| Module: Care for Myself | | |
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| Script | On Slide Text | Animation Notes |
| Hello again! Kuba ngumtali kungaba matima, kungako kufanele utinakekele!    Here is a simple stretching and movement activity that may help you with stress. | Tinakekele |  |
| Stand up and stretch your arms up to the sky.  ...  Push away any clouds and let the sun shine down on you.  ...  Stretch to both sides.  ...  Stretch to the front and to the back. |  |  |
| Let your hands hang by your side.  ...  Squeeze your shoulders tightly up to your ears as you breathe in, scrunch your eyes, and hold your breath.  ...  Release your shoulders as you relax your body and breathe out.  …  Relax your arms and let them swing to the front and back. Take 4 deep breaths while you do this. This is good for your lower back.  ...  Relax your arms and let your arms swing sideways, and turn your upper body. Your arms should gently hit your back as you twist from side to side.  …  Place one foot in front of the other and make small circles from the ankles, remember to turn to both sides. Do each foot with four circles in each direction.  …  Now shake your whole body as fast as you can. Shake it up high! Shake it down low! Shake it all around!  …  Raise your arms slowly above your head as you breathe in. Lower your arms slowly to your side as you breathe out.  ...  Raise and lower your arms, breathing in and out, 3 more times.  —  Take a moment to reflect on your experience.  ...  Remember that you can do this activity at any time whenever you feel like you need to release stress and energise your mind and body. |  |  |
| Your home activity is to try to try to do this activity at least once every day. Ungayetama nyalo? | Home Activity: Stretch and move every day. |  |

| Module: Mental Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela futsi ku-ParentText.  Nati tintfo lokudzingeka utati mayelana nekutfutfuka kwengcondvo yemntfwana wakho nekutsi ungamrsekela kanjani njengobe akhula aba mgumuntfu lomdzala.  Kukhula kwengcondvo  Kukhona kutimela  Nekumesekela umntfwana wakho | Kushintja Kwengcondvo Eminyakeni Yekutfomba   1. Kukhula kwengcondvo 2. Kukhona kutimela 3. Indlela yekumesekela umntfwana wakho |  |
| [1] Kwekucala, kubalulekile kucondza kutsi ingcondvo yemntfwana wakho ikhula kanjani. Bucopho bemntfwana wakho buyacala kushintja ngalendlela leshesha kangaka kusukela aluswane. Kuvamile kutsi bantfwana batiphatse ngendlela lengaba nebungoti njengobe bafuna kubona tintfo labangakhona kutenta kanye naleto labavumelekile kutsi batente, kakhulu nangabe tiyamujabulisa. Loku kutiphatsa lokuvamile.   Khumbula: Bantfwana abakwati kucabanga kutsi indlela labatiphatsa ngayo ingaba nemtselela muni etimphilweni tabo kanye nakulabanye bantfu.  [2] Bantfwana basesigabeni seekuba bantfu labadzala futsi batiphatse. Bacala kucoca kancono ngemibono yabo baphindze bacabange kakhulu ngemigomo yabo yesikhatsi lesitako kanye nelikusasa labo.  [3] Kute ukhone kumsita umntfwana wakho asabhekene naletingucuko, ungamcondzisa endleleni lokufanele akhetse ngayo ngekutsi ubeke imitsetfo nemincele asafundza kutiphatsa. Yetama kumunika inkhululeko yekutitsatsela tincumo nangabe akhombisa kutsi angakhona kutiphatsa futsi akhone nekutimela tento takhe. Lokubaluleke kakhulu kutsi umesekele, umutsandze futsi ube nemibono lemihle ngemntfwana wakho. Loku kuyamusita kutsi ative aphephile ngesikhatsi anawe, futsi kukhulisa ematfuba ekutsi acele lusito noma seluleko kuwe nakunesidzingo.  Kudlala nawufundza kutawuphindze kutfutfukise imphilo yemntfwana wakho emtimbeni kanye nengcondvo FUTSI kumente akwati kufundza nekukhumbula tintfo letibalulekile! | Kukhula kwengcondvo  Kukhona kutimela  Indlela yekwesekela umntfwana wakho |  |
| Umsebenti wasekhaya citsa sikhatsi kanye nemtfwana wakho umvumele akhetse noma ngabe yini lafuna kukhuluma ngayo. Mulalele akucocele ngetimo lekendlule kuto ngaphandle kwekumehlulela. Naka indlela lotiva ngayo futsi umunake naye kutsi utiva kanjani. Mubonge umntfwana wakho ngekutsi akucocele ngako. Ungakwenta yini loko namuhla? | Umsebenti Wasekhaya: Cocisana nemntfwana wakho ngesihloko lesikhetfwe nguye. |  |

| Module: Social Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela ku-ParentText! Naku lokufanele ukwati ngekucoca ngemphilo yemntfwana wakho:  CONDZA  [phumula]  WEMUKELE  [phumula]  Bese NICOCA LOKULICINISO  Asicale. | Kushintja Kwemphilo Eminyakeni Yekutfomba  1. KUCONDZA  2. KWEMUKELA  3. KUKHULUMA NGETINTFO LETICINISO |  |
| [1] Kwekucala, condza indlela bantfwana labaphila ngayo.  Kumcoka kumntfwana wakho kuba nebangani. Loku kuyamusita kutsi abe ngumngani lokahle futsi acondze indlela labanye bantfu labativa ngayo. Kuphindze kube yincenye lenkhulu yekukhula nekuba ngumuntfu lomdzala. Umntfwana wakho angase afune kutiva ayincenye yabontsanga yakhe futsi afune kwenta tintfo labanye labacabanga kutsi tikahle. Kungenteka alingise labanye bantfu ngendlela lakhuluma ngayo noma yekugcoka ngesikhatsi asetama kutati kutsi ungubani. Ngalesinye sikhatsi, nangabe bantfwana bane bumatima ngekwakha bangani, labanye bantfwana bangabacindzetela noma babahlukubete.  [2] Ungamusita umntfwana wakho ngekutsi umvumele etame kwenta tintfo letinsha ngendlela lephephile, njengekugcoka timphahla letehlukile kanye nekwenta tinwele ngendlela leyehlukile noma acitse sikhatsi nebantfu labehlukene. Mukhombise kutsi umemukela njengobe anjalo. Mutjele umntfwana wakho loko kulindzele kuye ekhaya, kodvwa umnike litfuba lekwenta tincumo letiphephile, njengendlela yekucitsa sikhatsi sakhe lapho angenti lutfo.  [3] Kwekugcina, ungamsita umntfwana wakho kutsi abone umehluko emkhatsini wetintfo letinhle naletimbi.  Bangani labakahle bayakunakekela, bakukhatsalele, bakumeme kutsi uhlanganyele nabo kuloko labakwentako futsi bakuphatse ngenhlonipho.  Umhlukubeti ngumuntfu lohlala etama kulimata labanye, kungaba ngekutsi abente bative bangakafaneli nobe asebentise emandla akhe kukuhlukumeta. Kodvwa nangabe umuntfu akwenta kanye nje kuphela, akusiko kucindzetela.  Kucedza kuhlukunyetwa esikolweni, kubalulekile kuba nemusa futsi uhloniphe labanye. Loku kwenta kutsi wonkhe umuntfu ative ajabulile futsi avikelekile. | CONDZA   kuphila kwebantfwana.  MEMUKELE  njengobe anjalo.  COCANI NGETINTFO LETICINISO  ngebungani nemtfwana wakho |  |
| Umsebenti wasekhaya kutsi ucitse sikhatsi nemntfwana wakho nikhuluma ngebangani bakhe. Ngubani langafisa kucitsa sikhatsi lesinyenti naye? Ngubani losibonelo lesihle e-klasini? Mulalele umntfwana wakho futsi ukwemukele loko lakushoko.  Unaso yini sikhatsi sekukwenta loku namuhla? | Umsebenti Wasekhaya: Khuluma nemntfwana wakho ngebangani bakhe. |  |

| Module: Physical Changes in the Teen Years | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwemukela futsi ku-ParentText! Nati tintfo lokudzingeka utati ngekukhula kwemtimba wemntfwana wakho kanye nendlela yekumkhulumisa ngako:  Khuluma   [phumula]  Fundza  [phumula]  Nekwesekeleka  Asesifundze kabanti kanye kanye. | Tingucuko Temtimba Eminyakeni Yekutfomba   1. Khuluma 2. Fundza 3. Kwesekeleka |  |
| [1] Kwekucala, Khuluma.  Musite umntfwana wakho acondze kutsi kuyintfo levamile kuba netingucuko emtimbeni ngesikhatsi sekutfomba.  Mutjele umntfwana wakho kutsi tonkhe letingucuko tiyenteka kubo bonkhe bantfu nekutsi akusiye yena kuphela lohlangabetana nato.  [2] Lokulandzelako, fundza. Mutjele liciniso mayelana netintfo letenteka kumuntfu nakatfomba kanye nangetingucuko letenteka kuye. Mkhutsate kutsi abute imibuto futsi afune lusito nangabe aludzinga.  [3] Kwekugcina, mesekele umntfwana wakho. Khutsata umntfwana wakho loseminyakeni yekutfomba kutsi abe nemikhuba lemihle lefaka ekhatsi kudla kudla lokunemphilo, kulala sikhatsi lesenele nekutivocavoca njalo. Musite atfole imisebenti layitsandzako kute abe nekutetsemba futsi acinile emtimbeni. | KHULUMA  Khumbuta umntfwana wakho kutsi letingucuko tivamile.  FUNDZA  Emaciniso mayelana nekutfomba.  KWESEKELEKA  Tfolanii tintfo letinsha letijabulisako leningatenta kanye kanye! |  |
| Khumbula, kute umusite umntfwana wakho akhone kubhekana netingucuko letenteka emtimbeni wakhe, ungakhuluma naye, umfundzise futsi umesekele.  Umsebenti wasekhaya kutsi ucitse sikhatsi kanye nemntfwana wakho umkhombise kutsi unendzaba nekuphila kwakhe. Yentani lokutsite kanye kanye, njengekuhamba, kupheka noma kudlala umdlalo. Sebentisani leso sikhatsi kute nikhulume ngekukhululeka ngetingucuko letenteka kumntfwana wakho futsi uphendvule yonkhe imibuto lakangaba nayo. Munike lusito ngekumesekela nekumkhutsata. Loku kungasita ekuciniseni buhlobo benu futsi kumente ative akhululekile futsi atetsemba.  Ungakwenta yini loko namuhla? | Khuluma  Fundza  Kwesekeleka  Umsebenti Wasekhaya: Sebentisa sikhatsi sakho nemtfwana wakho kute ukhulume naye ngetingucuko letenteka kuye. |  |