{Course: Keep My Girl or Boy Safe and Healthy}

| {Lesson: Teach Safe Touch (Age 2-5/M & F)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi, you’re back on Crianza con Conciencia Positiva, fantastic!   This course is about keeping your girl or boy safe and healthy. Today, we will talk about teaching your girl or boy safe and unsafe touch.   Here are four helpful tips to guide you in teaching your girl or boy about safe and unsafe touch and what to do if they ever feel uncomfortable when someone touches them.  ¿Quieres saber más? | Teaching Safe Touch |  |
| First, learn about private parts.  Teach your girl or boy that the parts of people’s bodies that go under their underwear or a swimsuit are private parts. It is not okay for other people to touch or look at their private parts  [pause]  It is also not okay for someone to ask your girl or boy to touch or look at someone else’s private parts.  [pause]  Second, teach your girl or boy that it’s okay to say no.  Tell your girl or boy that they are always allowed to say no to someone touching them even if they are family or friends. This is true even for things like hugs! This teaches your girl or boy that they are always in control of who they allow to touch them so they can make safe choices throughout their lives, in any situation. You can practise saying “No, please don’t do that” and “No! Stop!” with your girl or boy so they know how to do it if they need to.  The next tip is to get away.  Always teach your girl or boy how to get away from any situation where they feel uncomfortable. In most of the cases, offenders are not strangers to the girl or boy. They are usually known to the girl or boy and/or caregivers. When playing physical games like wrestling with your girl or boy, practice saying "no" and respecting their boundaries. If your girl or boy says "no", stop the game immediately.  [pause]  This empowers them to say “NO!” to unsafe situations outside the home as well.  It will not be as easy for your girl or boy to get away from such situations outside the home, but teaching them how to leave uncomfortable or unsafe situations will be a valuable skill for life.  [pause]  Finally, teach your girl or boy to tell an adult.  Tell your girl or boy that if they feel worried, uncomfortable, or unsafe about anyone touching them, they should tell you or an adult they trust.  [pause]  If your girl or boy tells you about something that has happened, listen openly and tell them they were right to tell you. Then, take steps to keep them safe. Always believe your girl or boy, and don’t leave them alone with the person they feel unsafe with. | LEARN ABOUT PRIVATE PARTS  “NO” IS OK!  GET AWAY   TELL AN ADULT | Animate words to text |
| Remember, to teach your girl or boy about safe touch, follow the four tips - learn about private parts, saying “no” is okay, how to get away, and tell an adult.  Your home activity is to have a conversation with your girl or boy about safe and unsafe touch. Help them practise saying, “No, don’t do that!” or “No! Stop!” and remind them to tell an adult if it happens.  Can you do this with your girl or boy today? | Teach Safe Touch  LEARN ABOUT PRIVATE PARTS  “NO” IS OK!  GET AWAY   TELL AN ADULT  HOME ACTIVITY  Have a conversation about safe and unsafe touch. |  |

| {Lesson: Teach Safe Touch (Age 6-9)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi, you’re back on Crianza con Conciencia Positiva, fantastic!   This course is about keeping your girl or boy safe and healthy. Today, we will talk about teaching safe touch.   Here are five tips to help you teach your girl or boy about safe touch and what to do if they feel unsafe when someone touches them.  ¿Quieres conocer más? | Teach Safe Touch |  |
| The first tip is, be honest.  Talk to your girl or boy about how to name each part of their body. If your girl or boy knows how their body works and where people should and should not touch them, they can make safer choices throughout their lives.  Answer any question your girl or boy asks you honestly. These could be about any part of their own body or that of the other sex - even private parts!  This teaches them it is safe to ask about the body, which means they will learn more and stay safer.  Teaching your girl or boy about their whole body, even when young, means they will know how to talk about it if anything happens that they feel is unsafe. | BE HONEST about how to name body parts and how bodies work |  |
| The second tip is to teach your girl or boy that it’s okay to say no.  Tell your girl or boy that they are always allowed to say no to someone touching them even if they are family or friends. This is true even for things like hugs!  This teaches your girl or boy that they are always in control of who they allow to touch them so they can make safe choices throughout their lives, in any situation.  You can practise saying “No, please don’t do that” and “No! Stop!” with your girl or boy so they know how to do it if they need to. | “NO” IS OK!  Practice saying “No, please don’t do that” and “No! Stop!” |  |
| The third tip is to get away.  Always teach your girl or boy how to get away from any situation where they feel uncomfortable. In most of the cases, offenders are not strangers to the girl or boy. They are usually known to the girl or boy and/or caregivers. When playing physical games like wrestling with your girl or boy, practice saying "no" and respecting their boundaries. If your girl or boy says "no", stop the game immediately.  [pause]  This empowers them to say “NO!” to unsafe situations outside the home as well.  It will not be as easy for your girl or boy to get away from such situations outside the home, but teaching them how to leave uncomfortable or unsafe situations will be a valuable skill for life. | GET AWAY from situations where your girl or boy feels uncomfortable |  |
| Next, tell an adult.  Tell your girl or boy that if they feel worried, uncomfortable, or unsafe about anyone touching them, they should tell you or an adult they trust.  [pause]  If your girl or boy tells you about something that has happened, it is important that you listen openly and tell them they were right to tell you. Then, take steps to keep them safe. Always believe your girl or boy, and don’t leave them alone with the person they feel unsafe with. | TELL AN ADULT about anything uncomfortable or unsafe |  |
| Our final tip is, respond.  You might need to help your girl or boy talk about their feelings or redirect their focus.  [PAUSE]  You might need to talk about the actions that you or your girl or boy could take to help with what has happened.  [PAUSE]  You can teach your girl or boy consequences later if needed. In the moment, your girl or boy needs you to be there for them with love.  ✅ Remember, you can always type HELP in Crianza con Conciencia Positiva and get information about resources in your community where you can receive help. | RESPOND  What help is needed right now?  Type HELP on Crianza con Conciencia Positiva |  |
| Remember, to teach your girl or boy about safe touch, follow the five tips - be honest, saying “no” is okay, how to get away, tell an adult, and get help.  Your home activity for today is to have a conversation with your girl or boy about safe and unsafe touch. Help them practise saying, “No, don’t do that!” and remind them to tell an adult if it happens.  Can you do this with your girl or boy today? | Teach Safe Touch  BE HONEST  “NO” IS OK!  GET AWAY  TELL AND ADULT  RESPOND  HOME ACTIVITY  Have a conversation about safe and unsafe touch. |  |

| {Lesson: Community Safety (2-4)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello, it is great to see you again on Crianza con Conciencia Positiva!  This lesson is about learning how to keep Your girl or boy safe in your community.  One thing you can do to help keep your girl or boy safe is to talk with them about which places are safe to go and which are not, and teach them how to be careful when they meet people they don't know.  Here are four steps to help you with this conversation:  Draw  [pause]  talk,  [pause]  discuss,  [pause]and practice.  Let’s learn more together! | Being Safe in the Community  DRAW  TALK  DISCUSS  PRACTICE |  |
| The first step is to DRAW.  With your girl or boy, draw a map of your community. Include all the main places in your community on the map, like your house, streets in your neighbourhood, pre-school, daycare, and other places you and your girl or boy might go to. [1]  Draw and identify pictures of trusted people who your girl or boy can go to when they feel unsafe. These can be you and your partner, other family members, or their teachers. | DRAW | Begin with a blank sheet. Animate on [1] |
| The next step is to TALK.  Talk about the safe and unsafe places on your map. For example, let your girl or boy know that the street is not a safe place, even if their toy or ball goes there.  [1] CIRCLE the places that are safe for girls and boys. CROSS OFF any places that are unsafe for your girl or boy. For example, areas under construction, parking areas, or unfamiliar buildings. | TALK | Begin with the previous sheet. Animate on [1] |
| The third step is to DISCUSS. Discuss with your girl or boy why it is important to ALWAYS have an adult with them when they go outside. Make sure your girl or boy knows it’s okay to walk or run inside if a stranger tries to talk to them or asks them to go somewhere. Discuss with your girl or boy safe places they can run if a stranger approaches them – such as your home, or a neighbour’s home.  [1] Mark these areas clearly on your map. | DISCUSS | Begin with the previous sheet. Animate on [1] |
| The last step is to practice, practice, practice!  Using toys or puppets, role-play scenarios where a stranger approaches. Ask your girl or boy what the toy should do. Girls and boys find it less scary to pretend that someone else is in danger.  Remember to praise them when your girl or boy chooses the correct response, such as running away, shouting for help, or finding a trusted adult. | PRACTICE  Role-play using toys or puppets  Remember to praise |  |
| Talking about unsafe situations with your girl or boy might feel uncomfortable, but it's important. When girls and boys know what to do in a dangerous situation, they're much safer.  Your home activity is to have a conversation with your girl or boy about which places are safe or unsafe for girls and boys in your community. Do you have time to do it today? | Being Safe in the Community  HOME ACTIVITY  Have a conversation with your girl or boy about safe and unsafe places in your community |  |

| {Lesson: Community Safety (5-9)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello! This course is all about keeping your girl or boy safe and today we are learning about community safety.  One thing you can do to help keep your girl or boy safe is to talk with them about which places are safe to go and which are not, and teach them how to be careful when they meet people they don't know.  Here are four steps to help you with this conversation:  Draw  [pause]  talk,  [pause]  discuss,  [pause]and practice.  Let’s learn more together! | Being Safe in the Community  DRAW  TALK  DISCUSS  PRACTICE |  |
| The first step is to DRAW.  With your girl or boy, draw a map of your community. Include all the main places in your community on the map, like your house, streets in your neighbourhood, school, shops, and other places you and/or your girl or boy might go to. [1]  Draw and identify pictures of trusted people who your girl or boy can go to when they feel unsafe. These can be you and your partner, other family members, or their teachers. | DRAW | Begin with a blank sheet. Animate on [1] |
| The next step is to TALK.  Talk about the places on your map and decide if they are safe or not.  Make sure you listen to your girl or boy. It is important to understand why they think a place is safe or unsafe.  [1] CIRCLE the places that are safe for girls and boys. CROSS OFF any places that are unsafe for your girl or boy. For example, areas under construction, parking areas, or unfamiliar buildings. | TALK | Begin with the previous sheet. Animate on [1] |
| The third step is to DISCUSS.  Sometimes, we find ourselves in trouble. Make sure your girl or boy knows it’s okay to walk or run inside if a stranger tries to talk to them or asks them to go somewhere. Discuss where you and your girl or boy can get support in a crisis. These places may include home, school, a police station, or a clinic.  [1] Mark these areas clearly on your map. | DISCUSS | Begin with the previous sheet. Animate on [1] |
| Finally, practice! Practice! Practice!  Role-play scenarios where a stranger approaches using toys or puppets. Ask your girl or boy what the toy should do. Girls and boys find it less scary to pretend that someone else is in danger. Praise them when your girl or boy chooses the correct response, such as running away, shouting for help, or finding a trusted adult. | PRACTICE  Role-play using toys or puppets  Remember to praise |  |
| Talking about unsafe situations with your girl or boy might feel uncomfortable, but it's important. When girls and boys know what to do in a dangerous situation, they're much safer.  Your home activity is to have a conversation with your girl or boy about which places are safe or unsafe for girls and boys in your community. Give space for your girl or boy to share their thoughts, too. They may think a place is unsafe that you thought was safe. Allow them to explain their reasons. Do you have time to do it today? | Being Safe in the Community  HOME ACTIVITY  Have a conversation with your girl or boy about safe and unsafe places in your community |  |

| {Lesson: Responding to Crises (2-6)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello! In this course we have been learning about keeping your girl or boy safe. In this lesson we are learning about how to respond to your girl or boy in a crisis.  It is important to support your girl or boy when they experience a difficult situation. When helping your girl or boy in a crisis, remember these four things: [pause] breathe, [pause] listen, [pause] respond, [pause] and comfort.  Let’s learn more about these steps together. | Responding to Crises  BREATHE  LISTEN  RESPOND  COMFORT |  |
| Firstly, breathe. Stay calm. Ask yourself, “What does my girl or boy need right now?”  Next, listen. Ask your girl or boy what is going on. Let your girl or boy share with you what they need. Sometimes, your girl or boy might be comfortable sharing by drawing or using toys and puppets to tell you what has upset them. Notice what they are feeling and tell them what you notice so they feel heard. Tell your girl or boy that you are there for them and love them. Remember, both girls AND boys could face hard times and crisis situations. Check-in with both.  The third step is to respond. What might help what is going on? You might need to help your girl or boy talk about their feelings or redirect their focus.You might need to talk about the actions that you or your girl or boy could take to help with what has happened.You can teach your girl or boy consequences later if needed. In the moment, your girl or boy needs you to be there for them with love. Remember, you can always type [1]HELP in Crianza con Conciencia Positiva and get information about resources in your community where you can receive help.  [2]  Finally, comfort your girl or boy. Be there for your girl or boy. It can be hard to see your girl or boy feeling upset or confused, but there is a lot you can do to support them.They need you to accept them and comfort them when difficult things are going on. In these moments, maintaining a consistent routine can be particularly helpful. Familiar routines can provide a sense of security and normalcy, helping your girl or boy feel safe again. Remind your girl or boy again that you love them, and thank them for sharing with you. | BREATHE  Remain calm  LISTEN  Listen to your girl or boy and notice what they are feeling  RESPOND  What can help your girl or boy right now?  [1] HELP  COMFORT  Give your girl or boy comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| It can be difficult to see your girl or boy feeling upset or confused, but remember that there’s plenty you can do to support them during a difficult time. You’ve got this, you’re such a great parent!  Follow these steps whenever your girl or boy shares something difficult. Supporting your girl or boy through a crisis will also teach them how to support others in difficult times.  For your home activity, [1] find a calm time to look at the community map you created with your girl or boy during the previous tip. [2] Talk about possible risks and what they could do to avoid them. [3] Discuss possible actions that you can take with your girl or boy if they happen.  Do you have time to do this today? | Responding To Crises  BREATHE  LISTEN  RESPOND  COMFORT  HOME ACTIVITY: [1] Look at the community safety map  [2] Talk with your girl or boy about possible risks. [3] Discuss what to do if they happen. | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| {Lesson: Respond to Crises (7-9)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello! In this course we have been learning about keeping your girl or boy safe. In this lesson we are learning about how to respond to your girl or boy in a crisis.  It is important to support your girl or boy when they experience a difficult situation. When helping your girl or boy in a crisis, remember these four things: [pause] breathe, [pause] listen, [pause] respond, [pause] and comfort.  Let’s learn more about these steps together. | Responding to Crises  BREATHE  LISTEN  RESPOND  COMFORT |  |
| The first step is to breathe. You might want to take a pause so you are calm before you ask yourself, “What does my girl or boy need right now?”  Next, listen. Ask your girl or boy what is going on. Let your girl or boy share with you what they need. Sometimes, your girl or boy might be comfortable sharing by drawing or using toys and puppets.  Notice what they are feeling and tell them what you notice so they feel heard. Make sure to avoid criticising them. Tell your girl or boy that you are there for them and love them. Remember, both girls AND boys could face hard times and crisis situations. Check-in with both.  The third step is to respond. What might help what is going on? You might need to help your girl or boy talk about their feelings or redirect their focus.You might need to talk about the actions that you or your girl or boy could take to help with what has happened.You can teach your girl or boy consequences later if needed. In the moment, your girl or boy needs you to be there for them with love.  Remember, you can always [1] type HELP in Crianza con Conciencia Positiva and get information about resources in your community where you can receive help.  [2]  Finally, comfort your girl or boy. Be there for your girl or boy. It can be hard to see your girl or boy feeling upset or confused, but there is a lot you can do to support them.They need you to accept them and comfort them when difficult things are going on. In these moments, maintaining a consistent routine can be particularly helpful. Familiar routines can provide a sense of security and normalcy, helping your girl or boy feel safe again. Remind your girl or boy again that you love them, and thank them for sharing with you. | BREATHE  Remain calm  LISTEN  Listen to your girl or boy and notice what they are feeling  RESPOND  What can help your girl or boy right now?  [1] HELP  COMFORT  Give your girl or boy comfort | Animate words to text  [1] Add a phone with HELP on the screen. Remove it at [2] |
| It can be difficult to see your girl or boy feeling upset or confused, but remember that there’s plenty you can do to support them during a difficult time. You’ve got this, you’re such a great parent!  Follow these steps whenever your girl or boy shares something difficult. Supporting your girl or boy through a crisis will also teach them how to support others in difficult times.  For your home activity, [1] find a calm time to look at the community map you created with your girl or boy during the previous tip. [2] Talk about possible risks and what they could do to avoid them. [3] Discuss possible actions that you can take with your girl or boy if they happen.  Do you have time to do this today? | Respond To Crises  BREATHE  LISTEN  RESPOND  COMFORT  HOME ACTIVITY: [1] Look at the community safety map  [2] Talk with your girl or boy about possible risks. [3] Discuss what to do if they happen. | Animate sentences to script either as bullets or in paragraph form. Show map from previous activity. |

| {Lesson:Knowing Basics of Online Safety} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi again! Today’s lesson is about how to keep your girl or boy safe online.  Girls and boys are spending a lot of time online. Being connected helps them stay positive and learn more, but there are also some risks and dangers. Keeping your girl or boy safe online is an important step to help them be part of the digital world.  When it comes to online safety, there are four tips to keep in mind:  LEARN,  PROTECT,  BUILD HABITS,  and BUILD TRUST.  There is so much to share. We will cover online safety over two lessons.  [1] Today, we are reviewing the tips [pause] LEARN [pause] and PROTECT.  The next lesson will cover [pause] BUILD HABITS [pause] and BUILD TRUST.  Let’s begin. | Knowing Basics of Online Safety  LEARN  PROTECT  BUILD HABITS  BUILD TRUST | Circle around 1 and 2 |
| First, learn the dangers of being online:  CONTENT: your girl or boy might come across harmful content, such as violence, hateful speech, pornography, or wrong information. This could also include content hating women, people with disabilities, or people following harmful beliefs or agendas that oppose what you want to teach your girls and boys.  CONTACT: Adults might pretend to be girls and boys and ask for sexual pictures or to meet with your girl or boy through an online platform.  CONDUCTA: A veces, niñas, niños o personas desconocidas pueden decir o hacer cosas hirientes en internet. | APRENDER:  ✅ Contenido  ✅ Contacto  ✅ Conducta | Animate words to text |
| A continuación, debemos proteger. Mantén a tu niña o niño a salvo al navegar por internet.  Platica con tu niña o niño sobre qué aplicaciones y sitios web son seguros y cuáles no. Discutan el por qué lo consideran así. ¡Platíquenlo!  Ayúdale a tu niña o niño a aprender a crear contraseñas seguras para proteger sus dispositivos.  Dile a tu niña o niño que su información personal se debe mantener en privado, incluidas las fotos o videos de ellas o ellos mismos. ¡Lo que se sube al internet se queda en internet! | PROTEGER  ✅ Platica con tu niña o niño sobre las aplicaciones seguras  ✅ Ayúdale a tu niña o niño a aprender sobre las contraseñas seguras  ✅Dile a tu niña o niño qué cosas se deben mantener en privado | Animate words to text |
| En la próxima sesión, seguiremos aprendiendo sobre la seguridad en internet. El día de hoy, tu Actividad para Casa consiste en preguntarle a tu niña o niño qué hace para procurar su seguridad al usar el internet. Puede que descubras que ya piensa en la ciberseguridad.  Halaga a tu niña o niño por sus esfuerzos y por lo que ya está implementando. ¿Puedes platicarlo con tu niña o niño hoy? | Conocer los Fundamentos para la Navegación Segura en Internet  Aprender ✅  Proteger ✅  Construir Hábitos ✅  Construir Confianza ✅  ACTIVIDAD PARA CASA  Pregúntale a tu niña o niño qué hace para procurar su seguridad en internet |  |

| {Lesson: Build Habits and Trust Online} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| ¡Te damos la bienvenida, de nuevo, a Crianza con Conciencia Positiva! Esta sesión es una continuación de nuestro aprendizaje sobre cómo procurar la seguridad de niñas y niños al navegar por internet.  Procurar la seguridad de tu niña o niño al navegar por internet es un paso importante para ayudarle a ser parte del mundo digital.  En la sesión anterior, ya aprendiste dos estrategias para proteger a tu niña o niño en internet al ️APRENDER y PROTEGER.  Hoy, aprenderemos cómo ️CONSTRUIR HÁBITOS y CONSTRUIR CONFIANZA.  ¿Qué te parece si comenzamos? | Crear Hábitos y Confianza en Internet  APRENDER  PROTEGER  CONSTRUIR HÁBITOS  CONSTRUIR CONFIANZA | Circle number 3 and 4 |
| El siguiente paso es CONSTRUIR HÁBITOS. Establece hábitos seguros para navegar el internet en casa.  Establece momentos libres de celulares en tu casa, como durante las comidas, la tarea o en la cama.  Pon límites al tiempo que tu niña o niño pasa en línea.  Deja que tu niña o niño solo chatee con personas que ya conozca. Nunca deben compartir información personal en una sala de chat ni con personas desconocidas.  Antes de llenar formularios que soliciten información personal, comprueba que la dirección web comienza por https://. Los sitios web que empiezan por http:// pueden ser riesgosos. | CREAR HÁBITOS   * Establece horarios libres de teléfono en tu casa * Revisa las direcciones web   https://  http:// | Animate to text |
| A las niñas y los niños mayores, puedes ayudarles a crear contraseñas seguras para sus cuentas. Las contraseñas seguras son:  [pause] largas;  [pause] no incluyen información personal como tu nombre o tu cumpleaños;  [pause] e incluyen letras mayúsculas y minúsculas, números y símbolos.  Dile a tu niña o niño que no haga clic en ventanas emergentes que le pidan que descargue o pague por algo. | CONSTRUIR HÁBITOS  Establece Contraseñas Seguras:  -Largas  -NO incluyen información personal  -SI incluyen letras mayúsculas y minúsculas, números y símbolos. | ^ Animate password details to explain better. |
| Por último, debes CONSTRUIR CONFIANZA con tu niña o niño  [1]  Revisen los sitios web, las redes sociales, los juegos y las aplicaciones que usa tu niña o niño.  [2]  Haz preguntas: ¡te ayudará a conocer más sobre los intereses de tu niña o niño! | CONSTRUIR CONFIANZA   * Revisen con tu niña o niño las páginas web, las plataformas sociales, los juegos y las aplicaciones que usa. * Haz preguntas | ^ |
| Si al estar conviviendo encuentran algo preocupante, platícalo con tu niña o niño. [1]Si necesitas apoyo, escribe AYUDA después de completar la sesión de hoy.  Coméntale a tu niña o niño que si llega a sentir miedo, inseguridad, peligro o molestia por algo en internet, siempre debe contárselo a una persona adulta en quien confíe.  Enséñale a tu niña o niño que si una persona desconocida le ofrece regalos, como monedas virtuales, a cambio de fotos e información personal, y le dice que lo mantenga en secreto, debe decírtelo.  Así como procuras la seguridad de tu niña o niño en el mundo real, también debes de ver por su seguridad en el mundo digital. Al seguir estos pasos, puedes protegerle y asegurarte de que su tiempo en línea es seguro y que puede seguir navegando en internet y aprendiendo cosas nuevas. ¡Lo estás haciendo muy bien! | CONSTRUIR CONFIANZA   * Platicar sobre escenarios preocupantes * Dile a tu niña o niño que si sienten miedo o peligro deben de contarle a una persona adulta en quien confíe   AYUDA | ^  [1]Then, animate a phone with HELP on the screen with text. |
| Aquí tienes algunas cosas que puedes hacer con tu niña o niño el día de hoy para procurar su seguridad al navegar por internet:  [1]  Primero, platica con tu niña o niño sobre cómo usar el internet y los dispositivos electrónicos de manera segura.  [2]  Después, hablen sobre qué sitios o aplicaciones pueden ser inseguros o peligrosos. Discutan el por qué.  [3]  Finalmente, ¡halaga a tu niña o niño por lo bien que navega por la web!  ¿Puedes completar esta actividad con tu niña o niño hoy? | Construir Hábitos y Confianza en Internet  ACTIVIDAD PARA CASA   * Platica con tu niña o niño sobre cómo usar el internet y los dispositivos electrónicos de manera segura * Platiquen sobre qué sitios o aplicaciones pueden ser inseguros o peligrosos y por qué * ¡Halaga a tu niña o niño por lo bien que navega por la web de manera segura! |  |

{Course: Prepare My Child for Success in School}

| {Lesson: Helping Your Girl’s or Boy’s Language Skills} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hola, nos da gusto verte de nuevo por aquí en Crianza con Conciencia Positiva.  Este curso trata sobre cómo preparar a tu niña o niño para un buen aprovechamiento escolar al brindarle apoyo en su aprendizaje. [pausa]  Considera las habilidades que cubriremos en este curso como una guía. Preséntaselas a tu niña o niño cuando tenga edad suficiente.  [pausa]  Ahora, vayamos a la habilidad del día de hoy en donde veremos cómo ayudar a tu niña o niño a aprender palabras nuevas y mejorar sus habilidades lingüísticas.  ¿Te parece si empezamos? | Desarrollar las Habilidades Lingüísticas de Tu Niña o Niño |  |
| ¡Intenta platicar con tu niña o niño tan seguido como puedas! Pueden hablar de sus actividades cotidianas, de cómo se siente o de cualquier otra cosa que se te ocurra. Esto ayuda a que tu niña o niño mejore su memoria, su articulación y su vocabulario, además de ayudarte a ti a aprender más sobre ella o él.  No olvides agacharte o colocarte a la estatura de tu niña o niño cuando tengan una conversación. Esto hace que tu niña o niño se sienta con confianza para hablar y le demuestra que realmente te interesa.  Aquí tienes 5 estrategias para ayudar a tu niña o niño a desarrollar habilidades lingüísticas mediante conversaciones:  Explicar,  [pausa]  hacer preguntas,  [pause]  escuchar,  [pausa]  construir  [pausa]  y contar historias.  ¡Aprendamos más sobre esto! | EXPLICAR   HACER PREGUNTAS  ESCUCHAR   CONSTRUIR   CONTAR HISTORIAS |  |
| La primera estrategia es: explicar.  Entabla conversaciones con tu niña o niño al involucrarle en actividades cotidianas. Describe y explica lo que estás haciendo utilizando diferentes palabras.  Por ejemplo, si estás en el mercado o en el súper, puedes decir: "Hoy vamos a comprar elotes" o "Hoy voy a hacer enchiladas y necesitamos pollo y chile para hacerlas".  También puedes hacerle preguntas a tu niña o niño y, recuerda, ¡pon atención a sus respuestas!  Asegúrate de exponer a tu niña o niño a distintas oportunidades de aprendizaje para que las pueda enfrentar a su propio ritmo. Cuando les das actividades que se adaptan a sus capacidades, aumentará su confianza y su entusiasmo por aprender. | EXPLICAR lo que estás haciendo |  |
| La segunda estrategia es: hacer preguntas.  Ayúdale a tu niña o niño a hablar más al hacerle preguntas que no se puedan responder con un simple "sí" o "no". Intenta hacer preguntas como "¿Qué te gustaría hacer con tu amiga más tarde?" o "¿Hiciste algo divertido en la escuela el día de hoy?"  Esto ayudará a que tu niña o niño aprenda palabras nuevas y también te ayudará a ti a conocer sus intereses y sus opiniones. | HACER preguntas |  |
| La siguiente estrategia es: escuchar.  Recuerda que debes dejar que tu niña o niño hable también.  Dale tiempo para responder. Es posible que necesite tiempo para pensar y poderse expresar, ¡sobre todo si va a dar una respuesta más larga!  Después de darle un poco de tiempo, si todavía le resulta difícil expresar lo que quiere decir, ayúdale a iniciar la oración y fomentar el usar palabras nuevas y diferentes. | ESCUCHAR a tu niña o niño mientras habla |  |
| La cuarta estrategia es: construir.  Escucha atentamente a tu niña o niño y siempre respóndele. Confirma lo que te dice y agrégale algo más para ayudarle a conectar su comprensión de la situación con el lenguaje. Por ejemplo, si tu niña o niño dice: "Hay un gato", podrías responder: "Sí, hay un gato haciendo un agujero grande en el suelo".  Es importante evitar corregir en exceso. En vez de decir: "No, no se dice japón, se debe decir jabón con B", prueba con "¡Ah, claro! La niña está usando el \*\*jabón\*\* para lavarse las manos". | CONSTRUIR el lenguaje |  |
| La última estrategia es: contar historias.  ¡Cuéntale historias a tu niña o niño! Pueden ser reales, inventadas, basadas en sus vidas o las puedes leer de un libro también. Además de contarle historias a tu niña o niño, anímale a que ella o él cuente historias también. ¡Hasta podrían mostrarse fotos y crear una historia como equipo!  También puedes usar los cuentos y las historias para aprender palabras nuevas e incorporarlas a varias frases a lo largo del día.  ¡Recuerda ser paciente! Se necesita mucha práctica para escuchar historias y aún más para desarrollar la habilidad de contarlas. | CONTAR HISTORIAS y animar a tu niña o niño a contarlas |  |
| Al ayudar en el desarrollo de las habilidades lingüísticas de tu niña o niño, recuerda las cinco estrategias: explicar, hacer preguntas, escuchar, construir y contar historias.  ¡Lo estás haciendo muy bien! Tu Actividad para Casa consiste en intentar describir con palabras y gestos lo que tu niña o niño y tú hacen cuando pasan tiempo juntos. Asegúrate de comunicarte de un modo que tu niña o niño pueda entender. ¿Puedes hacerlo hoy? | Desarrollar las Habilidades Lingüísticas de Tu Niña o Niño  EXPLICAR HACER PREGUNTAS  ESCUCHAR  CONSTRUIR  CONTAR HISTORIAS   ACTIVIDAD PARA CASA: Intenta describir con palabras lo que tu niña o niño y tú están haciendo |  |

| {Lesson: Helping Your Girl or Boy Learn to Read, Part 1} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| ¡Hola! Qué gusto verte de nuevo por aquí en Crianza con Conciencia Positiva.  Hoy veremos cómo ayudar a tu niña o niño a aprender a leer. Esta es la primera parte de un video de dos partes.  En esta primera parte aprenderemos a disfrutar de los libros con nuestras niñas o niños.  Leer con tu niña o niño es la mejor manera de ayudarle a aprender a leer.  Las niñas y los niños aprenden observando, escuchando y copiando. Cuando les lees durante la infancia aprenden palabras nuevas. ¡Con el tiempo, aprenden las letras y sus sonidos, y cuando crecen, leer juntas y juntos puede ayudarles a aprender sobre cualquier cosa que les interese!  ¡Comencemos! | Ayudar a tu Niña o Niño a Aprender a Leer |  |
| Las cuatro formas de ayudar a tu niña o niño a aprender a leer son  hacer rutinas,  [pause]  hacer preguntas,  [pausa]  responder y explorar,  [pausa]  y construir y conectar.  Si leer representa un reto para ti, puedes usar libros con dibujos. Describe lo que ves y habla de las imágenes con tu niña o niño, ¡esto también le ayuda a aprender! | CREAR RUTINAS   HACER PREGUNTAS   RESPONDER Y EXPLORAR   CONSTRUIR Y CONECTAR |  |
| Nuestra primera estrategia es: Crear Rutinas  ¡Puedes compartir libros con tu niña o niño en cualquier lugar! Escojan un lugar en la casa para compartir y leer libros. Deshazte de las distracciones, por ejemplo, apaga el celular, la tablet o la televisión. Escoge alguna hora del día en la que puedas compartir libros con tu niña o niño. Permite que tu niña o niño escoja un libro.  Si no tienes libros en casa, puedes usar cualquier cosa con palabras e imágenes, como revistas o periódicos viejos.  [1] Si quieres leer algún libro digital, escribe LIBROS en Crianza con Conciencia Positiva. | CREAR RUTINAS  Comparte libros con tu niña o niño  LIBROS | Phone with the word BOOKS on it at [1] |
| En segundo lugar, debemos hacer preguntas.  Observen la portada del libro y pregúntale a tu niña o niño de qué cree que trate la historia. A lo largo del libro, hazle preguntas a tu niña o niño sobre quién, qué, dónde, cuándo, por qué y cómo. Si ya han leído la misma historia varias veces, pregúntale a tu niña o niño qué sigue, ¡a ver si sabe lo que viene después! Si están viendo una foto o dibujo, describan lo que está pasando. Recuerda siempre usar lenguaje que tu niña o niño pueda entender. Siempre puedes pedirle a tu niña o niño que te vuelva a contar la historia. Asegúrate de que tu niña o niño también te pueda hacer preguntas sobre la historia o las imágenes. | HACER PREGUNTAS  Quién  Qué  Dónde  Cuándo  Por qué  Cómo |  |
| Nuestra tercera estrategia es: responder y explorar.  Fíjate en lo que le interesa a tu niña o niño y platiquen sobre eso. Ayúdale a comprender la historia, las palabras, los sonidos, las letras y las emociones de los personajes. Explora al reformular o añadir más información. Esto ayudará a tu niña o niño a aprender palabras nuevas y a comprender el mensaje del libro. Responde positivamente y anímale aunque se equivoque. También le puedes pedir a tu niña o niño que repita lo que le has enseñado. | RESPONDER Y EXPLORAR  Identifica lo que es interesante y añade más información |  |
| Finalmente, debemos construir y conectar.  ¡Ayuda a aumentar la confianza de tu niña o niño al hacerle preguntas que sepa responder correctamente o que le animen a ir un poco más allá y desarrollar su habilidad! Recuerda siempre conectar lo que hay en el libro con la experiencia cotidiana de tu niña o niño. | CONSTRUIR Y CONECTAR  Ayuda a construir y conectar con tu niña o niño al hacerle preguntas |  |
| Recuerda que leer con tu niña o niño es una forma estupenda de ayudarles a aprender. Puedes hacerlo creando rutinas, haciendo preguntas, respondiendo y explorando, y construyendo y conectando.  Tu Actividad para Casa es leer con tu niña o niño. ¿Puedes intentar hacerlo hoy? | Ayudar a tu Niña o Niño a Aprender a Leer  ACTIVIDAD PARA CASA: Leer con tu niña o niño |  |

| {Lesson: Helping Your Girl or Boy Learn To Read, Part 2} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hola, regresaste a Crianza con Conciencia Positiva, ¡fantástico!  Esta es la segunda parte del video de dos partes sobre cómo ayudar a tu niña o niño a aprender a leer.  Hoy vamos a aprender más sobre cómo ayudar a tu niña o niño a leer mejor mediante juegos de palabras y la escritura.  El aprender a leer empieza con la noción del lenguaje, las letras y los sonidos. Entender los sonidos de las palabras y empezar a escribir las letras ayudará a tu niña o niño a aprender a leer.  Conoceremos cuatro formas más de ayudar a tu niña o niño a aprender a leer y son:  Usar Libros para Aprender,  [pausa]  Identificar Letras,  [pausa]  Jugar Juegos de Palabras,  [pausa]  y Empezar a Escribir.  Ready to learn more? ¡Empecemos! | Ayudar a tu Niña o Niño a Aprender a Leer  USAR LIBROS  IDENTIFICAR LETRAS  JUGAR JUEGOS DE PALABRAS  EMPEZAR A ESCRIBIR |  |
| En primer lugar, usar libros para aprender.  Los libros sin palabras ayudan con la imaginación, las ideas y el aprendizaje de palabras nuevas. Con tu niña o niño nombren y describan lo que aparece en las imágenes.  Los libros con palabras ayudan a tener una noción de las letras, los sonidos y cómo se ven distintas palabras. Enfócate en palabras o frases cortas que rimen, se repitan y empiecen por la misma letra o terminen con el mismo sonido, como [1]"piña para la niña".  ¡Señala cada palabra y dila en voz alta para ayudar a tu niña o niño a reconocer algunas letras y sonidos! | USAR LIBROS  Nombren y describan lo que aparece en las imágenes  Enfócate en palabras o frases que rimen, se repitan y empiecen por la misma letra o terminen con el mismo sonido  Pi**ña** para la Ni**ña** | Animate words to text  [1] highlight the ÑA of each word |
| En segundo lugar, identificar letras.  Busca letras por todas partes, como en carteles y paquetes. Señálale las letras a tu niña o niño y nómbralas. ¡Pídele a tu niña o niño que busque letras y que las nombre también! Recuerda halagar sus esfuerzos. | IDENTIFICAR LETRAS  Señala las letras y nómbralas. |  |
| El siguiente paso es jugar juegos de palabras.  Canta y haz rimas con tu niña o niño para ayudarle a aprender los distintos sonidos que forman a las palabras.  También puedes dividir los nombres o las palabras en sílabas. Aplaude con tu niña o niño mientras dices cada sílaba: ¡empieza con solo 2!  Cambia algunos sonidos o letras de las palabras para formar palabras nuevas, como "casa, pasa, masa". Luego, repite los sonidos que se cambiaron: "c", "p", "m". Practiquen los sonidos de las letras.  [2] Cuando jueguen estos juegos de palabras, ayúdale a tu niña o niño a identificar los "sonidos iniciales", los "sonidos medios" y los "sonidos finales", y las letras que los forman.  Una vez que tu niña o niño entienda las letras y los sonidos en distintos lugares de las palabras, ¡ayúdale a unir las partes de una palabra para formar la palabra completa! | JUGAR JUEGOS DE PALABRAS  Cantar y rimar  Divide las palabras en sílabas, ¡y aplaude!  Cambiar sonidos/letras en las palabras  [1]CASA, PASA, MASA  [2]C - “Sonido inicial”  A - “Sonido medio”  SA - “Sonido final” | Animate words to text  [1] and [2] |
| Por último, empezar a escribir.  Anima a tu niña o niño a dibujar. Puede empezar dibujando cosas que le gusten, como animales o flores.  Ayúdale a identificar su mano dominante preguntándole: "¿Con qué mano prefieres dibujar? Si su respuesta es que usa las dos manos, permítele dibujar con las dos.  A continuación, enséñale a dibujar figuras que parezcan letras, como círculos. Ayúdale a practicar el trazado de letras en el aire y sobre una superficie usando sus dedos.  Después, ayúdale a escribir letras sencillas con crayones. ¡Empieza practicando con la primera letra de su nombre! Practiquen y ve agregando letras hasta que pueda escribir su nombre completo. Después, ¡aprendan más letras usando diferentes palabras! | EMPEZAR A ESCRIBIR  Empezar a dibujar  Identificar su mano dominante  Dibujar formas  Escribir letras sencillas  Empieza por su nombre | Animate words to text |
| Recuerda mantener la calma y detener la actividad si tú o tu niña o niño no la está disfrutando. Poco a poco puedes ir aumentando la dificultad o el tiempo de la actividad.  Enfócate en halagar los esfuerzos de tu niña o niño en vez de corregirle. Anímale al ponerle atención a sus intentos y al probar cosas nuevas. Por ejemplo, puedes decir: "¡Guau! La línea que dibujaste está super recta. ¿Cómo lo le hiciste?"  Tu Actividad para Casa consiste en dibujar o escribir con tu niña o niño. ¿Puedes hacerlo hoy? | Ayudar a tu Niña o Niño a Aprender a Leer  ACTIVIDAD PARA CASA: Dibujar o escribir con tu niña o niño |  |

| {Lesson: Getting your girl or boy Ready for Maths, Part 1} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| ¡Te damos la bienvenida, de nuevo, a Crianza con Conciencia Positiva!  Esta sesión trata sobre cómo puedes empezar a enseñarle a tu niña o niño los números y las matemáticas.  Aprender sobre números, figuras geométricas y grupos le ayudará a tu niña o niño a entender las matemáticas básicas.  Las tres formas en que puedes ayudar a tu niña o niño a aprender habilidades matemáticas son contar [pause], buscar números [pause] y aprender con figuras geométricas.  Recuerda: ¡las matemáticas, los números, las cantidades y las figuras están en todas partes!  Puedes utilizar lo que te rodea y tus rutinas diarias para hablarle a tu niña o niño sobre matemáticas. Esto le ayudará para tener mayor aprovechamiento en la escuela y en la vida.    ¿Te emociona explorar más este tema? Veamos qué sigue. | Preparar a Tu Niña o Niño para Las Matemáticas  CONTAR   BUSCAR NÚMEROS   APRENDER CON LAS FIGURAS GEOMÉTRICAS |  |
| Primero, a contar.  El conteo es una habilidad que tu niña o niño puede aprender a temprana edad. Miren a su alrededor y pídele a tu niña o niño que cuente las cosas que puede ver como los coches en la calle, la gente pasando y las casas. No se olviden de contar sus dedos de las manos y los pies.  [pausa]  A continuación, haz que el conteo sea una parte importante de sus actividades diarias. Ya sea que estén cocinando, separando la ropa o comprando en el supermercado, pídele a tu niña o niño que cuente cosas como los tomates, los calcetines o los artículos del carrito. ¡Cualquier momento puede ser una buena oportunidad para contar!  [pausa]  ¡La música puede hacer que el aprendizaje sea aún más divertido! Canta canciones con tu niña o niño que hagan referencia a los números.  Por último, anima a tu niña o niño a dibujar cosas y luego pregúntale cuántas cosas ha incluido en sus dibujos. Es una forma ingeniosa de estimular su imaginación y sus habilidades de conteo. | CONTAR  Contar las cosas que ven  Contar cosas en sus actividades cotidianas  Cantar canciones con números  Dibujar y contar |  |
| En segundo lugar, debemos buscar números.  Los números están en todas partes si los sabemos buscar. Los puedes encontrar en los empaques de los alimentos e incluso en el control de la tele. Siempre que veas un número, pregúntale a tu niña o niño cuál número es. ¡Si no lo sabe, ayúdale! | BUSCAR NÚMEROS  Señala un número y pregúntale a tu niña o niño cuál es |  |
| En tercer lugar, podemos aprender con figuras geométricas.  ¡Aprender sobre las figuras también es importante en matemáticas! Las figuras están por todas partes también, así que encuéntrenlas y hablen de ellas. ¡Incluso podrían hacerlas! Ayúdale a tu niña o niño a dibujar diferentes figuras. Si puedes, recórtalas y ayuda a tu niña o niño a clasificarlas en grupos, por color, forma, tamaño, ¡o como tu niña o niño quiera! Pregúntale por qué las clasifica de esa manera. Habla de las distintas figuras con tu niña o niño, ¡y diviértete! | APRENDER CON FIGURAS GEOMÉTRICAS  Hacer  Dibujar  Recortar  Clasificar |  |
| Recuerda reconocer cada pequeño esfuerzo de tu niña o niño. Puedes decirle: "¡Buen trabajo juntando esas figuras!"  Si tu niña o niño se atora en algún momento, puedes hacerle preguntas abiertas para ayudarle. Puedes decirle: "¿Dónde crees que va el cuadrado verde?"  Siempre reconoce y halaga los intentos de tu niña o niño por aprender cosas nuevas. Enfócate en lo que hace bien, no en sus errores.  Tu Actividad para Casa consiste en intentar involucrar a tu niña o niño en una actividad con números. Por ejemplo, contar la cantidad de ingredientes cuando cocinas. ¿Puedes hacerlo hoy? | Preparar a Tu Niña o Niño para Las Matemáticas  Actividad en Casa:  Involucra a tu niña o niño en una actividad con números |  |

| {Lesson: Getting your girl or boy Ready for Maths, Part 2} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hola, ¡qué gusto verte de nuevo en Crianza con Conciencia Positiva!  Hoy continuaremos con la sesión para ayudar a tu niña o niño a prepararse para las matemáticas.  En esta parte, nos enfocaremos en actividades un poco más retadoras que puedes hacer con tu niña o niño para cuando sientas que ya tiene el dominio y la confianza para intentarlas.  Una vez que tu niña o niño tenga una mejor noción de los números y los grupos de cosas, podrá empezar a desarrollar más habilidades matemáticas.  ¡Recuerda ir poco a poco y divertirte al hacer las cosas que tu niña o niño está a punto de lograr!  Aquí tienes cuatro estrategias para saber cómo animar a tu niña o niño a practicar sus habilidades matemáticas:  clasificar y organizar,  poner y quitar,  hacer un número de distintas maneras,  y por último, ¡animar y divertirse!  ¡Avancemos! | Preparar a Tu Niña o Niño para Las Matemáticas  CLASIFICAR Y ORGANIZAR   PONER Y QUITAR   HACER UN NÚMERO DE DISTINTAS MANERAS   ANIMAR Y DIVERTIRSE |  |
| Para empezar, aprendamos a clasificar y organizar.  Pídele a tu niña o niño que te ayude a clasificar las cosas en grupos, como juntar todas las verduras al cocinar.  Otra forma de enseñar a clasificar es invitarle a que busque 5 cosas de algo y que luego las ordenen de menor a mayor. Pueden usar palitos, por ejemplo. Después, ¡ordénenlos de otra manera, como del más claro al más oscuro!  Mientras exploras estas actividades, ¡ayuda a tu niña o niño a pensar en el concepto de grupos! Empieza por decirle algo como: "Un elote es una verdura redonda y amarilla. ¿Se te ocurre alguna otra cosa que sea amarilla como un elote?"  Después di: "¿Puedes pensar en algo que también sea redondo pero más grande que un elote?" | CLASIFICAR Y ORGANIZAR | Show 7 vegetables in a row  Show sticks of different sizes in a random order  Show them from smallest to largest  Show a piece of corn.  Show a banana and a yellow balloon.  Show a football |
| Una segunda manera de ayudar a desarrollar las habilidades matemáticas de tu niña o niño es jugando a poner y quitar cosas.  Once they know about numbers, your girl or boy might be able to start learning about adding and taking away.  Use activities similar to counting exercises, like cooking, sorting clothes, shopping, or building things. For example, say, "I have two pieces of corn. When I add two more, how many do I have?" Help your girl or boy get the answer! Keep practising and slowly make it more difficult.  Try the activity with different things like balls or shoes.  Repeat the activity, but this time, take things away: "I have five pieces of corn. When I take two away, how many do I have?"  Practise anywhere and everywhere! You can even play the game in your imaginations. | ADDING AND TAKING AWAY | Show two pieces of corn + Two pieces of corn = ?  Show five pieces of corn - two pieces of corn = ? |
| Next let’s talk about ways to make a number.  Once your girl or boy is old enough and has learned some number skills, they can start learning harder skills.  If you think they are ready, ask them to find 5 stones. Show them that you can make 5 stones with one group of 1 stone and another of 4 stones. Then show them with one group of 2 and one group of 3.  When they are ready for more difficult challenges, do the same activity with more stones, up to 10. | WAYS TO MAKE A NUMBER | Show five stones  Show a group of 1 stone and 4 stones  Show a group of 3 stones and 3 stones. |
| Finally, always encourage them and have fun.  Remember, go slowly and help your girl or boy build confidence by doing things that they are ready for and know how to do.  Always encourage their effort and praise them. Wrong answers are okay, too!  Additionally, try to make learning fun and enjoyable for your girl or boy. It will make them more likely to keep trying and stay engaged in the learning process. | ENCOURAGE AND HAVE FUN  Go slowly  Praise! Praise! Praise!  Wrong answers are okay! |  |
| Practicing number skills is the best way to improve them. This will continue to help your girl or boy learn number skills.  You are doing great! For your home activity, can you do an activity with adding and taking away with your girl or boy? You can do that while cooking with them again, or with other objects - like playing outside with stones! | Getting Your Girl or Boy Ready For Maths   HOME ACTIVITY  Do an activity with adding and taking away |  |

| {Lesson: Helping your girl or boy Learn to Read(2-3)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva!  Today, we are focusing on helping our girls and boys learn skills to prepare them for reading when they are older.  We know that reading with your girl or boy is the best way to help them learn to read. It is one of the best ways to help develop their brain, memory, and creativity. Especially when they’re little, they learn new words, and it helps with attention and language!  There are five ways to prepare your girl or boy for learning how to read when they are older. The activities all focus on reading books together. They are: share books, make routines, ask questions, respond and explore, and connect.  So, let’s keep going! | Helping Your Girl or Boy Learn To Read  SHARE BOOKS   MAKE ROUTINES   ASK QUESTIONS   RESPOND AND EXPLORE  CONNECT |  |
| Firstly, share books  Books with no words help with imagination, ideas, and learning new words. While exploring these together, name and describe what is in the pictures. Make sure to try to communicate in a way that your girl or boy can understand.  Books with words help to understand letters and sounds! Pay special attention to words that rhyme, repeat, and start with the same letter, like[1] “big black boot.” | SHARE BOOKS  Name and describe what is in the picture.  Focus on words that rhyme, repeat and start with the same letter.  **[1]B**ig **B**lack **B**oot | Animate words to text  [1] highlight B in a different colour with each word |
| Secondly, make routines,  You can share books with your girl or boy anywhere! Choose a good place at home to share books. Get rid of any distractions, like turning off the cell phone, tablet or TV. Pick a time every day when you can share books with your girl or boy. If your girl or boy wants to, let them choose a book. | MAKE ROUTINES  Pick a good place  Pick a time every day |  |
| Next, ask questions.  Look at the book cover together and ask your girl or boy what they think the story might be about. Throughout the book, ask your girl or boy who, what, where, when, why, and how questions.  When your girl or boy doesn’t know the name of the object you pointed at, point at it and say what it is. This will help your girl or boy learn new words.  If you have read a story many times, see if your girl or boy knows what comes next! If you are looking at a picture together, describe what’s happening in a picture.  Remember to allow your girl or boy to ask you questions about the story or images too! | ASK QUESTIONS  Who  What  Where  When  Why  How |  |
| Fourth, respond and explore.  Notice what your girl or boy is interested in and talk about it. Further explore their responses by repeating what they said in your own words or adding more information, this will help your girl or boy learn new words and understand the book more.  When your girl or boy talks about the book or answers your questions about the book, respond positively and encourage them, even if they are wrong.  Finally, encourage your girl or boy to repeat what you have taught them and remember to praise their effort! | RESPOND AND EXPLORE  Notice what’s interesting and add more information |  |
| Finally, Connect.  It is very helpful to always connect what’s in the book to your girl's or boy's daily activities.  Focus on praising, praising, and praising! Celebrate even the smallest efforts. You can say, "Wow! What a creative idea!" | CONNECT  Connect with your girl's or boy's experience |  |
| Remember, reading with your girl or boy is a great way to help them learn. You can do it by sharing books, making routines, asking questions, responding and exploring, and connecting.  You are doing great!  Your home activity for today is to read with your girl or boy. Can you try it today? | Helping Your Girl or Boy Learn To Read  HOME ACTIVITY: Read with your girl or boy |  |

| {Lesson: Getting Your Girl or Boy Ready for Maths(2-3)} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva!  This lesson is about introducing your girl or boy to numbers and maths  Learning about numbers, shapes, and groups will help your girl or boy understand basic maths.  The three ways you can help your girl or boy learn number skills are to count,[pause] look for numbers[pause] and learn with shapes.  Remember: maths, numbers, amounts of things, and shapes are everywhere!  You can use what is around you and your daily routines to talk to your girl or boy about maths. This will help prepare them for success in school and life.  Excited to explore more? Let’s see what’s next. | Getting Your Girl or Boy Ready for Maths  COUNT   LOOK FOR NUMBERS   LEARN WITH SHAPES |  |
| First let's learn more about counting with your girl or boy.  Counting is a skill your girl or boy can start to learn early. Look around you, ask your girl or boy to count things they see, like cars on the street, people passing by, or houses outside. Don’t forget to count those little fingers and toes.  [pause]  Next, make counting a part of your daily activities. Whether you’re cooking together, sorting out clothes or shopping at the supermarket, ask your girl or boy to count things like pieces of corn, socks, or items in your cart. Every moment can be a counting opportunity!  [pause]  Music can make learning even more enjoyable! Sing songs that include numbers with your girl or boy.  Lastly, encourage your girl or boy to draw things and then ask how many things they've included in their pictures. It's a brilliant way to engage their imagination and counting skills. | COUNT  Count things you see  Count things in daily activities  Sing number songs  Draw and count |  |
| Second, look for numbers.  Numbers are all around us if you look for them. They’re on food packaging, and even on the TV remote.Wherever you see a number, ask your girl or boy what it is. It is good to help them if they don’t know! This is how they will learn. | LOOK FOR NUMBERS  Point out a number and ask your girl or boy what it is |  |
| You can also learn with shapes.  Learning about shapes is also important in maths! Shapes are everywhere, too, so find them and talk about them. You could even make them! Help your girl or boy draw different shapes. If you can, cut them out and help your girl or boy sort them into groups, by colour, shape, size, or however else your girl or boy wants! Ask them why they are sorting in that way. Talk about shapes with your girl or boy, and have fun with them! | LEARN WITH SHAPES  Make  Draw  Cut  Sort |  |
| Encourage every small effort your girl or boy makes. Provide hints to help them remember difficult things. For example you could say, “Great job putting those shapes together! Where do you think the green square will go?”  Your home activity is to do some counting with your girl or boy. Can you do it today? | Getting Your Girl or Boy Ready for Maths  HOME ACTIVITY  Count with your girl or boy |  |

| {Lesson: Engage with your girl’s or boy’s School} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello again, it’s great to have you on Crianza con Conciencia Positiva!  Today, we will learn about connecting with your girl's or boy's school and their teachers.  Talking to your girl's or boy's teachers will help you understand what your girl or boy is doing in school.  You will also know what kinds of things your girl or boy can do at home to learn better, and how you can help your girl or boy!  Let us learn the four ways to engage with your girl's or boy's school: Connect, [pause] ask, [Pause] practise, [pause] and get involved.  Shall we dive in further? | Engage with your girl's or boy's school  CONNECT   ASK   PRACTISE  GET INVOLVED |  |
| First, Connect.  Make sure you know your girl's or boy's teacher and have their phone number or the school’s number. Each time you have the chance to speak to your girl's or boy's teacher, ask them what your girl or boy is doing in school, and how you can help them.  Let the teacher and school know that you are available to receive messages about anything related to the school and your girl's or boy's learning.  Next, Ask  Ask your girl or boy what they have been doing in school. This conversation can also help you build your relationship with your girl or boy. You can ask questions like “Did you do or see something you liked at school?” or “What did you learn today that was interesting?” Notice what they like and what interests them. Ask them open-ended questions and talk about these interests. Some examples are “What was the most delicious part of your lunch?” or “What did you enjoy about today?”  The third way to engage is to practise.  If your girl or boy has been doing something in school that they can do at home, help them practise it! For example, if they enjoyed working with colours at school, ask them to find as many colours as they can around the home. If they can bring books home from school, read them together! If something in school was difficult, see if you can help your girl or boy understand it!  Finally, get involved.  If you have time, attend events or meetings at your girl's or boy's school. Whenever you do so, find out as much as you can.  If your schedule allows, volunteer to help with activities happening with your girl's or boy's school! This will help you get to know the school, teachers, and the other mothers, fathers and caregivers. | CONNECT   ASK   PRACTISE  GET INVOLVED | Animate words to text |
| Your home activity is to talk to your girl or boy about what they are doing at school at the moment. Can you do it today? | Engage with your girl's or boy's school  HOME ACTIVITY  Talk to your girl or boy about what they doing at school |  |

| {Lesson: Having Fun While Learning} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva!  This lesson is about supporting your girl or boy to find joy and have fun while learning.  Here are three tips to help you make learning joyful and fun for your girl or boy:  Be Playful  [pause]  Be Positive  [pause]  And Be Creative  Ready to learn more? Let’s get started. | Having Fun While Learning  BE PLAYFUL  BE POSITIVE  BE CREATIVE |  |
| First, be playful.  Giving your girl or boy time to have fun and be joyful improves your girl's or boy's physical and mental health AND their ability to learn and remember important facts!  To help make learning playful, you can play educational games in person or online.  If your girl or boy starts to feel overwhelmed with school work, you can help them reduce their stress by taking a pause.  [2]The second tip is to be positive.  Remember, few girls and boys actually enjoy homework. You can empathise with their frustration but remind them why homework matters: it strengthens what they have learned at school and teaches them how to manage their time wisely.    Encourage and praise your girl's or boy's effort when they are learning.  [3]The final tip is to be creative.  Allow your girl or boy to be creative when learning. For example, encourage your girl or boy to use images, like pictures or photos, or go outside to help their learning.  If your girl or boy is interested in a new topic, like biology, encourage them to explore and find out more about it.  Help them meet with experts, access new books, or learn new topics online.  Remember to set a good example. Let your girl or boy see you being creative or trying something new, even if you are not good at it yet. | BE PLAYFUL  Play educational games and help your girl or boy take a pause  BE POSITIVE  Praise your girl or boy for their efforts!  BE CREATIVE  Explore new, interesting topics together! |  |
| Helping your girl or boy to have fun while learning is an important role. You are doing a great job!  Your home activity is to invite your girl or boy to take a small break from homework and do something active for five minutes. You can dance, play football, do jumping jacks, or go for a jog. Breaking up their school work will help them remember information and the physical activity will keep them alert for studying. Do you have time to do it today? | Having Fun While Learning  Home Activity: Invite your girl or boy to take a small break from homework and do something fun |  |

| {Lesson: Helping Your girl or boy Learn} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi! It's great to see you again on Crianza con Conciencia Positiva!  You play an important role in how your girl or boy learns and creates meaning in life.This lesson is about helping your girl or boy learn by setting goals.  Here are four important tips to help your girl or boy learn:  Set Goals  [pause]  Ask Questions  [pause]  Make Connections,  [pause]  And Praise!  Let’s explore these together. | Helping Your Girl or Boy Learn  SET GOALS  ASK QUESTIONS  MAKE CONNECTIONS  PRAISE, PRAISE, PRAISE! |  |
| [1] First, set goals.  Support your girl or boy by helping them to set goals for something they want to do.  Help them make their goals specific and measurable. Remember, the goals should be something that they can complete within a specific amount of time.  Help them understand the connection between learning and achieving their goals. This builds their motivation to learn. | SET GOALS  Help your girl or boy understand the connection between learning and achieving their goals |  |
| [2]The next step is to ask questions.  Encourage your girl or boy to ask questions, and ask your girl or boy questions too! Don’t worry if you do not know the answers to their questions. Try finding the answer together by looking online, or asking experts in your community. Curiosity will help your girl's or boy's brain grow! | ASK QUESTIONS  Encourage your girl or boy to ask questions, and find answers together! |  |
| [3]The third tip is to make connections.  Ask your girl or boy to connect new information to things they already know, such as one of their interests or a topic from school. This develops and promotes deeper thinking and understanding of concepts. | MAKE CONNECTIONS  Connect learning to your girl's or boy's interests |  |
| Finally, praise!  Praise your girl or boy for all their efforts, no matter how small. Focus on the things they are doing well rather than always correcting them for their mistakes. | PRAISE, PRAISE, PRAISE!  Praise your girl or boy for all their efforts, no matter how small |  |
| Remember, to help your girl or boy learn:  Help them identify their goals and understand that learning will help them achieve their goals. Encourage your girl or boy to ask questions and find answers together, and make meaningful connections between what they are learning and what they are interested in, and give them lots of praise for their efforts.  Your home activity is to spend 5 minutes and help your girl or boy set a goal to study, or complete their school work this week. Do you have time to do it today? | Helping Your Girl or Boy Learn  SET GOALS  ASK QUESTIONS  MAKE CONNECTIONS  PRAISE, PRAISE, PRAISE!  HOME ACTIVITY:  Spend 5 minutes to find out your girl's or boy's school goals |  |

| {Lesson: Create a Positive Learning Space for Your Girl or Boy} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva! Let’s learn how to create a positive learning space for your girl or boy.  A great learning space requires these things:  Quiet  [pause]  Routine  [pause]  And Support.  Let’s explore these together. | Create a Positive Learning Space for Your Girl or Boy  QUITE  ROUTINE  SUPPORT |  |
| [1] First let's talk about what it means for a space to be quiet.  [pause]  Effective learning requires focus. [pause] Find a space for your girl or boy to learn without distractions.  Make sure to turn off music and reduce other noise so your girl or boy can concentrate.  [2]Next, routine.  [pause]  Help make learning an important part of your girl's or boy's daily routine.  If possible, encourage your girl or boy to complete school work before playing with their friends or devices. This shows your girl or boy that their education is important to you.  [3]Finally, SUPPORT your girl or boy in their studies.  [pause]  Let them know you are here to help if they need support but try not to disturb your girl or boy while they are studying.  You can also ask what they need to accomplish today, and praise them if they achieve their goal. | QUIET  Help your girl or boy focus with a quiet space  ROUTINE  School work comes before playing with friends  SUPPORT  Ask them what they need to accomplish and praise them when they achieve their goal | Cross out phone and music |
| Remember, to create a positive learning environment for your girl or boy, help your girl or boy focus with a quiet space, Set a daily routine for learning, before household chores, and support your girl or boy in their studies by letting them know you are there to help if needed, and then leaving them to study undisturbed.  Your home activity today is to talk with your girl or boy to find the right study spot in your home. Do you have time to do it today? | Create a Positive Learning Space for Your Girl or Boy  HOME ACTIVITY:  Work with your girl or boy to find a study spot in your home. |  |

| {Lesson: Learning from Mistakes} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva!  Today’s parenting lesson is about helping your girl or boy know how to learn from their mistakes. Learning from our mistakes can help us avoid them in the future. It can also help us be more supportive of ourselves and less harsh when things do not go well.  Here are four tips that you can use to help your girl or boy learn from their mistakes:  Talk  [pause]  Praise Effort  [pause]  Allow Mistakes to Happen  [pause]  And Share  Let’s learn more together. | Learning from Mistakes  TALK  PRAISE EFFORT  ALLOW MISTAKES TO HAPPEN  SHARE |  |
| [1] First, talk.  Create space and time for your girl or boy to talk with you about their life.  Try asking your girl or boy how their day went at school. If their day was challenging, listen to them, and give space to let them share.Give them support and show you care. Tell them, "that sounds difficult”.  [2] Next, Praise their effort.  Praise your girl or boy for the effort they put into their learning even if they did not succeed. Celebrate this effort together! Effort is more important than mastering a specific skill.  [3] Third, allow for mistakes to happen.  Allow your girl or boy to make mistakes. Let them learn from their own mistakes so they can grow. It is tempting to want to solve every problem for your girl or boy, especially when you know better, but this will not teach them how to solve their own problems.  Talk to your girl or boy about their mistakes and encourage them to figure out a way to solve their problems and do better next time.  [4] Finally, SHARE  Try sharing your own failures with your girl or boy and discuss how they helped you develop and grow.  This helps your girl or boy learn that you do not have to be perfect all the time.They'll also know they can talk to you if something goes wrong. | TALK  Talk about your girl's or boy's day at school.  PRAISE EFFORT  Effort is more important than mastering a skill.  ALLOW MISTAKES TO HAPPEN Girls and boys must learn from their own mistakes.  SHARE  your own failures |  |
| Remember, to help our girls and boys learn from mistakes:  [pause]  [1] Create space and time for your girl or boy to talk with you about their life.  [2] Praise your girl or boy for the effort they put into their learning even if they did not succeed.  [3] Allow your girl or boy to make mistakes. Let them learn from their own mistakes so they can grow.  [4] And share your own failures with your girl or boy and discuss how they helped you develop and grow.  Your Home Activity is to share a story with your girl or boy about a time you learned from a mistake. It can be from school, or another life lesson. [pause] Do you have time to do it today? | Learning from Mistakes  TALK  PRAISE EFFORT  ALLOW MISTAKES TO HAPPEN  SHARE  HOME ACTIVITY:  Share a story with your girl or boy about a time you made a mistake and what you learned from it. |  |

# 