{Core Course (Young Children)}

| {Lesson: Spend One-on-one Time with My Child} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome back to JabuChat!  Today’s lesson is about spending one-on-one time with your child. Spending special time with your child will make them feel valued and loved.  It will also build trust and respect, and support children in learning new things. ✨  Here are three tips to make the most of spending one-on-one time with your child:  DAY,  PLAY,  and STAY  Mari kita mulakan! | Spend One-on-One time With my Child  HARI  MAIN  KEKAL |  |
| Petua pertama ialah Hari:  Cuba untuk meluangkan masa selama 5 minit atau lebih dengan anak anda SETIAP hari! | HARI  setiap hari selama 5 minit atau lebih! |  |
| The second tip is Play.  Ask your child 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. Remember to have fun! | MAIN  Biarkan anak anda memilih aktiviti yang ingin dilakukan |  |
| Petua terakhir kami ialah Kekal. Stay focused on your child.  Switch off the TV, put aside phones and remove distractions.   Lihat anak anda. Untuk menunjukkan anda betul-betul memberikan perhatian pada anak anda, angguk atau berkata "Saya nampak".   Hormati perasaan anak anda dan elakkan menilainya.  Bertindak balas terhadap anak anda apabila mereka berkomunikasi dengan anda. Your child may use gestures, full sentences, movements, and sounds to communicate with you. Ia menunjukkan anda benar-benar memberi perhatian kepada mereka. | KEKAL  Beri tumpuan kepada anak anda |  |
| Remember these tips when spending one-on-one time with your child:  Hari,  Main,  dan Kekal  Your home activity this week is to try spending at least 5 minutes of one-on-one time with your child every day.  Ia akan mewujudkan perubahan yang besar!  Adakah anda mempunyai masa untuk melakukannya hari ini? | Spend One-on-One Time With my Child  HARI  MAIN  KEKAL  AKTIVITI DI RUMAH:  Spend at least 5 minutes of one-on-one time with your child every day. | {Animate words to text.} |

| {Lesson: Giving Praise} | | |
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| {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 child. 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 children praise.  Children respond well to praise. When you praise your child for their efforts and for good behaviour, they will continue to behave well.  Here are four simple tips for praising your child:  SEE IT, SAY IT, REPEAT IT, KEEP IT POSITIVE. | Giving praise  LIHAT  UCAPKAN  ULANGKAN  SENTIASA POSITIF |  |
| The first step is to see it:  Look out for anything your child 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 makes them more likely to do it again.  The third step is to repeat it.  Try to find something every day to praise your child for. Teruskan memuji anak anda walaupun ia hanya perkara yang sangat kecil.  Akhir sekali, sentiasa positif. Make sure when you praise your child, 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 child to show you appreciate them.  Keeping it positive reminds them that you notice them and care.  . | LIHAT  Perhatikan apa sahaja perkara bermanfaat atau baik yang dilakukan oleh anak anda  UCAPKAN  Berikan pujian dengan penuh semangat!  ULANGKAN  Puji tingkah laku yang baik setiap hari  SENTIASA POSITIF  Fokus pada apa yang anak anda lakukan dengan baik. | {Animate words to text.} |
| Ingat: Lihat, Ucapkan, Ulangkan, dan Sentiasa positif.  Praising our children for good behaviour can help them repeat this behaviour more often.  Anda seharusnya bangga dengan diri anda kerana anda telah melakukan tugas yang baik.  Your home activity today is to try to praise your child during one-on-one time. Bolehkah anda mencubanya pada hari ini? | Giving praise  AKTIVITI DI RUMAH    Praise your child |  |

| {Lesson: Creating a Routine for One-On-One Time} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Hi, you're back on JabuChat. Fantastic! In this lesson, we will learn how to create routines for one-on-one time with your child.  To continue building a positive relationship with your child, let’s make one-on-one time a part of the routine.  Here are three tips for creating a routine for one-on-one time:  Jadilah Sepasukan  Sentiasa Konsisten  dan Memberi Pujian  Mari kita mulakan. | Creating a Routine for One-on-One Time  JADILAH SEPASUKAN  SENTIASA KONSISTEN  GIVE PRAISE |  |
| Pertama, Jadilah Sepasukan.  Bincang dengan anak anda mengenai bagaimana mereka mahu mengatur jadual harian mereka. Adakah anda tahu bahawa anak anda lebih cenderung untuk mengikuti jadual harian apabila mereka membantu menetapkannya? Cubalah! | JADI SATU PASUKAN dan bekerja sama dengan anak anda untuk tetapkan jadual harian |  |
| Seterusnya, Sentiasa Konsisten  Sebaik sahaja anda telah menetapkan jadual harian, pastikan anak anda mengikut jadual harian mereka setiap hari.  Aktiviti menjadi mudah untuk diurus apabila anak belajar dan biasa dengan jadual harian.  Consistent routines help your child learn how to do daily activities by themselves and how to manage their time. | SENTIASA KONSISTEN untuk pastikan anak anda mengikut jadual harian mereka |  |
| Akhir sekali, Beri Pujian.  Praise your child 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 child:  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 child:  ✅ 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 child every day. 📝 Can you do it today? | Creating a Routine for One-on-One Time  AKTIVITI DI RUMAH:  Create a routine around spending 5 minutes of one-on-one time. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Hello, we are glad to see you back on JabuChat!  This lesson is about noticing your and your child’s feelings during One-on-One Time.  Noticing your own and your child’s emotions helps you to support and look after yourselves well. Noticing and talking about feelings with your child will help them learn how to express and manage their emotions well.  They will learn that all feelings are okay - even the difficult 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 six tips for how you can help your child 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 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.  As children 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 the six basic emotions in yourself and in your child. 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 children to appreciate a beautiful moment or the feeling of love! | NOTICE the six basic emotions in yourself and your child |  |
| Third, is to be Open.  Be open, notice, and listen to your child when they share how they are feeling. Accept how you or your child are feeling.  Remember your and their bodies are sending messages about what you both are feeling and these messages are important. | Be OPEN, notice, and listen to your child |  |
| 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 child 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 child 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 child.  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 child that it's okay to share their own feelings. | SHARE your own feelings with your child |  |
| Langkah terakhir ialah memberi KASIH SAYANG.  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.  Anda lakukannya dengan baik!  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.  Bolehkah anda lakukannya hari ini? | Notice Feelings During One-On-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  AKTIVITI DI RUMAH:  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} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Hai! 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. | 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. 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.  Contohnya, katakan:  “Please speak more softly” instead of “Stop Shouting”, or  “Remember to walk inside the house” instead of “stop running”.  This way, it is easier for them to follow! | BE CLEAR   Say what you want them to do |  |
| Finally, be positive.   Puji anak anda apabila mereka berkelakuan baik!  Invite your child 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  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 child. 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? | Keeping Calm When We Are Stressed  HOME ACTIVITY   Use and share the four steps for keeping calm |  |

{Core Course (Teens)}

| {Lesson: Spend One-on-one Time with My Teen} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome back to JabuChat!  This lesson is about spending one-on-one time with your teen. 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. Remember to have fun! | 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. Repeat in your own words what your teen says. It shows you are really listening to them. | 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  HARI  MAIN  KEKAL  AKTIVITI DI RUMAH:  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  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! Dengan cara ini, mereka akan lebih cenderung untuk melakukannya lagi.  Langkah ketiga ialah untuk ulangkan,  Try to find something every day to praise your teen for. 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. | 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.} |
| Ingat: Lihat, Ucapkan, Ulangkan, dan Sentiasa positif.  Praising our teens for good behaviour can help them repeat this behaviour more often.  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? | Giving Praise  AKTIVITI DI RUMAH    Praise your teen |  |

| {Lesson: Create a Routine for One-on-One Time} | | |
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| {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:  Jadilah Sepasukan  Sentiasa Konsisten  dan Memberi Pujian  Mari kita mulakan. | Create Routine for One-on-One Time  JADILAH SEPASUKAN  SENTIASA KONSISTEN  GIVE PRAISE |  |
| Pertama, Jadilah Sepasukan.  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 |  |
| Seterusnya, Sentiasa Konsisten  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 |  |
| 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  Homework  Kerja-kerja rumah  Masa makan  Waktu lapang  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  AKTIVITI DI RUMAH:  Create a routine around spending 15 minutes of one-on-one time. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
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| {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.  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 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 |  |
| 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 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. | 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 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.  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? | Noticing 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} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Hai! 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. | 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 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.  Contohnya, katakan:  “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.  Bolehkah anda kongsikan petua-petua ini hari ini? | Keeping Calm When We Are Stressed  HOME ACTIVITY   Use and share the four steps of keeping calm |  |