headings**. Leave them in English. Please make sure the lesson headings remain in English next to “Lesson:”, as this helps the team tracking the video translation.
* Ensure names of tips are consistent across a module. For example, “Be Calm” should remain in the same form on every slide it appears in. It shouldn’t change to “Stay Calm” or “Being Calm” later on.
* Don’t include any slashes (/) or brackets where they weren’t present in the original script - make sure the script is final and matches the original stylistically.
* **Do not translate** numbers appearing in brackets, such as [1] or the word [pause].

# {Onboarding}

| {Lesson: Onboarding} | |
| --- | --- |
| 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 Vision International, World Health Organisation, UNICEF, UNHCR, and experts in the parenting research community. |  |
| Before you receive the tips, I want to explain how Batkivska Opora 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 Batkivska Opora”  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 Batkivska opora” will replay this video. | MENU  “What would you like to do?”   Review Tips  Change my Settings  Invite a Friend to Batkivska opora  Get more help  Watch a video about Batkivska opora  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.  Batkivska Opora 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 Batkivska Opora. | Welcome to Batkivska opora |

# {Mindfulness activities}

| {Breath and body awareness} | |
| --- | --- |
| 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. |  |

# 

| {Body Scan} | |
| --- | --- |
| 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. |  |

# 

| {Loving Kindness Meditation} | |
| --- | --- |
| 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 to do so, or allow your eyes and eyelids to relax and your gaze to become soft.  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. |  |

# 

| {Slow Down and Breathe} | |
| --- | --- |
| Today's pause is called slow down and breathe. |  |
| Wherever you are, become aware of how your body is being supported by the earth beneath you.   Close your eyes, if you are comfortable to do so, or allow your eyes to relax and your gaze to become soft.  Take note of how you are feeling.  Bring your awareness to your breath. |  |
| Feel the air flowing in, [pause] and then flowing out. Start to slow down your exhale. Let it become longer than your inhale.  If the counts are too long for you, go at your own pace! Any slow, deep breathing is a great way to take a pause. |  |
| Let’s breathe together:  Breathe in,  2  3  4  And Out,  2  3  4  5  6  In  2  3  4  Out  2  3  4  5  6  In  2  3  4  Out  2  3  4  5  6 |  |
| Let your breath return to normal and notice how you feel. |  |
| Do you feel any different?  Blink your eyes a few times to open them.  Thank you for taking a moment to pause with us. |  |