| Module: Care for Myself | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona futhi! Ukuba umzali kungaba yingcindezi, futhi iskhathi sokuthi uzinakekele nawe!    Nansi ndlela yokuzilula nokunyakaza engakusiza ngengcindezi onayo. | Zinakekele |  |
| Sukuma ulule zandla zakho ziyephezulu.  ...  Iba nesthomb'emqodweni lapho ududula wonke amafu uvulele ilanga ukuthi likukhanyisele.  ...  Zilule nhlangothi zombili.  ...  Zilulele ngaphimbili nange muva. |  |  |
| Lengisa zandla zakho emaceleni.  ...  Nyusa mahlombe akho afike zindlebeni uqhubeka udonsa umoya, hlikihla amehlo akho, bese ubambe umoya.  ...  Dedela mahlombe akho ukhulule umzimba bese ukhipha moya.  …  Dedela izingalo zakho futhi uzivumele zijike ziye ngaphambili nangemuva. Phefumula kawu 4 ngenkathi wenza lokhu. Lokhu kuwusizo okhalweni lwakho.  ...  Dedela izingalo zakho uzivumele zijika jikele emaceleni, bese uphendu' phendula umzimba wakho wangasenhla. Izingalo zakho kumele zikushaye kancane emhlane njengoba uzisontela emaceleni.  …  Beka unyawo olulodwa phambi kolunye bese wenza indingiliza ukusuka emaqakaleni, khumbula ukuphendukela ezinhlangothini zombili. Yenza izindingili ezine ngonyawo ngalunye nhlangothini zonke.  …  Manje nyakazizsa wonke umzimba wakho ngoku shesha. Unyakaza uye phezulu! Unyakazise ushone phansi! Unyakazise nxazonke!  …  Phakamisa izingalo zakho kancane kancane ziye ngaphuzu kwekhanda lakho ngenkathi undonsa umoya. Yehlisela emaceleni izingalo zakho kancane kancane ngenkathi ukhipha umoya.  ...  Ziphakamise uphinde uzehlise izingalo zakho, undonse umoya uphinde uwukhiphe, ukuphinde kawu 3.  —  Zinike isikhathi sokucabanga ngokwenzeke kuwe.  ...  Khumbula ungakwenza nanganoma isiphi isikhathi lapho uzizwa sengathi udinga ukukhipha ingcindezi futhi unikeze ingqondo nomzimba wakho amandla. |  |  |
| Umsebenzi wakho wasekhaya ukuzama ukwenza lomsebenzi okungenani kanye ngosuku. Ungakuzama manje? | Umsebenzi wasekhaya: Zelule futhi unyakaze nsuku zonke. |  |

| Imojula: Izinguqundo Zengqondo Eminyakeni Yeshumi | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi ku- Parent Text.  Nakhu okudingeka ukwazi mayelana nengqondo ekhulayo yengane yakho nokuthi ungayeseka kanjani ingane yakho njengoba zikhula ziba abantu abadala.  Umqondo okhulayo  Ukuzimela ngokwengeziwe  Nokweseka ingane yakho | Izinguquko zengqondo Eminyakeni Yobusha   1. Ingqondo Ethuthukayo 2. Ukuzimela ngokwengeziwe 3. Indlela yokweseka ingane yakho |  |
| [1] Okokuqala, kubalulekile ukuqonda ukuthi ingqondo yengane yakho ishintsha kanjani. Ingqondo yengane yakho ayikaze ishintshe ngalesisivinini kusukela iseyingane encane. Kuvamile ukuthi intsha iziphathe ngezindlela eziyingozi njengoba idudula imingcele yalokho okungenzeka nokuvunyelwe, ikakhulukazi uma kujabulisa noma kumnandi. Lokhu ukuziphatha okuvamile.   Khumbula izingane azihlezi zinalo ikhono lokucabanga kuqala ukuthi ukuziphatha kwazo kungaba nomthelela onjani kwabanye abantu nakubona uqobo.  [2] Izinganezisendleleni yokuba abantu abadala nokuzimela. Zibangcono ekwabelaleni ngemibono yazo futhi zicabanga kakhulu ngekusasa lazo.  [3] Ukweseka ingane yakho kulezizinguquko, ungaqondisa ukukhetha kwayo ngokulinganisa imithetho nemikhawulo ngokuzimela. Zama ukuyinikeza inkululeko yokuzithathela izinqumo lapho ibonisa ukuthi ingakwazi ukuziphendulela futhi izibophezele ngezenzo zayo. Okubaluleke kakhulu: yeseke, uyithande, futhi ube nemicabango emihle nengane yakho. Lokhu kuyisiza ekutheni izizwe iphephile futhi ivikelekile eduze kwakho, futhi maningi amathuba okuthi ize kuwe uma idinga usizo noma izeluleko.  Ukuba nokudlala ngenkathi ufunda kungathuthukisa impilo yengane yakho ngokomzimba nengqondo KANYE kanye nekhono lokufunda nokukhumbula amaqiniso abalulekile! | Umqondo othuthukayo  Ukuzimela ngokwengeziwe  Indlela yokusekela ingane yakho |  |
| Umsebenzi wakho wasekhaya ukuthiusebenzise isikhathi sika-1-on-1 ukuvumela ingane yakho ikhethe noma yini engathanda ukukhuluma ngayo. Lalela lokho eseke yahlangabezana nakho futhi ugweme ukwehlulela. Qaphela indlela ozizwa ngayo futhi uqaphele nemizwa yabo. Bonga ingane yakho ngokukhuluma nawe. Ungakwazi kwenza namuhla? | Umsebenzi wasekhaya: Khuluma nengane yakho ngesihloko ezikhethele sona. |  |

| Mojula: izinguquko zomphakathi eminyakeni yengane | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela ku-ParentText! Nakhu okufanele ukwazi mayelana nokuxoxa ngenhlalakahle yengane yakho emphakathini:  UKUQONDA  [pause]  UKWAMUKELA  [pause]  Futhi YABELANANI NGAMAQINISO  Asiqaleni. | Izinguquko Zomphakathi Eminyakeni Yezingane  1. UKUQONDA  2. UKWAMUKELA  3. YABELANANI NGAMAQINISO |  |
| [1] Okokuqala,Qonda ukuthi ulusha luphila kanjani.  Kubalulekile enganeni yakho ukuba nabangani. Lokhu kuyisiza ekutheni ibe umngani omuhle okwaziyo nokuqonda imizwa yabanye abantu. Kuphinde kube ingxenye yokukhula.Ingane yakho ingase ifune ukuzizwa sengathi iyingxenye yontanga bayo, futhi yenze nezinto abanye abacabanga ukuthi zinhle. Bangakhuluma noma baqgoke njenga banye ngesikhasthi besazama ukuzithola ukuthi bangobani. Ngezinye izikhathi lapho abantwana besokola ukwenza abangani, kungenzeka ukuthi bayachukuluzwa noma baxhashazwa abanye abantwana.  [2] Ungameseka umntwana wakho ngomvumela ukuthi azame izinto ezintsha ngendlela ephephile, okufana nezimphahla zokugqoka ezehlukile kanye nezitayela zeynwele, noma ukuchitha isikhathi nabantu abehlukile. Mtshengise ukuthi uyamamukela ngobunjalo bakhe. Tshela umtwana wakho ukuthi ulindeleni kuye ekhaya, kodwa umnikeze ithuba lokwenza izinqumo eziphephile, okufana nokuchitha isikhathi sakhe ngendlela ephephile.  [3]Okokugcina, ungamsiza umntwana wakho ekutheni awazi umehluko phakathi kwemthelela emihle nemibi empilweni yakhe.  Abangani abalungilele bayakubhekelela, bakukhathalele, bayakubandakanya ezintweni abazenzayo futhi bayakuhlonipha.  Isiqhwaga umuntu ohlezi ezama ukulimaza abanye, ngokubenza baphatheke kabi noma ukusebenzisa amandla abo ngenkohlakalo. Kodwa uma umuntu ekwenza kanye nje kuphela, akukona ukuxhaphaza.  Ukuqeda ukuxhashazwa esikoleni, kubalulekile ukuba nomusa nokubahlonipha abanye. Lokhu kwenza wonke umuntu azizwe ejabule futhi ephephile esikoleni. | QONDA impilo emphilwa umtwana wakho emphakathini.  MAMUKELE  ngobunjalo bakhe.  YABELANA NGAMAQINISO  ngobungani nomntwana wakho |  |
| Umsebenzi wakho wasekhaya uku sebenzisa isikhathi esikhethekile ukukhuluma nomntwana wakho mayelana nabangani babo. Ufisa ukuchitha isikhathi esithe xaxa nabani? Ubani oyisibonelo esihle eklasini? Mlalele umntwana wakho futhi ukwamukele akushoyo.  Unaso isikhathi sokukwenza lokhu namuhla? | Umsebenzi wasekhaya: Khuluma nomntwana wakho mayelana nabangani bakhe. |  |

| Isifundo: Izinguquko zomzimba Eminyakeni Yobusha | | |
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| Script | On Slide Text | Animation Notes |
| Sikwamukele futhi kwiParentText! Nakhu okumele ukwazi ngezinguquko zokukhula komzimba womtwana wakho nokuthi ukhuluma kanjani naye mayelana nalezizinguquko:  Khuluma [pause]  Funda  [pause]  Bese Uyeseka  Masifunde kabanzi ndawonye. | Izinguquko zoMzimba eMinyakeni Yobusha   1. Khuluma 2. Funda 3. Ukweseka |  |
| [1] Okokuqala, Khuluma.  Siza umntwana wakho ekutheni aqonde ukuthi kuyinjwayelo ukudlula kwizinguquko zomzimba ngesikhathi sokuthomba.  Mtshele umntwana wakho ukuthi lezizinguquko zenzeka kuwo wonke umuntu nanokuthi akayedwa.  [2] Okulandelayo, Funda. Nikeza umntwana wakho ulwazi olwazi oluyiqiniso mayelana nokuthomber noshintso olwenzekayo emzimbeni wakhe. Mkhuthaze ukuthi abuze imibuzo futhi acele nosizo uma eludinga.  [3] Okokugcina, meseke umntwana wakho. Khuthaza umntwana ukuthi akhe imikhuba emihle efana nokudla ngendlela ehlelekile, ukulala ngokwanele nokuzivocavoca njalo. Msize athole izinto athakaselayo ukuzenza khona ezoba nokuzethemba futhi abe namndla emzimbeni. | XOXA  Mkumbuze umntwana wakho ukuthi ushintsho lomzimba yinto ejwayelekile.  FUNDA  Amaqiniso ngokuthomba.  UKWESEKA  Ngokubambisana hlolani izinto zokwenza ezintsha ezithakazelisayo! |  |
| Khumbula, ukusiza umntwana wakho amelane noshintsho lomzimba ababheke nakho, ungakhuluma, ufunde, weseke futhi.  Umsebenzi wakho wasekhaya ukusebenzisa isikhathi esikhethekile ubonise umntwana wakho ukuthi unentshsekelo empilweni yakhe. Yenzani okuthile ndawonye, njengokuthatha uhambo olufishane, nenze ukudla, noma nidlale umdlalo othile. Sebenzisani isikhathi senu ndawony nixoxa ngokuvulelekile mayelana noshintsho umntwana wakho olwenzekayo kuye, bese uphendula imibuzo angabanayo. Meseke futhi umkhuthaze. Lokhu kungasiza ekuqiniseni ukuzwana kwenu futhi kumenze azizwe ekhululekile futh ezethemba.  Ungakwenza lokhu namuhla? | Khuluma  Funda  Ukweseka  Umsebenzi Wasekhaya: Sebenzisa isikhathi se 1 on 1 uxoxe nomntwana wakho mayela noshintsho olwenzekayo kuye. |  |