| {Lesson: Boosting Your Teen’s Confidence - self\_esteem\_teen} | | |
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| Guión | On Slide Text | Animation |
| ¡Hola! ¡Qué gusto verte de nuevo por aquí en Crianza con Conciencia Positiva!  En la sesión de hoy, aprenderás cómo le pueden hacer tu adolescente y tú para sentirse bien con ustedes mismos y pensar positivamente sobre su persona. Aprender a sentirnos bien con nosotros mismos es parte de crecer y puede ser un verdadero reto durante la adolescencia, ¡hasta para las y los adultos es algo difícil!  Aquí tienes cuatro estrategias para saber cómo ayudar a tu adolescente a pensar positivamente sobre su persona:  aceptar a tu adolescente; pensar, ¿qué te diría una amiga o amigo?; ser un ejemplo a seguir; e, inclinar la balanza.  ¿Quieres aprender más sobre esto? ¡Empecemos! | Fomentar la Confianza de Mi Adolescente  ACEPTAR A TU ADOLESCENTE  PENSAR, ¿QUÉ TE DIRÍA UNA AMIGA O AMIGO?  SER UN EJEMPLO A SEGUIR  INCLINAR LA BALANZA | Animate words to text |
| Our first tip is to accept your teen. Notice when they are sharing a negative thought about themselves.  Accept your teen for who they are, including their strengths and weaknesses. Focus on what they do well instead of always focusing on what you want them to change.  Remind your teen that everyone makes mistakes. As a caregiver, admit your mistakes when you are wrong. This shows your teen that they can also accept their mistakes.  Remember those times when you were a teenager? Think about how you felt and what you went through. It can help you understand your teen better. | ACEPTAR A TU ADOLESCENTE  Date cuenta de los pensamientos negativos  Acepta a tu adolescente por ser quién es  Enfócate en lo que hacen bien  Todos cometemos errores | Animate words to text |
| Second, you can ask what a friend would say about the negative thought your teen is having about themselves. Ask your teen what makes them feel that way and connect with them about what might be making them feel this way.  Help your teen change the unkind thought into a kind one by asking them to imagine what a supportive friend would say to them in this situation. You could say “What would they say to encourage you?”  For example, if you said, “I am not good enough”, your supportive friend would say, “Tell me more about why you’re feeling that way. I think you’re doing your best, and that is enough.”  How we talk to ourselves changes how we feel about ourselves. This is true for your teen too! | PENSAR, ¿QUÉ TE DIRÍA UNA AMIGA O AMIGO?  Pregunta qué es lo que hace que tu adolescente se sienta así  Change unkind thoughts by imagining what a supportive friend would say  How we talk to ourselves changes how we feel about ourselves | Animate words to text |
| Our third tip is to be a model. How you talk about yourself can teach your teen how to talk about themselves. Remember, your teen is always learning from you!  Show your teen that it is okay to make mistakes and be imperfect in your life.  Practise changing the unkind thought about yourself to a kind thought. You can also imagine what a supportive friend might say to you.  When you face difficulty, say kind things to yourself in front of your teen. | SER UN EJEMPLO A SEGUIR  Your teen is always learning from you!  Show it is ok to make mistakes and be imperfect  Practice changing unkind thoughts to kind thoughts  Say kind things to yourself in front of your teen. | Animate words to text |
| The final tip is to tip the balance. your teen’s thoughts are like a scale, with pleasant thoughts about themself on one side and unpleasant thoughts about themself on the other side.   Thinking unpleasant thoughts about oneself at times is normal as teens grow up.  If your teen says something unkind or insulting about themselves, ask them what is making them feel that way. Encourage them to think about what a supportive friend might say to them in that situation.  By accepting your teen, asking questions to understand their perspective, offering support, and being a model, you are helping your teen’s balance tip on the side of pleasant thoughts and feelings. | INCLINAR LA BALANZA  Thoughts are like a scale: pleasant ones on one side and unpleasant ones on the other  If your teen says something unkind about themselves, ask them what is making them feel that way  Encourage them to think about what a supportive friend would say  By accepting your teen, understanding their perspective, offering support and being a model you are helping tip your teen’s balance to pleasant thought and feelings | Animate words to text  Add self\_esteem\_balance image |
| Remember these four tips to booste your teen’s confidence: accept your teen, ask “what would a friend say?”, be a model, and tip the balance.  Your home activity is to learn with your teen how to think positively about yourselves together.  Try this the next time your teen is expressing a negative thought or feeling about themselves:  Ask your teen what is making them feel that way and connect with that feeling.  Let your teen know you’re there for them  Ask them questions to understand their experience  Help them change that thought into a more supportive one by asking them, “What would a friend say?”  Praise your teen for communicating with you and working together on overcoming negative thoughts or feelings.  Can you try this next time? | Fomentar la Confianza de Mi Adolescente  ACEPTAR A TU ADOLESCENTE  PENSAR, ¿QUÉ TE DIRÍA UNA AMIGA O AMIGO?  SER UN EJEMPLO A SEGUIR  INCLINAR LA BALANZA  ACTIVIDAD PARA CASA: | Animate words to text |

| {Lesson: Feeling Hopeful about the Future - hope\_future\_teen} | | |
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| Guión | On Slide Text | Animation |
| Welcome back! Today’s lesson is about being hopeful when thinking about the future. When your teen learns how to deal with challenges better, they can also feel more hopeful about achieving their goals.your teen’s brain is like a muscle. Just as lifting weights makes muscles stronger, navigating challenges strengthens the brain.  When your teen believes they can improve, they are more likely to keep trying, bounce back from setbacks, and work hard to achieve their goals.   Here are four tips to learn how to help your teen deal with challenges so they can feel hopeful about their future: embrace challenges, learn from mistakes, practise, practise, practise, and stay supportive.  Aprendamos más sobre esto. | Cultivar la Esperanza de Construir un Futuro en Mi Adolescente  ACEPTAR LOS RETOS  APRENDER DE LOS ERRORES  PRACTICAR, PRACTICAR, PRACTICAR  MANTENER EL APOYO |  |
| Firt, embrace challenges! Encourage your teen to try new things, even if they seem hard. Let your teen know it’s okay to face challenges and that you’re proud of them for trying new experiences.  Second, learn from mistakes. Help your teen see mistakes as chances to learn and grow. Instead of thinking about failure, you can ask your teen what they have learnt from the experience.  This will help your teen focus on improving! | ACEPTAR LOS RETOS  Anima a tu adolescente a probar cosas nuevas  APRENDER DE LOS ERRORES  Ayuda a tu adolescente a ver los errores como oportunidades de aprendizaje |  |
| Our third tip is to practise, practise practise! Every time your teen faces a challenge, it's like exercise for your teen’s brain, helping them grow! It is just like how practising can make you get better at playing an instrument or a new sport.  Encourage your teen to face new challenges and remember to support them along the way. You can practise a growth mindset in your daily life too, and become stronger! | PRACTICAR, PRACTICAR, PRACTICAR  Cada vez que tu adolescente se enfrenta a un reto es como si su cerebro estuviera haciendo ejercicio  Practicar te hace mejorar  Anima a tu adolescente a enfrentarse a nuevos retos  ¡Tú también puedes practicar el tener una mentalidad de crecimiento! |  |
| Finally, it is important for you to stay supportive. As a caregiver, be a source of kindness and understanding for your teen, especially when they are struggling.  Remember, be mindful of your teen’s limits when facing a challenge. A gentle push is okay, but it is important to check if your teen is feeling motivated.  When your teen feels comfortable sharing their victories and struggles with you, they will be more comfortable creating bigger goals and more persistent at accomplishing them! Show your teen that you are there to support them and believe that they can overcome their challenges.  There may be challenges in your or your teen’s life that may be out of your control.  When your teen learns to face challenges and knows that they can ask you for support, they can feel more hopeful about dealing with challenges that are in their control. | MANTENER EL APOYO  Sé una fuente de bondad y comprensión  Ten en cuenta los límites de tu adolescente  Demuéstrale a tu adolescente que estás presente para apoyarle |  |
| Our four tips for helping your teen deal with challenges so they can feel hopeful about their future are: embrace challenges, learn from mistakes, practise, practise, practise, and stay supportive.  Your home activity is to talk to your teen about a goal they are excited about. It could be going to college, learning a new skill, or pursuing a career.  Work with your teen to come up with three small steps they can take to start moving towards their goal.   Encourage them to share their thoughts and ideas, and be supportive as they figure out their plan.   Use the tips you learnt today to handle any challenges that your teen may face.   ¿Tienes tiempo para hacerlo hoy? | Cultivar la Esperanza de Construir un Futuro en Mi Adolescente  ACEPTAR LOS RETOS  APRENDER DE LOS ERRORES  PRACTICAR, PRACTICAR, PRACTICAR  MANTENER EL APOYO  ACTIVIDAD PARA CASA:  Habla con tu adolescente sobre una meta que le entusiasme  Propongan tres pequeños pasos para empezar a avanzar hacia su meta y apóyale mientras elabora su plan |  |
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| {Lesson:Understanding Anxiety - anxiety\_teen} | | |
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| Guión | On Slide Text | Animation |
| ¡Te damos la bienvenida una vez más a Crianza con Conciencia Positiva! In today’s lesson, we will discuss how to spot when anxiety is starting to get in the way of day to day life.  Here are five tips on how to manage anxiety: know the signs  connect to your senses  explore your thoughts  problem solve  And ask for help.  Let’s get started! | Ansiedad: Qué Es y Cómo Actuar  RECONOCER LAS SEÑALES  CONECTAR CON TUS SENTIDOS  EXPLORAR TUS PENSAMIENTOS  RESOLVER PROBLEMAS  PEDIR AYUDA |  |
| First, know the signs. Anxiety looks different for different teens. Look out for warning signs of when you or your Teen might require support in managing anxiety like strong, lasting worry that makes it hard to do daily things or acting restless, tired, upset, or avoiding school or work. They may also no longer enjoy things they used to, get angry easily, or have trouble focusing. | RECONOCER LAS SEÑALES  Tener una fuerte preocupación, por mucho tiempo, que dificulta el hacer cosas cotidianas  Actuar con mucha inquietud, mostrar cansancio o molestia  Evitar la escuela o el trabajo  No disfrutar de las cosas que sueles disfrutar  Enojarse con facilidad  Tener problemas de concentración |  |
| Our second tip is to connect to your senses. If you or your teen is feeling overwhelmed, try the 5-4-3-2-1 exercise we learned in the comic:  Look around and name 5 things you see. Notice 4 things you can touch.  Listen for 3 sounds.  Smell 2 scents.  Taste 1 flavour in your mouth.  Connecting with your senses can help you stay calm when you feel overwhelmed. | CONECTAR CON TUS SENTIDOS  Prueba el ejercicio de 5-4-3-2-1:  Nombra cinco cosas que puedas ver  Reconoce cuatro cosas que puedas tocar  Préstale atención a tres sonidos  Percibe dos aromas  Identifica un sabor |  |
| Thirdly, Take a moment to think about your thoughts. Here are some questions to ask:  Could this worry come true?  Can I do something to prepare?  Is thinking about this helpful?  Am I trying to solve a problem?  Are my thoughts helping or hindering me?  Answering these questions can help you or your teen manage anxiety and identify any problem that might be causing it. | EXPLORAR TUS PENSAMIENTOS  ¿Esta preocupación se podría hacer realidad?  ¿Puedo hacer algo para prepararme?  ¿Pensar en esto de verdad te ayuda?  ¿Estoy intentando resolver un problema?  ¿Mis pensamientos me ayudan o me entorpecen? |  |
| The fourth tip is to problem solve. Think of as many ideas as possible to solve the problem that is making you feel anxious. Remember, no idea is too big or small!  Escoge una de las ideas que creas que es la que mejor se adapta al problema.   Try out your chosen idea and see how it goes. Did it help you feel better? Did you find anything difficult?  If it didn't work, that's okay. You can try another idea, or give your solution a little more time.  Remember, problem-solving is a skill you can learn more about in the "Manage My Teen’s Behaviour" course. | RESOLVER PROBLEMAS  Piensa en todas las ideas posibles  Escoge la idea que mejor se adapte al problema  Prueba la idea - ¿te ayudó?  Si no funcionó, ¡no pasa nada! Prueba con otra idea o dale más tiempo a esa solución |  |
| Finally, you can always ask for help. If you or your teen are experiencing some or many of these things, a professional may be able to support them.  A professional diagnosis is required to determine if your teen is experiencing anxiety.  Remember, you can type HELP at the end of the lesson to access resources for support. | PEDIR AYUDA |  |
| Remember the five tips for managing anxiety are: know the signs  connect to your senses  explore your thoughts  problem solve  And ask for help.  Your home activity is to try the 5-4-3-2-1 activity whenever you are feeling stressed this week. Teach it to your teen, too!  You can also do it with your teen. ¿Tienes tiempo para hacerlo hoy? | Ansiedad: Qué Es y Cómo Actuar  RECONOCER LAS SEÑALES  CONECTAR CON TUS SENTIDOS  EXPLORAR TUS PENSAMIENTOS  RESOLVER PROBLEMAS  PEDIR AYUDA  Actividad para Casa  Prueba la actividad de 5-4-3-2-1 y enséñasela a tu adolescente |  |

| {Lesson:Understanding Sadness and Depression - sadness\_teen} | | |
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| Guión | On Slide Text | Animation |
| ¡Hola! Qué gusto verte de nuevo por aquí en Crianza con Conciencia Positiva. In today’s lesson, we will talk about how to tell the difference between sadness and depression.  Everyone feels sad in their life when we are unhappy or dissatisfied with ourselves or our surroundings.  Along with sadness, we may also feel like we have lost something, hopeless, and feel disappointed.  Depression goes beyond sadness. It lasts longer, often for days or weeks, and brings feelings of guilt or low self-esteem.  Learning how to manage sadness and spotting signs of depression can help you and your teen to stay in control and prevent more serious problems.  Here are three tips to help you and your teen manage sadness and spot warning signs of depression:  talk and listen  do things you enjoy  and seek support.  Exploremos cada una. | Tristeza y Depresión: Diferencias y Cómo Actuar  HABLAR Y ESCUCHAR  HACER COSAS QUE TE GUSTEN  BUSCAR APOYO |  |
| The first tip is Talk and Listen. Many people, especially teens, find it hard to talk about unpleasant feelings like sadness. Ignoring these feelings can make it harder.   Ask your teen how they are feeling during one-on-one time. You can say, “I notice you seem a little down, do you want to talk about it?” or “Can you tell me more about what you’re feeling? “  When your teen shares their feelings, show them that you care by repeating what they said in your own words and asking questions. | HABLAR Y ESCUCHAR  Many people find it hard to talk about unpleasant feelings but ignoring them can make it harder  Ask your teen how they are feeling during one-on-one time  Show you care by repeating what your teen has said in your own words and asking questions |  |
| Second, do things you enjoy! When you or your teen are sad, ask, “If you weren’t feeling sad, what are two things you usually enjoy doing?” It could be spending time with loved ones, playing a game, or listening to music.  It’s okay if your teen picks an activity you don’t enjoy. Letting your teen choose shows them that you support them in feeling better.  Remember from your chat session that our thoughts, feelings, and actions are all connected. Trying a favourite activity can help improve your mood.  Try to set aside time for you and your teen to do activities you usually enjoy regularly. | HACER COSAS QUE TE GUSTEN  Ask “If you weren’t feeling sad, what are two things you usually enjoy doing?”  Let your teen choose an activity - this shows them you support them in feeling better  Trying a favourite activity can improve your mood  Set aside time for you and your teen to do activities you usually enjoy regularly |  |
| Finally, seek support. Encouraging your teen to seek support from you or other trusted loved ones can help keep unpleasant feelings from becoming overwhelming.  Notice if you or your teen feel Sad or down more often than usual, Like it is difficult to focus on things, Like you don’t want to be around other people, or That you don’t enjoy things you like.   Type HELP at the end of this lesson if you or your teen are feeling this way to get support. Without help, depression can become severe and even lead to even worse problems. | BUSCAR APOYO  Encouraging your teen to seek support can keep unpleasant feelings from becoming overwhelming  You can get support if you or your teen feel:  Sad or down more often than usual  Like it is difficult to focus on things  Like you don’t want to be around other people  That you don’t enjoy things you like  Without help, depression can become severe and lead to worse problems  AYUDA |  |
| Remember, like waves in the sea, emotions can rise and fall, sometimes overwhelming, but eventually, you or your teen will feel in control again.  Be patient and kind with yourself and your teen as you manage difficult emotions. | Emotions will rise and fall but eventually you or your teen will feel in control again  Be patient and kind with yourself and your teen |  |
| To manage sadness and spot warning signs of depression remember the three tips:  talk and listen  do things you enjoy  and seek support.  Your home activity is to try spending some extra one-on-one with your teen this week doing something you would like to do together. You can use this as an opportunity to check-in with how your teen is doing.  ¿Tienes tiempo para hacerlo hoy? | Tristeza y Depresión: Diferencias y Cómo Actuar  HABLAR Y ESCUCHAR  HACER COSAS QUE TE GUSTEN  BUSCAR APOYO  Actividad para Casa  Spend some extra one-on-one time with your teen doing something you would like to do together |  |
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| {Lesson:Managing Stress - manage\_stress\_yc Change girl, boy or teen on last slide.} | | |
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| Guión | On Slide Text | Animation |
| Hola, ¡qué gusto tenerte por aquí otra vez en Crianza con Conciencia Positiva! Today, we will learn how to manage stress. Because this is such an important life skill, we will continue it tomorrow, too.  Stress is when you feel worried or tense because things might be difficult.  Here are four tips you can use to manage stress: notice [pause], be kind[pause], healthy habits [pause], and recharge.  ¡Aprendamos más sobre esto! | Bienestar y Regulación de Estrés  IDENTIFICAR  SER AMABLE  TENER HÁBITOS SALUDABLES  RECARGAR PILAS | Animate words to text |
| Our first tip is notice. Ask yourself “ What am I feeling in my body?” and notice what you are feeling and where. When you are stressed most of the time, you can experience headaches, tiredness, or difficulty sleeping.   Next check in on your emotions. Stress can make you feel irritable, snap at loved ones, or want to be alone.  Then, take a moment to notice your thoughts. Stress can fill your head with racing, worrying, and negative thoughts. | IDENTIFICAR  Tu Cuerpo  Tus Emociones  Tus Pensamientos | Animate words to text |
| Our second tip is to be kind to yourself. When you begin feeling stressed, pause or take a few breaths.  Dite a ti mismo: "No pasa nada", porque realmente no pasa nada por sentir un poco de estrés, ¡todas las personas del mundo lo hemos sentido en algún momento!  Think about what a loving friend or family member would say to you. | BE KIND to yourself!  It’s OK to feel stressed!  What would a loving friend or family member say to you? | Animate words to text |
| Our third tip is to build healthy habits. Taking care of your physical health will help you manage stress better. Do your best to get enough sleep every night - at least 7 or 8 hours if possible. Eat healthy foods as much as possible and maintain a balanced diet. Find ways to move your body and get exercise every day. Even 10 minutes can make a big difference to how stressed you feel. | HEALTHY HABITS Take care of physical health  Get enough sleep  Eat healthy foods  Move your body every day - even 10 minutes can make a difference! | Animate words to text |
| Our final tip is remember to recharge! Take breaks during the day to recharge your energy. Even small breaks can help, bit by bit.  Do things that help you relax and feel good, like practising taking a pause, listening to music, or going for a walk outside.  Spend time with friends or family members who care about you. Talking to someone you trust can make you feel better and less stressed. | RECARGAR PILAS  Take breaks during the day  Do things to help you relax  Spend time with friends or family | Animate words to text |
| Remember the four tips to help you manage your stress: Notice, Be Kind, Healthy Habits and Recharge. Your home activity is to share these tips with your girl, boy or teen and have a conversation about how they can use them to help manage their stress too. ¿Tienes tiempo para hacerlo hoy? | Bienestar y Regulación de Estrés  IDENTIFICAR  SER AMABLE  TENER HÁBITOS SALUDABLES  RECARGAR PILAS  ACTIVIDAD PARA CASA:  Share these tips with your girl, boy or teen | Animate words to text |

| {Lesson:Managing Stress - manage\_stress\_teen same as child, Change girl, boy or teen on last slide. } | | |
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| {Lesson:Making a plan for when you feel stressed - make\_plan\_yc and teen, two videos just change teen or girl or boy on first, second last and last slide} | | |
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| Guión | On Slide Text | Animation |
| ¡Te damos la bienvenida una vez más a Crianza con Conciencia Positiva! It’s common for parents to feel stressed or overwhelmed when you have so much to do every day.   In this lesson, you will continue learning ways to manage stress by making a plan in advance. Here are five tips to help you make a plan when you are feeling stressed because you have too many things to do: Write or draw, [pause], decide, [pause] rank [pause], break it down [pause] and one step at a time.  ¿Quieres conocer más? Let’s get going! | Crear un Plan de Apoyo ante Situaciones Estresantes  ESCRIBIR O DIBUJAR  DECIDIR  PRIORIZAR Y CLASIFICAR  DIVIDIR  TOMARLO UN PASO A LA VEZ |  |
| First, start by writing or drawing. Grab a piece of paper, a notebook, or anything you can write on, and a pen.  Take a few minutes to write down or draw out all the things you need to do today or throughout this week.   Make sure to include everything that comes to mind, like grocery shopping, helping your girl, boy or teen with school work, or going to the doctor.  Next, Decide. Look at your list and ask yourself “which tasks are urgent or really important?” Put a star next to them to remind yourself that these are the things you should focus on first. This way, you won’t forget anything important. | ESCRIBE O DIBUJA una lista de todas las cosas que tienes que hacer  DECIDE qué es urgente o realmente importante |  |
| The third step is to rank your tasks. Look at all the tasks you put a start next to. Which task is the most important or needs to be done first? Give it a number one. Then, look at the other tasks on your list and decide which comes next. Give it a number 2. Keep going until you have given all the tasks with a star next to them a number. Now you know what order the tasks need to be done in. | CLASIFICA Y PRIORIZA las actividades importantes  Asígnale un número a cada actividad, empieza por ponerle un 1 al lado de la actividad más importante o la que se debe de hacer primero |  |
| Another tip you can add is break it down. If your urgent or important task is still making you feel overwhelmed and stressed, it might be too big to do all at once.   That's okay! You can make it easier by breaking it into smaller steps.  For example, you may need to clean your house. That can seem like a lot to do! But if you break it down, like cleaning one room at a time, it's much easier.  By dividing the task into smaller parts, it's easier to work on and not as overwhelming. You can focus on each small step one at a time, which makes the whole task feel more doable.  Finally, remember one step at a time.  Begin with the number one task on your list.  After you complete it, move to the next one.  This helps you focus on the most important things first and ensures you don't forget anything. Every now and then, take a moment to look at your plan. Check if anything has changed or if new things have come up. | DIVIDE  Divide las actividades largas en pasos más cortos para hacerlas más fáciles  UN PASO A LA VEZ  Empieza por la primera actividad, complétala y luego, pasa a la siguiente  Revisa si ha cambiado algo |  |
| Now you know how to make a plan to manage stress! Remember the five tips: Write or draw, [pause], decide, [pause] rank [pause], break it down [pause] and one step at a time.  Your home activity is to use these tips to create a plan for all the things you need to do today or this week. Can you do this today? | Crear un Plan de Apoyo ante Situaciones Estresantes  ESCRIBIR O DIBUJAR  DECIDIR  PRIORIZAR Y CLASIFICAR  DIVIDIR  TOMARLO UN PASO A LA VEZ  Actividad para Casa:  Elabora un plan para todas las cosas que tienes que hacer hoy o esta semana |  |

| {Lesson: Managing Anger - managing\_anger\_yc} | | |
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| Guión | On Slide Text |  |
| ¡Hola! Qué gusto verte de nuevo por aquí en Crianza con Conciencia Positiva.    When your girl or boy doesn’t meet your expectations or misbehaves, it’s normal to feel upset.  En esta sesión, aprenderemos cómo responderle a nuestra niña o niño cuando estamos en una situación que nos hace sentir enojo.    Dealing with anger is not easy. Maybe no-one taught us how to manage our emotions and healthily express them.  Here are four tips you can use to manage your anger and communicate better with your girl or boy: notice, understand, manage, communicate    Let’s begin! | Estrategias para Regular la Ira  IDENTIFICAR COMPRENDER REGULAR COMUNICAR | Animate words to text |
| First, notice!  How does anger feel in your mind and body?  When you are angry, you might feel like your heart is beating fast, you have racing thoughts in your head, your muscles are tense, or your face is feeling hot.   You may feel like shouting, saying mean things, punishing, hitting, or breaking things.  However, it is important to learn how to control your anger so that it does not result in someone getting hurt. | IDENTIFICAR: ¿cómo se siente el enojo en tu cuerpo?  Regula tu enojo para evitar lastimar a alguien | ^^ |
| Next, understand.  Try to see what is making you angry. Take a pause or a few deep breaths, and ask yourself, “Why is this situation bothering me so much?”  If you think you can not control your anger and may hurt someone, STOP and walk away from the situation.   Allow yourself to calm down before responding.   Remember to be kind to yourself and remind yourself that you can handle your emotions and anger without hurting anyone else. | COMPRENDER: ¿qué es lo que te molesta?  Haz una Pausa o respira profundo un par de veces  Pregúntate: "¿Por qué me molesta tanto esto?"  Si no puedes controlar tu enojo, DETENTE y aléjate para calmarte  Sé amable contigo | ^^ |
| Our third tip is to manage. If you need to manage your anger before you respond, you can always begin by taking a pause or a few deep breaths.   If you are feeling more angry, you can distract yourself from some other tasks till the feeling passes away. For example, watching a funny or comforting video.   If you are feeling very angry, doing something active helps you release your emotions. You can do some quick exercise, scream into a pillow in a private space, or talk to a loved one.   You may need to try the strategy more than once until you feel less angry. | REGULAR tu enojo antes de responder: puedes hacer una pausa o respirar profundamente un par veces  Busca distraerte  Haz algo que involucre actividad física para liberar tus emociones | ^^ |
| Our final tip is to communicate. Once you have calmed down, talk to your girl or boy about what happened.   Explain the situation calmly and respectfully.   Use the tips in this course to talk about household rules, and giving consequences. | COMUNICAR: Una vez que te hayas calmado, habla con tu niña o niño sobre lo que pasó  Hablen sobre las reglas del hogar y las consecuencias | ^^ |
| When you feel angry when responding to your girl or boy remember: notice, understand, manage, and communicate.    Your home activity is to talk with your girl or boy about what you learned about anger during this session. Select one strategy that you can use when feeling anger. For example, you can practise listening to music while doing your afternoon routine. Can you do this today? | Estrategias para Regular la Ira  ACTIVIDAD PARA CASA  Habla con tu niña o niño sobre lo que has aprendido y escoge una estrategia que puedas usar para la próxima vez que sientas enojo | ^^ |

| {Lesson: Managing Anger - managing\_anger\_teen} | | |
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| Guión | On Slide Text |  |
| ¡Hola! Qué gusto verte de nuevo por aquí en Crianza con Conciencia Positiva.    When your teen doesn’t meet your expectations or misbehaves, it’s normal to feel upset.  In this lesson, we will learn how to respond to our n when we feel angry.    Dealing with anger is not easy. Maybe no-one taught us how to manage our emotions and healthily express them.  Here are four tips you can use to manage your anger and communicate better with your girl or boy: notice, understand, manage, communicate    Let’s begin! | Estrategias para Regular la Ira  IDENTIFICAR COMPRENDER REGULAR COMUNICAR | Animate words to text |
| First, notice!  How does anger feel in your mind and body?  When you are angry, you might feel like your heart is beating fast, you have racing thoughts in your head, your muscles are tense, or your face is feeling hot.   You may feel like shouting, saying mean things, punishing, hitting, or breaking things.  However, it is important to learn how to control your anger so that it does not result in someone getting hurt. | IDENTIFICAR: ¿cómo se siente el enojo en tu cuerpo?  Regula tu enojo para evitar lastimar a alguien | ^^ |
| Next, understand.  Try to see what is making you angry. Take a pause or a few deep breaths, and ask yourself, “Why is this situation bothering me so much?”  If you think you can not control your anger and may hurt someone, STOP and walk away from the situation.   Allow yourself to calm down before responding.   Remember to be kind to yourself and remind yourself that you can handle your emotions and anger without hurting anyone else. | COMPRENDER: ¿qué es lo que te molesta?  Haz una Pausa o respira profundo un par de veces  Pregúntate: "¿Por qué me molesta tanto esto?"  Si no puedes controlar tu enojo, DETENTE y aléjate para calmarte  Sé amable contigo | ^^ |
| Our third tip is to manage. If you need to manage your anger before you respond, you can always begin by taking a pause or a few deep breaths.   If you are feeling more angry, you can distract yourself from some other tasks till the feeling passes away. For example, watching a funny or comforting video.   If you are feeling very angry, doing something active helps you release your emotions. You can do some quick exercise, scream into a pillow in a private space, or talk to a loved one.   You may need to try the strategy more than once until you feel less angry. | REGULAR tu enojo antes de responder: puedes hacer una pausa o respirar profundamente un par veces  Busca distraerte  Haz algo que involucre actividad física para liberar tus emociones | ^^ |
| Our final tip is to communicate. Once you have calmed down, talk to your teen about what happened.   Explain the situation calmly and respectfully.   Use the tips in this course to talk about household rules, and giving consequences. | COMUNICAR: Una vez que te hayas calmado, habla con tu adolescente sobre lo que pasó  Hablen sobre las reglas del hogar y las consecuencias | ^^ |
| When you feel angry when responding to your teen remember: notice, understand, manage, and communicate.    Your home activity is to talk with your teen about what you learned about anger during this session. Select one strategy that you can use when feeling anger. For example, you can practise listening to music while doing your afternoon routine. Can you do this today? | Estrategias para Regular la Ira  ACTIVIDAD PARA CASA  Habla con tu adolescente sobre lo que has aprendido y escoge una estrategia que puedas usar para la próxima vez que sientas enojo | ^^ |

| {Lesson: Know the Warning Signs stress\_signs\_teen} | | |
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| Guión | On Slide Text | Animation Notes |
| Welcome back! IThis lesson is about knowing the warning signs that show your teen may need mental health support.  Here are some tips to help you support your teen’s well-being when they are feeling stressed:  [pause] Notice  [pause] Act Early  [pause] and Get Help | Conocer las Señales de Alarma para Detectar Situaciones de Riesgo  IDENTIFICAR  ACT EARLY  GET HELP | Animate words to text |
| First, notice the warning signs and behaviours that could show that there may be a problem with your teen’s mental health. These symptoms include:  A lot of sleeping or no sleeping  Pérdida de interés por sus pasatiempos favoritos  Cambios drásticos y repentinos en la escuela y calificaciones bajas  Cambios drásticos y repentinos de personalidad, por ejemplo mucho enojo o coraje  Sentir un vacío, mucha tristeza o sentirse incapaz  Mucha preocupación  Irritabilidad o inquietud  No querer estar con gente o participar en actividades  Un pánico extremo  Consumo de drogas y alcohol  Signos de autolesión, como cicatrices o marcas de cortes  Or Expressing ideas about killing oneself | NOTICE the warning signs  Dormir mucho o no dormir nada  Pérdida de interés por sus pasatiempos favoritos  Cambios drásticos y repentinos en la escuela y calificaciones bajas  Cambios drásticos y repentinos de personalidad, por ejemplo mucho enojo o coraje  Sentir un vacío, mucha tristeza o sentirse incapaz  Mucha preocupación  Irritabilidad o inquietud  No querer estar con gente o participar en actividades  Un pánico extremo  Consumo de drogas y alcohol  Signos de autolesión, como cicatrices o marcas de cortes  Expresar ideas sobre suicidarse | Animate words to text |
| Next, it’s important to act early if you notice some of these signs.  It is possible that these warning signs could develop into serious problems. Early intervention can have a positive impact on their well-being. | ACT EARLY before things get worse | ^^ |
| The third step is Get Help.  Getting help is important, but be sure to respect your teen’s privacy. Talk to your teen about what kind of support they might need.  Support for you is also really important. Ask for help if you need it. Having a support system can make all the difference. | GET HELP  Find support for you and your teen | ^^ |
| Remember, to support your teen’s wellbeing when they are stressed:  [1] Notice the warning signs  [2] Act early before it gets worse.  [3] and get help  Your Home Activity is to take some time to talk with your teen about different sources of support in your community. Share how these resources can be helpful. You can involve other family members, too.  Can you make a list with your teen today? | Conocer las Señales de Alarma para Detectar Situaciones de Riesgo  IDENTIFICAR  ACT EARLY  GET HELP  HOME ACTIVITY: Talk with your teen about places of support in the community | ^^ |