{Kernkursus (Jong Kinders)}

| {Lesson: Spend One-on-one Time with My Child} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Welkom terug by JabuChat!  Vandag se les gaan daaroor om een-tot-een-tyd met jou kind te spandeer. Om spesiale tyd saam met jou kind te spandeer, sal hom/haar gewaardeer en geliefd laat voel.  Dit sal ook vertroue en respek bevorder, en kinders ondersteun in die aanleer van nuwe dinge. ✨  Hier volg drie wenke om die meeste te maak van een-tot-een-tyd saam met jou kind:  DAG,  SPEEL,  en BLY  Kom ons begin! | Spandeer Een-tot-Een-tyd saam met my Kind  DAG  SPEEL  BLY |  |
| Die eerste wenk is Dag:  Probeer om ELKE dag 5 minute of meer saam met jou kind te spandeer! | DAG  5 minute of meer elke dag! |  |
| Die tweede wenk is Speel.  Vra jou kind of hy/sy een-tot-een-tyd met jou wil spandeer. Laat hom/haar kies wat om te doen of waaroor om te praat. Verken verskillende aktiwiteite saam. Onthou om pret te hê! | SPEEL  Laat jou kind die aktiwiteit kies |  |
| Ons finale wenk is Bly. Bly gefokus op jou kind.  Skakel af die TV, sit fone weg en verwyder afleidings.   Kyk na jou kind. Knik of sê "Ek sien" om te wys jy gee regtig aandag.   Aanvaar jou kind en vermy oordeel.  Reageer op jou kind wanneer hy/sy met jou kommunikeer. Jou kind kan gebare, volsinne, bewegings of geluide gebruik om met jou te kommunikeer. Dit wys dat jy regtig aan hom/haar aandag gee. | BLY  Fokus op jou kind |  |
| Onthou hierdie wenke wanneer jy een-tot-een-tyd met jou kind spandeer:  Dag,  Speel,  en Bly  Jou tuisaktiwiteit hierdie week is om te probeer om ten minste 5 minute elke dag een-tot-een-tyd met jou kind te spandeer.  Dit sal so 'n groot verskil maak!  Het jy vandag tyd om dit te doen? | Spandeer Een-tot-Een-tyd met my Kind  DAG  SPEEL  BLY  TUISAKTIWITEIT:  Spandeer elke dag ten minste 5 minute een-tot-een-tyd met jou kind. | {Animate words to text.} |

| {Lesson: Giving Praise} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hallo, dit is wonderlik om jou weer op JabuChat te sien.  Welgedaan dat jy tyd neem om te leer hoe om die verhouding met jou kind te verbeter. Dit wys jy gee regtig om! Hoe het hierdie boodskap jou laat voel? Ons voel almal beter as ons geprys word! Vandag leer ons hoe om ons kinders te prys.  Kinders reageer goed op aanprysing. Wanneer jy jou kind vir sy/haar pogings en vir goeie gedrag prys, sal hy/sy aanhou om hom/haar goed te gedra.  Hier is vier eenvoudige wenke oor hoe om jou kind te prys:  SIEN DIT, Sê DIT, HERHAAL DIT, HOU DIT POSITIEF. | Aanprysing  SIEN DIT  SÊ DIT  HERHAAL DIT  HOU DIT POSITIEF |  |
| Die eerste stap is om dit te sien:  Wees op die uitkyk vir enigiets behulpsaam of goed wat jou kind doen.   Wag en gee regtig aandag wanneer hy/sy iets positiefs doen.  Volgende, sê dit.  Prys hom/haar wanneer jy sien hy/sy doen iets waarvan jy hou. Sê spesifiek wat hy/sy goed gedoen het.  Wees entoesiasties en bedoel dit regtig! Dit sal maak dat hy/sy meer geneig sal wees om dit weer te doen.  Die derde stap is om dit te herhaal.  Probeer om elke dag iets te kry waarvoor jy jou kind kan prys. Selfs al is dit iets baie kleins, hou aan om dit te doen.  Laastens, hou dit positief. Wanneer jy jou kind prys, maak seker dat jy fokus op iets wat hy/sy goed gedoen het.  Jy kan jou aanprysing wys met 'n groot glimlag en woorde. Jy kan ook hande klap, jou kind omhels of kielie om te wys jy waardeer hom/haar.  Deur dit positief te hou, word hy/sy herinner dat jy hom/haar raaksien en omgee.  . | SIEN DIT  Merk enigiets behulpsaam of goed wat jou kind doen, op  SÊ DIT  Gee entoesiastiese aanprysing!  HERHAAL DIT  Prys elke dag goeie gedrag  HOU DIT POSITIEF  Fokus op wat jou kind goed gedoen het. | {Animate words to text.} |
| Onthou: Sien dit, Sê dit, Herhaal dit, en Hou dit positief.  Deur ons kinders vir goeie gedrag te prys, kan hulle help om hierdie gedrag meer dikwels te herhaal.  Jy doen uitstekend, jy behoort baie trots op jouself te wees.  Jou tuisaktiwiteit vandag is om te probeer om jou kind tydens een-tot-een-tyd te prys. Kan jy dit vandag probeer? | Aanprysing  TUISAKTIWITEIT    Prys jou kind |  |

| {Lesson: Creating a Routine for One-On-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hallo, jy's terug op JabuChat. Fantasties! In hierdie les gaan ons leer hoe om roetines vir een-tot-een-tyd met jou kind te skep.  Om voortdurend te bou aan 'n positiewe verhouding met jou kind, kom ons maak een-tot-een-tyd deel van die roetine.  Hier is drie wenke om 'n roetine vir een-tot-een-tyd te skep:  Wees 'n Span  Wees Konsekwent  en Prys hom/haar  Kom ons begin. | Skep 'n Roetine vir Een-tot-Een-Tyd  WEES 'N SPAN  WEES KONSEKWENT  PRYS JOU KIND |  |
| Eerstens, Wees 'n Span.  Praat met jou kind oor hoe hy/sy wil hê sy/haar roetine moet lyk. Het jy geweet dat jou kind meer geneig sal wees om by roetines te hou as hy/sy help om dit op te stel? Probeer dit! | WEES 'N SPAN en werk saam met jou kind om die roetine daar te stel |  |
| Volgende, Wees Konsekwent  Wanneer jy die roetine daargestel het, maak seker jou kind volg daagliks sy/haar roetines.  Aktiwiteite word makliker wanneer kinders 'n roetine leer ken en daaraan gewoond raak.  Konsekwente roetines help jou kind om te leer hoe om self daaglikse aktiwiteite te doen en hul tyd te bestuur. | WEES KONSEKWENT om seker te maak jou kind volg sy/haar roetines |  |
| Laastens, Prys jou Kind.  Prys jou kind vir die skep van 'n roetine saam met jou en prys hom/haar wanneer hy/sy by die roetine hou! | PRYS JOU KIND vir die opstel van die roetine, en as hy/sy daarby hou. |  |
| Hier is 'n paar ander roetines waaroor jy met jou kind kan praat:  Slaaptyd  Skoolwerk  Huistakies  Etenstyd  Vrye tyd  TV- of toesteltyd | Hier is 'n paar ander roetines waaroor jy met jou kind kan praat:  ✅ Slaaptyd  ✅ Skoolwerk  ✅ Huistakies  ✅ Etenstyd  ✅ Vrye tyd  ✅ TV- of toesteltyd |  |
| Jou tuisaktiwiteit is om te probeer om 'n roetine te skep om elke dag 5 minute een-tot-een-tyd met jou kind te spandeer. 📝 Kan jy dit vandag doen? | Skep 'n Roetine vir Een-tot-Een-Tyd  TUISAKTIWITEIT:  Skep 'n roetine om 5 minute een-tot-een-tyd te spandeer. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hallo, ons is bly om jou terug op JabuChat te sien!  Hierdie les gaan daaroor om te let op jou en jou kind se gevoelens tydens Een-tot-Een-Tyd.  Deur te let op jou eie en jou kind se gevoelens, help jou om goed na julself om te sien en te ondersteun. Deur op te let na en met jou kind te praat oor gevoelens, sal hom/haar help om te leer hoe om sy/haar gevoelens uit te druk en dit goed te bestuur.  Hy/sy sal leer dat alle gevoelens oukei is - selfs die moeilikes.  Jy kan help deur na hom/haar te luister, te dink oor hoe dit vir hom/haar moet voel, en sy/haar gevoelens te aanvaar. Dit sal hom/haar help om ander mense se gevoelens ook te erken.  Hier is ses wenke oor hoe jy jou kind kan help om te leer om sy/haar gevoelens te hanteer: LEER, LET OP, MAAK OOP, PRAAT, DEEL en GEE OM  Kom ons leer saam meer daaroor. | Let op na Gevoelens Tydens Een-tot-Een-Tyd  LEER   LET OP   MAAK OOP   PRAAT   DEEL   GEE OM |  |
| Die eerste stap is om te Leer.  Leer oor verskillende gevoelens. Daar is 6 basiese gevoelens, wat elkeen vir ons 'n baie spesifieke boodskap gee:  Gelukkig sê vir ons om aan te hou om dinge te doen wat jou laat goed voel.  As jy hartseer voel, is dit 'n boodskap dat iets belangriks in jou lewe aandag nodig het.  Wanneer woede opvlam, is dit 'n teken om vir onsself op te staan en grense te stel.   Die gevoel van teësin sê vir ons om weg te beweeg van dit waarvan ons nie hou nie.   Wanneer jy verras voel, is dit 'n teken om te stop en vir 'n oomblik aandag te gee, want iets onverwags of belangriks is dalk besig om te gebeur.  As ons bang voel, is dit vir ons 'n teken om weg te hardloop van onmiddellike gevaar, om so ons veiligheid en welstand te verseker.  Soos kinders ouer word, leer hulle om baie ander gevoelens te identifiseer, soos om opgewonde, gefrustreerd, trots, eensaam, vreedsaam, skuldig of verward te voel | LEER oor verskillende gevoelens.  Gelukkig  Hartseer  Kwaad  Teësinnig  Verras  Bang |  |
| Volgende, is om OP TE LET.   Begin om die ses basiese gevoelens in jouself en in jou kind raak te sien. Let op hoe elke gevoel in jou liggaam voel. Jy kan ook aangename gevoelens opmerk, soos 'n gevoel van vrede, geluk of kalmte. Om op te let, kan ook kinders in staat stel om 'n mooi oomblik of die gevoel van liefde te waardeer! | LET OP na die ses basiese gevoelens in jouself en jou kind |  |
| Derde, is om Oop te wees.  Wees oop, let op, en luister na jou kind wanneer hy/sy deel hoe hy/sy voel. Aanvaar hoe jy of jou kind voel.  Onthou dat jou en sy/haar liggame boodskappe uitstuur oor wat julle albei voel, en hierdie boodskappe is belangrik. | Wees OOP, let op, en luister na jou kind |  |
| Die vierde stap is om te PRAAT  Dit is normaal om moeilik te praat oor en om emosies en gevoelens uit te druk. Onthou, dit is ook normaal om gevoelens op verskillende maniere te ervaar.  Wanneer jou kind 'n emosie ervaar, beskryf wat jy sien op 'n kalm manier. Jy kan byvoorbeeld sê  "Ek let op dat jy jou voete stamp, hard praat, en jou gesig lyk 'n bietjie ontsteld. Voel jy kwaad omdat jy nie buite kon gaan speel nie?"  Jy kan ook jou kind help om verskillende gevoelens te leer deur gesigsuitdrukkings en fisiese bewegings te gebruik. Jy kan dit ook 'n speletjie maak! | PRAAT oor jou emosies en gevoelens |  |
| Stap vyf is om te deel.  Deel jou eie gevoelens met jou kind.  Jy kan byvoorbeeld sê, "Ek sou ook so gevoel het as ek nie kon uitgaan wanneer ek wou nie."  Dit stel 'n goeie voorbeeld en wys vir jou kind dat dit oukei is om sy/haar eie gevoelens te deel. | SHARE your own feelings with your child |  |
| The final step is to CARE.  Use actions and words to make your child feel accepted and loved.  Jump with your child 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 child that you are there for them and that they can always talk to you. | CARE for your child |  |
| Remember, talk about feelings with your child by [1] learning about different emotions, [2] noticing different emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your child care with love and acceptance.  You’re doing great!  Your home activity is to notice your child’s feelings during one-on-one time today. Talk to your child by describing your own feelings and their feelings.  Can you do it today? | Notice Feelings During One-On-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  HOME ACTIVITY:  Talk to your child by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi! It’s good to have you with us again on JabuChat!  This lesson is about how we can stay calm and manage our anger when dealing with stressful moments with our children.  As you began noticing feelings, you would have noticed feelings of anger, frustration or sadness.  We love our children, 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, be QUICK, beCLEAR, and be 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. If you are feeling angry or stressed by something your child is doing, take a pause or a few breaths before asking them to do something else.  Speak with your child in a calm voice.  Remember that your goal is to help your child to feel loved and connected to you. | BE CALM  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. Here are some examples.  Praise something positive that your child did today.  Understand their feelings. For example, it may feel boring to pick up toys after having fun or ending a big task.  When you see your child is about to start an unwanted behaviour, distract them by asking them to do something else, before the unwanted behaviour begins or gets worse.  Invite your child to join you in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  Remember, preventing unwanted behaviour is much easier than disciplining them after they have done something wrong! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to join in a chore |  |
| Third, be clear.   Rather than saying what you DON’T want, tell your child what you DO want them to do.  For example, say:  “Please speak more softly” instead of “Stop Shouting”, or  “Remember to walk inside the house” instead of “stop running”.  Op hierdie manier is dit makliker vir hom/haar om te volg! | WEES DUIDELIK   Sê wat jy wil hê hy/sy moet doen |  |
| Laastens, wees positief.   Prys jou kind wanneer hy/sy hom/haar goed gedra!  Nooi jou kind na 'n positiewe aktiwiteit wanneer jy sien dat hy/sy ongewenste gedrag begin toon.  Dit sal hom/haar ook help om te weet wat jy van hom/haar verwag! | WEES POSITIEF   Prys  Herlei |  |
| Jou tuisaktiwiteit hierdie week is om te onthou om hierdie vier stappe te gebruik as jy gestres of kwaad begin voel tydens een-tot-een-tyd met jou kind. Jy kan dit ook met 'n ander lid van jou gesin deel. Om hierdie wenke te deel, sal goed wees vir almal se welstand.  Kan jy hierdie wenke vandag deel? | Om Kalm te Bly Wanneer Ons Gestres Is  TUISAKTIWITEIT   Gebruik en deel die vier stappe om kalm te bly |  |

{Core Course (Teens)}

| {Lesson: Spend One-on-one Time with My Teen} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Welkom terug by JabuChat!  Hierdie les gaan daaroor om een-tot-een-tyd met jou tiener te spandeer. Om een-tot-een-tyd met jou tiener te spandeer, sal jou help om vertroue, respek en 'n positiewe verhouding tussen jou en jou tiener te bou.  Hier is drie wenke om die meeste te maak van een-tot-een-tyd saam met jou tiener:  DAG,  SPEEL,  en BLY  Kom ons begin! | Spandeer Een-tot-Een-Tyd met my Tiener  DAG  SPEEL  BLY |  |
| Die eerste wenk is Dag:  Probeer om ELKE dag 5 minute of meer met jou tiener te spandeer! | DAG  5 minute of meer elke dag! |  |
| Die tweede wenk is Speel.  Vra jou tiener of hy/sy een-tot-een-tyd saam met jou wil spandeer. Laat hom/haar kies wat om te doen of waaroor om te praat. Verken verskillende aktiwiteite saam. Onthou om pret te hê! | SPEEL  Laat jou tiener die aktiwiteit kies |  |
| Ons laaste wenk is Bly. Bly gefokus op jou tiener.  Skakel die TV af, sit fone weg en verwyder afleidings. Kyk na jou tiener. Knik of sê "Ek sien" om te wys jy gee regtig aandag.  Aanvaar jou tiener en vermy oordeel. Antwoord jou tiener wanneer hy/sy met jou kommunikeer. Repeat in your own words what your teen says. It shows you are really listening to them. | STAY  Focus on your teen |  |
| Remember, for one-on-one time with your teen:  Day,  Play,  and Stay  Your home activity this week is to try spending at least 5 minutes of one-on-one time with your teen every day.  It will make such a difference!  Do you have time to do it today? | Spend One-on-One time with my teen  DAY  PLAY  STAY  HOME ACTIVITY:  Spend at least 5 minutes of one-on-one time with your teen every day. | {Animate words to text.} |

| {Lesson: Giving Praise} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, it is great to see you again on JabuChat.  Well done for taking time to learn how to improve your relationship with Your teen. It shows you really care! How did this message make you feel? We all feel better when we are praised! Today we are learning about giving our teens praise.  When you bring attention to good behaviours, your teen is likely to behave well more often and feel good about themselves!  Here are four simple tips for praising your teen: SEE IT, SAY IT, REPEAT IT, and KEEP IT POSITIVE. | Giving praise  SIEN DIT  SÊ DIT  HERHAAL DIT  KEEP IT POSITIVE |  |
| 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.  Next, say it.  Praise them when you see them do something you like. Tell them specifically what they have done well.  Be enthusiastic and really mean it! This way, they are more likely to do it again.  The third step is to repeat it,  Try to find something every day to praise your teen for. Even if it is something really small, keep doing it.  Finally, keep it positive. 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. | SEE IT  Notice anything your teen does that is helpful or good  SÊ DIT  Give enthusiastic praise!  HERHAAL DIT  Praise good behaviour every day  KEEP IT POSITIVE  Focus on what your teen has done well. | {Animate words to text.} |
| Remember: See it, Say it, Repeat it, and Keep it positive.  Praising our teens for good behaviour can help them repeat this behaviour more often.  You are doing great, you should be very proud of yourself.  Your home activity today is to try to praise your teen during one-on-one time.  Can you try it today? | Giving Praise  HOME ACTIVITY    Prys jou tiener |  |

| {Lesson: Create a Routine for One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi, you're back on JabuChat. Fantastic! In this lesson, we will learn about how to create routines for one-on-one time with your teen.  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:  Be a Team  Be Consistent  and Give Praise  Let’s begin. | Create Routine for One-on-One Time  BE A TEAM  BE CONSISTENT  GIVE PRAISE |  |
| First, Be a Team.  Talk to your teen about what they want their routines to look like. Your teen is more likely to follow routines when they help to create them. | BE A TEAM and work together with your teen to set the routine |  |
| Next, Be Consistent  Once you set the routine, make sure your teen follows their routines daily.  This helps your teen feel secure, calm and connected to you 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 |  |
| Finally, Give Praise.  Thank your teen for creating a routine with you and praise them when they follow the routine! | GIVE PRAISE for setting and following the routine. |  |
| Here are some other routines you could talk about with your teen:  Bedtime  Homework  Chores  Mealtime  Free time  TV or phone time | Here are some other routines you could talk about with your teen:  ✅ Bedtime  ✅ Homework  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or phone 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? | Create Routine for One-on-One Time  HOME ACTIVITY:  Create a routine around spending 15 minutes of one-on-one time. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, we are glad to see you back on JabuChat!  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.  You can help by listening to them, thinking about how it must feel for them, and accepting their emotions. 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  Let’s learn more about these together. | 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 a message 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.  Teens are also learning 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 the six basic 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 the six basic 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 are feeling. Remember your and their bodies are sending messages about what you both are feeling and those messages are important. | Be OPEN, notice, and listen to your teen |  |
| The fourth step is to TALK  It is normal to have difficulty talking about and expressing emotions and feelings. Remember, it is also normal to experience feelings in different ways.  When your teen is feeling an emotion, describe what you are observing in a calm way. For example,  “I notice you slammed the door, talk 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 manage different emotions by encouraging them to share how they feel and supporting them. | TALK about your emotions and feelings |  |
| 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 |  |
| The final step is to CARE.  Use actions and words to help 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 different emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your teen care with love and acceptance.  You’re doing great!  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.  Can you do it today? | Noticing Feelings During One-on-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  HOME ACTIVITY:  Talk to your teen by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hi! It’s good to have you with us again on JabuChat!  This lesson is about how we can keep calm and manage our anger when dealing with stressful moments with our teens.  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 stay in control and 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.  Take a pause or a few breaths before asking your teen to do something else. Speak with your teen in a calm voice. Remember that your goal is to help your teen feel loved and connected to you. | BE CALM  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 to join you in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  Preventing unwanted behaviour is much easier than disciplining them after they have done something wrong! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to join in a chore |  |
| Third, be clear.   Rather than saying what you DON’T want, tell your teen what you DO want them to do.  For example, say:  “Please speak more softly” instead of “Stop shouting”, or “Remember to hang your jacket in your closet, please” instead of “Don’t leave your jacket on the floor”.  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!  Invite your teen to a positive activity when you see they are about to start an unwanted behaviour.  It will also help them know what you expect from them! | BE POSITIVE   Praise  Invite to join a positive activity |  |
| 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.  Can you share these tips today? | Keeping Calm When We Are Stressed  HOME ACTIVITY   Use and share the four steps of keeping calm |  |