# {Onboarding}

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| {Lesson: Onboarding for Young Children} | |
| Welcome to Crianza con ConCiencia+!  Crianza con ConCiencia+ is a chatbot service built to help you with your parenting. It has been developed by National Institute of Psychiatry, Sistema Nacional para el Desarrollo Integral de la Familia, Bienstar, and Parenting for Lifelong Health, and the University of Oxford, and tested all over the world. Program ini berkesan!  Being here shows how much you care about providing the best support for your boy or girl. Tahniah!  Remember: it is what you do with your girl or boy that will make a difference. Crianza con ConCiencia+ will provide you with tips and skills to help you with your relationship with your boy or girl. Semuanya bergantung kepada anda untuk mengamalkan petua-petua ini dalam kehidupan anda!  I’m [Name], your guide. I may look like a human, but I’m actually a robot here to help you learn. | Welcome to Crianza con ConCiencia+! |
| Today, I’m going to explain how to use Crianza con ConCiencia+. Kita akan menyemak semula bersama-sama:   * How to earn your Positive Parenting Certificate and unlock new features * Cara menjejak kemajuan anda * Cara untuk mendapatkan bantuan menggunakan kursus ini * How to navigate the MENU * Accessing support to troubleshoot common parenting challenges, * Resources available to you in an emergency or crisis, and * Finding activities to do with your boy or girl | * Earning your Certificate * Menjejak Kemajuan * Menyelesaikan masalah cabaran keibubapaan anda * Navigating the MENU * Mendapatkan Bantuan * Finding activities to do with your boy or girl |
| First, How to complete the course and earn your Crianza con ConCiencia+certificate.  This programme contains 5 lessons, with a new lesson delivered each day. In just 15 minutes or less a day you can improve your relationship with your boy or girl.  Once you’ve completed all five lessons, you will earn your Crianza con ConCiencia+ certificate. | Earning Your Crianza con ConCiencia+ Certificate  Improve my Relationship with my Boy or Girl  Spend One-on-one Time with My Girl or Boy  Memberi Pujian  Create a Routine for one-on-one Time   Noticing Feelings During One-on-one Time  Keeping Calm When We Are Stressed |
| Anda akan menerima kemas kini seperti ini tentang kemajuan anda sepanjang anda mengharungi pembelajaran setiap hari: .  Tanda semak ini akan melaporkan kemajuan pelajaran anda pada hari tersebut.  If you want to see your overall parenting progress, just type “Menu” to access the Main Menu after completing the lesson.   Choose “Review and Track My Progress”, and then tap on “Track My Progress”.  If you'd like to revisit a lesson you've already completed, select "Retake Completed Lesson." Then, choose the lesson you want to go through again. | MENU  “What would you like to do?”   Review and Track My Progress   Track My Progress  Retake Completed Lessons  Get extra help with my course |
| Keibubapaan adalah perkara yang mencabar tetapi berbaloi. Walaupun anda merasakan cabaran ini unik, lazimnya ia lebih biasa daripada apa yang anda fikirkan.  As you progress through this programme, I will check in on how things are going with your boy or girl. Saya akan menawarkan sokongan jika ia tidak berjalan dengan baik.  Saya akan menawarkan penyelesaian yang sesuai digunakan bagi membantu anda untuk berjaya jika anda berkongsi cabaran anda pada bila-bila masa.  Walau bagaimanapun, anda tidak perlu menunggu saya untuk menawarkan sokongan. Melalui Menu Utama, anda juga boleh mengakses sokongan menyelesaikan masalah pada bila-bila masa sahaja.   Go to the Main Menu, tap on "Review and Track My Progress," and then select "Get extra help with my course." | ^  **Troubleshoot** common parenting challenges with your girl or boy |
| The menu also contains other features that might help you, too.  Selain daripada mengikuti perkembangan anda, anda juga boleh:   * Tukar tetapan profil anda. * Invite a friend to enroll in Crianza con ConCiencia+ * Get help with an emergency * and rewatch this video on Crianza con Conciencia+ * Review this onboarding guide and receive support navigating Crianza con ConCiencia+. | Menu   * Review and Track My Progress * Change my settings * Invite a friend to enroll in Crianza con Conciencia+ * Get help with an emergency * Watch a video about Crianza con Conciencia+ |
| Let’s look at “Change your profile settings”.   By choosing “change your profile settings”, you can change your language, how you receive Crianza con Conciencia+ messages, gender, relationship status, child’s date of birth, child’s nickname, and child’s gender. | Apakah yang anda mahu tukar?   1. Bahasa Anda  2. Tetapan Media Anda  3. Your Gender  4. Your Relationship Status  5. Your Child’s Date of Birth  6. Your Child’s Nickname  7. Your Child’s Gender |
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| On Crianza con Conciencia+, you can also find new activities to do with your girl or boy by typing PLAY in Crianza con Conciencia+.  You can do these activities at home in your everyday life with everyday objects.   You can choose the type of activity you want to do with your girl or boy   Active - for energetic fun Calm - to relax together  Quick - for when you are short on time Group - for family-friendly group activities | PLAY  Active  Calm  Quick  Group |
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| {Lesson:Onboarding for Teens} | |
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# {Core Course (Young Children)}

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| {Lesson: Spend One-on-one Time with My Girl or Boy} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome to Crianza con ConCiencia+  Spending special time with your girl or boy will make them feel valued and loved.   It will also build trust and respect, and support boys and girls in learning new things. ✨  Here are three tips to make the most of spending One-on-One time with your girl or boy:  DAY,  PLAY,  and STAY  Mari kita mulakan! | Spend One-on-One time with my girl or boy  HARI  MAIN  KEKAL |  |
| The first tip is Day:  Try to spend 5 minutes or more with your boy or girl EVERY day! | HARI  setiap hari selama 5 minit atau lebih! |  |
| The second tip is Play.  Ask your girl or boy if they want to spend one-on-one time with you. Biarkan mereka memilih apa yang perlu dilakukan atau yang perlu dibincangkan. Cuba melakukan aktiviti yang berlainan bersama-sama. Ini pasti menyeronokkan! | MAIN  Let your girl or boy choose the activity |  |
| Petua terakhir kami ialah Kekal. Stay focused on your boy or girl.  Switch off the TV, put aside phones and remove distractions.   Look at your girl or boy. Untuk menunjukkan anda betul-betul memberikan perhatian pada anak anda, angguk atau berkata "Saya nampak".   Accept your boy or girl and avoid judgement.  Respond to your girl or boy when they communicate with you. Your boy or girl may use gestures, full sentences, movements, and sounds to communicate with you. Ia menunjukkan anda benar-benar memberi perhatian kepada mereka. | KEKAL  Focus on your boy or girl |  |
| Remember, for one-on-one time with boys and girls:  Hari,  Main,  dan Kekal  Your Home Activity this week is to try spending at least 5 minutes of one-on-one time with your girl or boy every day.  Ia akan mewujudkan perubahan yang besar!  Adakah anda mempunyai masa untuk melakukannya hari ini? | Spend One-on-One time with my boy or girl   1. HARI 2. MAIN 3. KEKAL   AKTIVITI DI RUMAH:  Spend at least 5 minutes of one-on-one time with your girl or boy every day. | {Animate words to text.} |

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| {Lesson: Give Praise} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, it is great to see you again on Crianza con ConCiencia+.  Today we are learning about giving our boys and girls praise.  When we praise our girls and boys when they behave in the expected way, it makes them want to behave that way more often. It also creates a positive and loving relationship between you and your boy or girl.  Begin by praising them during one-on-one time  By following these four simple tips: SEE IT, SAY IT, REPEAT IT, KEEP IT POSITIVE. | Beri pujian  LIHAT  UCAPKAN  ULANGKAN  SENTIASA POSITIF |  |
| The first step is to see it:  Look out for anything your boy or girl does that is helpful or good.   Pause and really notice when they are doing something positive.  Langkah seterusnya, ucapkan.  Apabila anda melihat mereka melakukan sesuatu yang digalakkan, pujilah mereka. Maklumkan kepada mereka secara khusus kelakuan baik yang mana satu mereka telah lakukan.  Be enthusiastic and really mean it! This means they are more likely to do it again.  The third step is to repeat it.  Try to find something every day to praise your boy or girl. Teruskan memuji anak anda walaupun ia hanya perkara yang sangat kecil.  Akhir sekali, sentiasa positif. Make sure when you praise your girl or boy, you focus on something they have done well.  You can show your praise with a big smile and words. You can also clap, hug, or tickle your boy or girl to show you appreciate them.  Keeping it positive reminds them that you notice them and care.  Ingat: Lihat, Ucapkan, Ulangkan, dan Sentiasa positif.  Praising our girls and boys for good behaviour can help them repeat this behaviour more often. | SEE IT  Notice anything your boy or girl does that is helpful or good  UCAPKAN  Berikan pujian dengan penuh semangat!  ULANGKAN  Puji tingkah laku yang baik setiap hari  SENTIASA POSITIF  Focus on what your girl or boy has done well. | {Animate words to text.} |
| Anda seharusnya bangga dengan diri anda kerana anda telah melakukan tugas yang baik.  Your Home Activity today is to try to praise your boy or girl during one-on-one time. Bolehkah anda mencubanya pada hari ini? | Beri pujian  AKTIVITI DI RUMAH    Praise your boy or girl. |  |

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| {Lesson: Create a Routine for one-on-one Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hai sekali lagi! In this lesson, we will learn how to create routines for one-on-one time.  To continue building a positive relationship with your girl or boy, let’s make one-on-one time a part of the routine. You can use the tips for one-on-one routines to create other daily routines with your boy or girl. Creating daily routines with your girl or boy will also help them feel more secure, safe and cooperative.  Help them plan time for resting, meals, chores, school, and sleep, using these three tips for creating a routine for one-on-one time :  Jadilah Sepasukan  Sentiasa Konsisten  dan Memberi Pujian  Mari kita mulakan. | Create Routine for One-on-One Time  Jadilah Sepasukan  Sentiasa Konsisten  Nilai Keibubapaan dan Kerohanian |  |
| Pertama, Jadilah Sepasukan.  Talk to your girl or boy about what they want their routines to look like. Did you know that your boy or girl is more likely to follow routines when they help to set them? Cubalah! | BE A TEAM and work together with your girl or boy to set the routine |  |
| Seterusnya, Sentiasa Konsisten  Once you set the routine, make sure your boy or girl follows their routines daily.  Activities become easier to manage when girls and boys learn and get used to a routine.  Consistent routines help your boy or girl learn how to do daily activities by themselves and how to manage their time. | BE CONSISTENT to make sure your boy or girl follows their routines |  |
| Akhir sekali, Beri Pujian.  Thank your girl or boy for creating a routine with you and praise them when they follow the routine! | BERI PUJIAN kerana menetapkan dan mengikut jadual harian. |  |
| Here are some other routines you could talk about with your boy or girl:  Masa tidur  Kerja sekolah  Kerja-kerja rumah  Masa makan  Waktu lapang  Masa menonton TV atau menggunakan gajet | Here are some other routines you could talk about with your boy or girl:  ✅ Bedtime  ✅ Schoolwork  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or gadget time |  |
| Your home activity is to try to create a routine around spending 5 minutes of one-on-one time with your girl or boy every day. 📝 Can you do it today? | Aktiviti di Rumah:  Create a routine around spending 5 minutes of one-on-one time. |  |

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| {Lesson: Noticing Feelings During One-on-One Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hai!  Today, we'll discover how to notice your and your boy or girl’s feelings during one-on-one time.  Noticing and talking about feelings with your girl or boy will help them learn how to express and regulate themselves. They will learn that all feelings are okay - even the unpleasant ones.  Anda boleh membantu anak anda dengan mendengar luahan mereka, memahami apa yang mereka rasakan, dan menerima emosi mereka. This will help them recognise other people’s feelings, too.  Here are 6 tips for how you can help your girl or boy learn how to cope with their emotions: LEARN, NOTICE, OPEN, TALK, SHARE and CARE  Mari ketahui lebih lanjut tentang langkah ini bersama-sama. | Notice Feelings During One-on-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE |  |
| The first step is to Learn.  Learn about different emotions. There are 6 basic emotions, all of which provide us with a very specific message:  Happy tells us to keep doing things that make you feel good.  If you're feeling sad, it's an indicator that something important in your life needs attention.  When anger arises, it's a signal to stand up for ourselves, and set limits.   The feeling of disgust tells us to move away from what we don’t like.   When you feel surprised, it's a signal to stop and pay attention for a moment, as something unexpected or important might be happening.  Feeling afraid signals us to run away from immediate danger, ensuring our safety and well-being.  As girls and boys get older, they learn to identify lots of other emotions, like feeling excited, frustrated, proud, lonely, peaceful, guilty, or confused | LEARN about different emotions.  Happy  Sad  Angry  Disgusted  Surprised  Afraid |  |
| Next, is to NOTICE.   Begin observing these 6 emotions in yourself and in your girl or boy. Notice how each emotion feels in your body. You can also notice pleasant emotions such as a sense of peace, happiness, or calmness.Noticing can also allow girls and boys to appreciate a beautiful moment or feeling of love! | NOTICE these 6 emotions in yourself and your girl or boy |  |
| Third, is to be Open.  Be open, notice, and listen to your boy or girl when they share how they are feeling. Accept how you and your girl or boy feels.  Remember your and their bodies are sending messages about what you both are feeling. Recognize that feelings are important for both. | Be OPEN, notice, and listen to your boy or girl |  |
| Langkah seterusnya ialah BERCAKAP  It is normal to have difficulty talking about and expressing emotions and feelings. Ingat, mengalami perasaan dalam cara yang berbeza juga perkara yang biasa.  When your girl or boy is feeling an emotion, describe what you are observing in a calm way. For example, you might say  “I notice you’re stomping your feet, talking loudly, and your face looks a bit upset. Are you feeling angry because you didn’t get to play outside?”  You can also help your boy or girl learn different emotions by using facial expressions and physical movements. You can also make it into a game! | BERCAKAP tentang emosi dan perasaan anda |  |
| Step five is to share.  Share your own feelings with your girl or boy.  For example, you might say, “I would feel the same way if I couldn’t go out when I wanted to.”  This sets a good example and shows your boy or girl that it's okay to share their own feelings. | SHARE your own feelings with your girl or boy |  |
| Langkah terakhir ialah memberi KASIH SAYANG.  Use physical and verbal support to make your boy or girl feel accepted and loved.  Jump with your boy or girl a little bit to shake out anger or take some deep breaths to calm down. These are some of the ways to deal with your emotions.  Remind your girl or boy that you are there for them and that they can always talk to you. | CARE for your boy or girl |  |
| Remember, talk about feelings with your boy or girl by [1] learning about different emotions, [2] noticing these six emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your child care with love and acceptance.  Anda lakukannya dengan baik!  Your home activity is to notice your girl or boy’s feelings during one-on-one time today. Talk to your boy or girl by describing your own feelings and their feelings.  Bolehkah anda lakukannya hari ini? | Notice feelings during one-on-one time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  AKTIVITI DI RUMAH:  Talk to your boy or girl by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

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| {Lesson: Keeping Calm When We Are Stressed} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome back to Crianza con ConCiencia+!  As you began noticing feelings, you would have noticed feelings of anger, frustration or sadness.  We love our girls and boys, but stress from caregiving and other events can make us feel angry. This is a normal part of life!  It is important for us to try to stay calm in order to help manage our anger so we do not hurt others.  There are four steps to keeping calm in stressful situations: BE CALM, QUICK, CLEAR, and POSITIVE.  Let’s begin! | Keeping Calm When We Are Stressed   BE CALM  BE QUICK  BE CLEAR  BE POSITIVE |  |
| First, be calm.  Be aware of your own feelings.Take care of your emotions.  Remember your goal is to make your girl or boy feel loved and secure.  Act effectively: Take a pause or a few breaths before asking your boy or girl to do something else.  Then, speak with your girl or boy in a calm voice. | BERTENANG  Be aware  Remember your goal  Act effectively  Speak calmly |  |
| Second, be quick.  There are other things you can do to help manage unwanted behavior before it becomes stressful.  Praise something positive that your boy or girl did today.  Understand their feelings. For example, it may feel boring to pick up toys after having fun or ending a big task.  Ask your girl or boy to do something else, and distract them before the unwanted behaviour begins or gets worse.  Invite your boy or girl in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  Ini lebih mudah daripada menggunakan akibat selepas mereka melakukan sesuatu yang tidak baik! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to a chore |  |
| Third, be clear.   Rather than saying what you DON’T want, tell your boy or girl what you DO want them to do.  Contohnya, katakan:  “Please speak more softly”, or  “Remember to walk inside the house.”  This way, it is easier for them to follow! | BE CLEAR   Say what you want them to do |  |
| Finally, be positive.   Praise your girl or boy when they behave well!  Redirecting your boy or girl to a positive behaviour will help you manage the situation.  It will also help them know what you expect from them! | BE POSITIVE   Praise  Redirect |  |
| Your Home Activity this week is to remember to use these four steps if you start feeling stressed or angry during one-on-one time with your girl or boy. You can also share them with another member of your family. Sharing these tips will be great for everyone’s well-being.  Bolehkah anda kongsikan petua-petua ini hari ini? | HOME ACTIVITY   Share the four steps of keeping calm with another family member |  |

# {Core Course (Teens)}

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| {Lesson: Spend One-on-one Time with My Teen} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome to Crianza con ConCiencia+  Spending one-on-one time with your teen will help you build trust, respect, and a positive relationship between you and your teen.  Here are three tips to make the most of spending one-on-one time with your teen:  DAY,  PLAY,  and STAY  Mari kita mulakan! | Spend One-on-One Time with my Teen  HARI  MAIN  KEKAL |  |
| The first tip is Day:  Try to spend 5 minutes or more with your teen EVERY day! | HARI  setiap hari selama 5 minit atau lebih! |  |
| The second tip is Play.  Ask your teen if they want to spend one-on-one time with you. Biarkan mereka memilih apa yang perlu dilakukan atau yang perlu dibincangkan. Cuba melakukan aktiviti yang berlainan bersama-sama. Ini pasti menyeronokkan! | MAIN  Let your teen choose the activity |  |
| Petua terakhir kami ialah Kekal. Stay focused on your teen.  Switch off the TV, put aside phones and remove distractions. Look at your teen. Untuk menunjukkan anda betul-betul memberikan perhatian pada anak anda, angguk atau berkata "Saya nampak".  Accept your teen and avoid judgement. Respond to your teen when they communicate with you. Your teen may use gestures, full sentences, movements, and sounds to communicate with you. Ia menunjukkan anda benar-benar memberi perhatian kepada mereka. | KEKAL  Focus on your teen |  |
| Remember, for one-on-one time with your teen:  Hari,  Main,  dan Kekal  Your Home Activity this week is to try spending at least 5 minutes of one-on-one time with your teen every day.  Ia akan mewujudkan perubahan yang besar!  Adakah anda mempunyai masa untuk melakukannya hari ini? | Spend One-on-One time with my teen   1. HARI 2. MAIN 3. KEKAL   AKTIVITI DI RUMAH:  Spend at least 5 minutes of one-on-one time with your teen every day. | {Animate words to text.} |

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| {Lesson: Give Praise} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, it is great to see you again on Crianza con ConCiencia+.  Today we are learning about giving our teens praise.  When we praise our teen when they behave in the expected way, it makes them want to behave that way more often. It also creates a positive and loving relationship between you and your teen.  Begin by praising them during one-on-one time  Here are four simple tips for praising your teen: SEE IT, SAY IT, REPEAT IT, and KEEP IT POSITIVE. | Beri pujian  LIHAT  UCAPKAN  ULANGKAN  SENTIASA POSITIF |  |
| The first step is to see it.  Look out for anything your teen does that is helpful or good.   Pause and really notice when they are doing something positive.  Langkah seterusnya, ucapkan.  Apabila anda melihat mereka melakukan sesuatu yang digalakkan, pujilah mereka. Maklumkan kepada mereka secara khusus kelakuan baik yang mana satu mereka telah lakukan.  Be enthusiastic and really mean it! This means they are more likely to do it again.  Langkah ketiga ialah untuk ulangkan,  Try to find something every day to praise your teen. Teruskan memuji anak anda walaupun ia hanya perkara yang sangat kecil.  Akhir sekali, sentiasa positif. Make sure when you praise your teen, you focus on something they have done well.  You can show your praise with a big smile and words. You can also raise your thumb, hug, or wink an eye at your teen to show you appreciate them.  Keeping it positive reminds them that you notice them and care.  Ingat: Lihat, Ucapkan, Ulangkan, dan Sentiasa positif.  Praising our teens for good behaviour can help them repeat this behaviour more often. | SEE IT  Notice anything your teen does that is helpful or good  UCAPKAN  Berikan pujian dengan penuh semangat!  ULANGKAN  Puji tingkah laku yang baik setiap hari  SENTIASA POSITIF  Focus on what your teen has done well. | {Animate words to text.} |
| Anda seharusnya bangga dengan diri anda kerana anda telah melakukan tugas yang baik.  Your Home Activity today is to try to praise your teen during one-on-one time.  Bolehkah anda mencubanya pada hari ini? | Beri pujian  AKTIVITI DI RUMAH    Praise your teen |  |

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| {Lesson: Create a Routine for One-on-One Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hai sekali lagi! In this lesson, we will learn about how to create routines for one-on-one time.  To continue building a positive relationship with your teen, let’s make one-on-one time a part of the routine.  You can use the tips for one-on-one routines to create other daily routines with your teen.  Creating daily routines with your teen will also help them feel more secure, safe and cooperative.  Help them plan time for resting, meals, chores, school, and sleep, using the three tips on how to create routines with your teen:  Jadilah Sepasukan  Sentiasa Konsisten  dan Memberi Pujian  Mari kita mulakan. | Create Routine for One-on-One Time  Jadilah Sepasukan  Sentiasa Konsisten  Nilai Keibubapaan dan Kerohanian |  |
| Pertama, Jadilah Sepasukan.  Talk to your teen about what they want their routines to look like. Did you know that your teen is more likely to follow routines when they help to set them? Cubalah! | BE A TEAM and work together with your teen to set the routine |  |
| Seterusnya, Sentiasa Konsisten  Once you set the routine, make sure your teen follows their routines daily.  This helps your teen feel safe and secure, because they know what to expect.Feeling secure means your teen has space to grow, develop and gain independence. | BE CONSISTENT to make sure your teen follows their routines |  |
| Akhir sekali, Beri Pujian.  Thank your teen for creating a routine with you and praise them when they follow the routine! | BERI PUJIAN kerana menetapkan dan mengikut jadual harian. |  |
| Here are some other routines you could talk about with your teen:  Masa tidur  Kerja sekolah  Kerja-kerja rumah  Masa makan  Waktu lapang  Masa menonton TV atau menggunakan gajet | Here are some other routines you could talk about with your teen:  ✅ Bedtime  ✅ Schoolwork  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or gadget time |  |
| Your home activity is to try to create a routine around spending 15 minutes of one-on-one time with your teen every day. 📝 Can you do it today? | Aktiviti di Rumah:  Create a routine around spending 15 minutes of one-on-one time. |  |

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| {Lesson: Noticing Feelings During One-on-One Time} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hai!  Today, we'll discover how to notice your and your teen’s feelings during one-on-one time.  Noticing and talking about feelings with your teen will help them learn how to express and regulate themselves. They will learn that all feelings are okay - even the unpleasant ones.  Anda boleh membantu anak anda dengan mendengar luahan mereka, memahami apa yang mereka rasakan, dan menerima emosi mereka. This will help them recognise other people’s feelings, too.  Here are 6 tips for how you can help your teen learn how to cope with their emotions: LEARN, NOTICE, OPEN, TALK, SHARE and CARE  Mari ketahui lebih lanjut tentang langkah ini bersama-sama. | Notice Feelings During One-on-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE |  |
| The first step is to Learn.  Learn about different emotions. There are 6 basic emotions, all of which provide us with a very specific message:  Happy tells us to keep doing things that make you feel good.  If you're feeling sad, it's an indicator that something important in your life needs attention.  When anger arises, it's a signal to stand up for ourselves, and set limits.   The feeling of disgust tells us to move away from what we don’t like.   When you feel surprised, it's a signal to stop and pay attention for a moment, as something unexpected or important might be happening.  Feeling afraid signals us to run away from immediate danger, ensuring our safety and well-being.  As teens, they learn to identify lots of other emotions, like feeling excited, frustrated, proud, lonely, peaceful, guilty, or confused | LEARN about different emotions.  Happy  Sad  Angry  Disgusted  Surprised  Afraid |  |
| Next, is to NOTICE.   Begin observing these 6 emotions in yourself and in your teen. Notice how each emotion feels in your body. You can also notice pleasant emotions such as a sense of peace, happiness, or calmness. Noticing can also allow teens to appreciate a beautiful moment or feeling of love! | NOTICE these 6 emotions in yourself and your teen |  |
| Third, is to be Open.  Be open, notice, and listen to your teen when they share how they are feeling. Accept how you and your teen feels. Remember your and their bodies are sending messages about what you both are feeling. Recognize that feelings are important for both. | Be OPEN, notice, and listen to your teen |  |
| Langkah seterusnya ialah BERCAKAP  It is normal to have difficulty talking about and expressing emotions and feelings. Ingat, mengalami perasaan dalam cara yang berbeza juga perkara yang biasa.  When your teen is feeling an emotion, describe what you are observing in a calm way. For example,  “I notice you’re pacing around the house, talking loudly, and your face looks a bit upset. Are you feeling angry because you can’t go out at night?”  You can also help your teen learn different emotions by using facial expressions and physical movements. You can also make it into a game! | BERCAKAP tentang emosi dan perasaan anda |  |
| Step five is to share.  Share your own feelings with your teen.  For example, I would feel the same way if I couldn’t go out when I wanted to.  This sets a good example and shows your teen that it's okay to share their own feelings. | SHARE your own feelings with your teen |  |
| Langkah terakhir ialah memberi KASIH SAYANG.  Use physical and verbal support to make your teen feel accepted and loved.  Do some active exercise to shake out anger, give some space to each other or take some deep breaths to calm down. These are some of the ways to deal with your emotions.  Remind your teen that you are there for them and that they can always talk to you. | CARE for your teen |  |
| Remember, talk about feelings with your teen by [1] learning about different emotions, [2] noticing these six emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your child care with love and acceptance.  Anda lakukannya dengan baik!  Your home activity is to notice your teen’s feelings during one-on-one time today. Talk to your teen by describing your own feelings and their feelings.  Bolehkah anda lakukannya hari ini? | Notice feelings during one-on-one time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  AKTIVITI DI RUMAH:  Talk to your teen by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

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| {Lesson: Keeping Calm When We Are Stressed} | | |
| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome back to Crianza con ConCiencia+!  As you began noticing feelings, you would have noticed feelings of anger, frustration or sadness.  We love our teens, but stress from caregiving and other events can make us feel angry. This is a normal part of life!  It is important for us to try to stay calm in order to help manage our anger so we do not hurt others.  There are four steps to keeping calm in stressful situations: BE CALM, QUICK, CLEAR, and POSITIVE.  Let’s begin! | Keeping Calm When We Are Stressed   BE CALM  BE QUICK  BE CLEAR  BE POSITIVE |  |
| First, be calm.  Be aware of your own feelings.Take care of your emotions.  Remember your goal is to make your teen feel loved and secure.  Act effectively. Take a pause or a few breaths before asking your teen to do something else.  Then, speak with your teen in a calm voice. | BERTENANG  Be aware  Remember your goal  Act effectively  Speak calmly |  |
| Second, be quick.  There are other things you can do to help manage unwanted behavior before it becomes stressful.  Praise something positive that your teen did today.  Understand their feelings. For example, it may feel boring to clean up after having fun or ending a big task.  Ask your teen to do something else, and distract them before the unwanted behaviour begins or gets worse.  Invite your teen in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  Ini lebih mudah daripada menggunakan akibat selepas mereka melakukan sesuatu yang tidak baik! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to a chore |  |
| Third, be clear.   Rather than saying what you DON’T want, tell your teen what you DO want them to do.  Contohnya, katakan:  “Please speak more softly”, or  “Remember to hang your jacket in your closet, please.”  This way, it is easier for them to follow! | BE CLEAR   Say what you want them to do |  |
| Finally, be positive.   Praise your teen when they behave well!  Redirecting your teen to a positive behaviour will help you manage the situation.  It will also help them know what you expect from them! | BE POSITIVE   Praise  Redirect |  |
| Your Home Activity this week is to remember to use these four steps if you start feeling stressed or angry during one-on-one time with your teen. You can also share them with another member of your family. Sharing these tips will be great for everyone’s well-being.  Bolehkah anda kongsikan petua-petua ini hari ini? | HOME ACTIVITY   Share the four steps of keeping calm with another family member |  |