{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!  Isifundo sanamhlanje simalunga nokuchitha ixesha lomnye nomnye kunye nomntwana wakho. Ukuchitha ixesha elibalulekileyo kunye nomntwana wakho kuzakubenza bazive bexabisekile kwaye bethandwa.  Izakwakha ukuthemba kunye nentlonipho, kwaye ixhase nabantwana ukufunda izinto ezintsha. ✨  Here are three tips to make the most of spending one-on-one time with your child:  DAY,  PLAY,  and STAY  Let’s get started! | Spend One-on-One time With my Child  DAY  PLAY  STAY |  |
| The first tip is Day:  Try to spend 5 minutes or more with your child EVERY day! | DAY  5 minutes or more every day! |  |
| The second tip is Play.  Buza umntwana wakho ukuba bayafuna ukuchitha ixesha lomnye nomnye kunye nawe. Benze bakhethe into abafuna ukuyenza okanye abazothetha ngayo. Phonononga imidlalo eyahlukeneyo kunye. Khumbula ukuzonwabisa! | PLAY  Let your child choose the activity |  |
| Ingcebiso yethu yokugqibela kuku Hlala. Hlala uqwalasele kumntwana wakho.  Cima umabonakude, beka imfonomfono ecaleni kwaye ususe iziphazamisi.   Jonga kumntwana wakho. Nqwala okanye utsho"Ndibona" ukubonisa ukuba unike ingqwalasela ngokwenene.   Yamkela umntwana wakho kwaye ubalekele ukugweba.  Phendula kumntwana wakho xana benxulumana kunye nawe. Umntwana wakho angasebenzisa amalungu omzimba, amagama agcweleyo, kunye nezandi ukunxulumana kunye nawe. Ibonisa ukuba unike ingqwalasela ngokwenene kubo. | STAY  Focus on your child |  |
| Remember these tips when spending one-on-one time with your child:  Day,  Play,  and Stay  Your home activity this week is to try spending at least 5 minutes of one-on-one time with your child every day.  It will make such a difference!  Do you have time to do it today? | Spend One-on-One Time With my Child  DAY  PLAY  STAY  HOME ACTIVITY:  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} |
| Molo, Kuhle ukukubona kwakhona kwiJabuChat.  Wenze kakuhle ngokuthatha ixesha ukufunda ukuphuhlisa ubudlwelana bakho kunye nomntwana wakho. Ibonisa ukuba uyakhathala ngokwenene! Ukwenze waziva njani lomyalezo? Sonke siziva singcono xana sinconywa! Namhlanje sifunda malunga nokuncoma abantwana bethu.  Abantwana baphendula ngcono xa benconywa. Xana uncoma umntwana wakho ngemizamo yabo nange similo esihle, bazoqhubeka beziphatha kakuhle.  Here are four simple tips for praising your child:  SEE IT, SAY IT, REPEAT IT, KEEP IT POSITIVE. | Giving praise  SEE IT  SAY IT  REPEAT IT  KEEP IT POSITIVE |  |
| The first step is to see it:  Jongisisa nayiphina into umntwana wakho ayenzayo eluncedo kakhulu okanye elungileyo.   Nqumama kwaye uqaphelisise ngokwenene xana besenza into elungileyo.  Next, say it.  Bancome xana ubabona besenza into oyithandayo. Baxelele ngokucacileyo lento bayenze kakuhle.  Yibanomdla kwaye ube unyanisekile! Lento izobenza bathande kakhulu ukuyenza kwakhona.  The third step is to repeat it.  Zama ukufumana into yonke imihla ozakuyincoma kumntwana wakho. Nokuba yinto encinci ngokwenene, qhubeka usenza.  Okukugqibela, Yigcine ilungile. Qinisekisa xana uncoma umntwana wakho, uqwalasela kwinto abayenze kakuhle.  Ungakubonisa ukuncoma ngoncumo olukhulu kunye namazwi. Ungaqhwaba, umange, okanye umnyumbaze umntwana wakho ukubonisa ukuba uyababulela.  Keeping it positive reminds them that you notice them and care.  . | SEE IT  Notice anything your child does that is helpful or good  SAY IT  Give enthusiastic praise!  REPEAT IT  Praise good behaviour every day  KEEP IT POSITIVE  Focus on what your child has done well. | {Animate words to text.} |
| Remember: See it, Say it, Repeat it, and Keep it positive.  Praising our children for good behaviour can help them repeat this behaviour more often.  You are doing great, you should be very proud of yourself.  Umsebenzi wasekhaya namhlanje kukuzama ukuncoma umntwana wakho ngexesha lomnye nomnye. Ungayizama namhalanje? | Giving praise  HOME ACTIVITY    Praise your child |  |

| {Lesson: Creating a Routine for One-On-One Time} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Molo, ubuyile kwaJabuChat. Kuyamangalisa! Kwesi isifundo, sizokufunda ukuba singezakha njani iinkqubo zemihla ngemihla zexesha lomnye nomnye kunye nomntwana wakho.  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:  Be a Team  Be Consistent  and Give Praise  Let’s begin. | Creating a Routine for One-on-One Time  BE A TEAM  BE CONSISTENT  GIVE PRAISE |  |
| First, Be a Team.  Thetha nomntwana wakho ukuba bafuna inkqubo yemihla ngemihla ijongeke njani. Ubusazi ukuba umntwana wakho angakwazi ukuyilandela lenkqubo yemihla ngemihla xna encedisile ku seto lwayo? Yizame! | BE A TEAM and work together with your child to set the routine |  |
| Next, Be Consistent  Once you set the routine, make sure your child follows their routines daily.  Activities become easier to manage when children learn and get used to a routine.  Consistent routines help your child learn how to do daily activities by themselves and how to manage their time. | BE CONSISTENT to make sure your child follows their routines |  |
| Finally, Give Praise.  Praise your child 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 child:  Bedtime  Schoolwork  Chores  Mealtime  Free time  TV or gadget time | Here are some other routines you could talk about with your child:  ✅ Bedtime  ✅ Schoolwork  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or gadget time |  |
| Umsebenzi wasekhaya kukuzama ukwakha inkqubo yemihla ngemihla ngakwi mizuzu emi 5 yexesha lomnye nomnye kunye nomntwana wakho yonke imihla. 📝 Ungakwazi ukuyenza namhlanje? | Creating a Routine for One-on-One Time  HOME ACTIVITY:  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} |
| Molo, siyakuvuyela ukubona ubuyile kwaJabuChat!  This lesson is about noticing your and your child’s feelings during One-on-One Time.  Ukuqaphela iimvakalelo zakho nezomntwana wakho kunceda wena ukuzixhasa kwaye uzijonge ngendlela efanelekileyo. Ukuqaphela kwaye uthethe malunga neemvakalelo zakho kunye nomntwana wakho kunceda ukuba bafunde indlela yokuvakalisa nokulawula iimvakalelo zabo.  They will learn that all feelings are okay - even the difficult ones.  Unganceda ngokuthi ubamamele, ucinge ngokuba inokuba baziva njani, kwaye bazamkela njani iimvakalelo zabo. Lento ingabanceda ukuba baziqaphele nezabanye imvakalelo, kanjalo.  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  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.  Funda malunga neemvakalelo ezahlukeneyo. Kukho iimvakalelo eziyi 6 ezisisiqalelo, zonke zinika thina umyalezo ocace kakhulu:  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.  Xana kuvuka umsindo, luphawu lokuba sizimele ngokunokwethu, kwaye simisele imida.   Imvakalelo yokucaphuka isixelela ukuba sibalekele kude kulonto singaythandiyo.   Xana uziva umangalisekile, luphawu lokuba yima kwaye nika ingqwalasela okomzuzwana, njengokuba kuzakwenza into engalindelekanga okanye ebalulekileyo engenzeka.  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 |  |
| Okulandelayo, kuku QAPHELA.   Qalisa ukujonga iimvakalelo ezi 6 ezisiseko apha kuwe kunye nasemntwaneni wakho. Qaphela ukuba imvakalelo nganye ivakala njani emzimbeni. Ungaqwalasela nakanjalo iimvakalelo ezinjengokuva uxolo, ukonwaba, okanye ukuzola. Ukuqaphela kungavumela nakanjalo abantwana babulele umzuzu omhle okanye imvakalelo yothando! | NOTICE the six basic emotions in yourself and your child |  |
| Third, is to be Open.  Vula, qaphela, kwaye mamela kumntwana wakho xana besabelana ngendlela abaziva ngayo. Yamkela indlela eniziva ngayo wena kunye nomntwana wakho.  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 |  |
| The fourth step is to TALK  Kuqhelekile ukuba neemvakalelo ukuthetha malunga neemvakalelo ezinzima kwaye uzivakalise ezomvakalelo. Khumbula, kukwaqhelekile nokuziva iimvakalelo ngeendlela ezohlukeneyo.  Xana umntwana wakho esiva imvakalelo, chaza oko ukubonayo ngendlela ezolileyo. Umzekelo, ungathi  "Ndiyaqaphela ungxisha phantsi ngeenyawo, thethela phezulu, kwaye ubuso bakhobukhangeleka bubukhathazeka. Uziva unomsindo ngenxa yokuba ungayanga ukuyokudlale phandle?"  Unganceda nakanjalo umntwana wakho afunde iimvakalelo ezohlukeneyo ngokusebenza imbonakalo yobuso kunye neentshukumo zomzimba. Ungayenza nakanjalo ibengumdlalo! | TALK about your emotions and feelings |  |
| 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 |  |
| The final step is to CARE.  Use actions and words to make your child feel accepted and loved.  Xhuma kunye nomntwana wakho kancinci ukuvuthulula umsindo okanye uphefumle kambalwa ukwehla uzole. Ezi zezinye iindlela zokumelana neemvakalelo zakho.  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!  Umsebenzi wakho wasekhaya kukuqaphela iimvakalelo zomntwana wakho ngelixa lexesha lomnye nomnye. Thetha noomntwana wakho ngokuchaza iimvakalelo zakho kunye nezabo iimvakalelo.  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} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Molo! Kuhle ukuba nawe kwakhona kwiJabuChat!  Esi isifundo asimalunga noku uzigcina njani uzolile kunye nokulawula imisindo yethu xana umelana nemizuzu yonxinzelelo kunye nabantwana bethu.  As you began noticing feelings, you would have noticed feelings of anger, frustration or sadness.  Siyabathanda abantwana bethu, kodwa uxinzelelo lokunakekela kkunye nakwezinye iziganeko singasenza sizive sinomsindo. Le yinto eqhelekileyo yenxalenye yobomi!  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.  Qaphela iimvakalelo zakho. Ukuba uziva unomsindo okanye unoxinzelelo ngento umntwana wakho ayenzayo, yithi nqumama okanye uphefumle kambalwa phambili kokuba ubacele benze enye into.  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.  Zikhona ezinye izinto ongazenza ukunceda ukulawula isimilo esingafunekiyo phambi kokuba sibangele uxinzelelo. Nantsi eminye imizekelo.  Praise something positive that your child did today.  Qondisisa iimvakakelelo zabo. Umzekelo, ingadika into yokuchola izinto zokudlala emva kokuzonwabisa okanye kukogqiba umsebenzi omkhulu.  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.  Mema umntwana wakho ajoyine ukwenza umsebenzi wasekhaya. Ungabacela ukuba bacinge ngendlela eyonwabisayo kwaye ekhawulezayo ukwenza umsebenzi wasekhaya ngendlela eyahlukileyo.  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 |  |
| Okwesithathu, Cacisa.   Endaweni yokutsho into ongafuni BANGAYENZI, xelela umntwana wakho lento ufuna BAYENZE.  For example, say:  “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 |  |
| Okukugqibela, ilungile.   Ncoma umntwana wakho xana beziphathe kakuhle!  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 |  |
| Umsebenzi wasekhaya kuleveki kukukhumbula ukusebenzisa lamanqanaba mane ukuba uyaqalisa ukuva uxinzelelo okanye umsindo ngexesha lomnye nomnye. Ungakwazi ukwabelana ngawo kunye nomnye umntu olilungu losapho lwakho. Ukwabelana ngezingcebiso kungabaluleka kakhulu kwimpilo yomntu wonke.  Can you share these tips today? | 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!  Esi sifundo simalunga nokuchitha ixesha lomnye nomnye kunye nomntwana wakho ofikisayo. Ukuchitha ixesha lomnye nomnye kunye nomntwana wakho ofikisayo izakunceda ukwakha ukuthemba, nentlonipho, kunye nobudlelwane obulungileyo phakathi kwakho nomntwna wakho ofikisayo.  Here are three tips to make the most of spending one-on-one time with your teen:  DAY,  PLAY,  and STAY  Let’s get started! | Spend One-on-One Time with my Teen  DAY  PLAY  STAY |  |
| The first tip is Day:  Try to spend 5 minutes or more with your teen EVERY day! | DAY  5 minutes or more every day! |  |
| The second tip is Play.  Buza umntwana wakho ofikisayo ukuba bayafuna ukuchitha ixesha lomnye nomnye kunye nawe. Benze bakhethe into abafuna ukuyenza okanye abazothetha ngayo. Phonononga imidlalo eyahlukeneyo kunye. Khumbula ukuzonwabisa! | PLAY  Let your teen choose the activity |  |
| Ingcebiso yethu yokugqibela kuku Hlala. Hlala uqwalasele kumntwana ofikisayo wakho.  Cima umabonakude, beka imfonomfono ecaleni kwaye ususe iziphazamisi. Jonga kumntwana wakho ofikisayo. Nqwala okanye utsho"Ndibona" ukubonisa ukuba unike ingqwalasela ngokwenene.  Yamkela umntwana wakho kwaye ubalekele ukugweba. Phendula kumntwana wakho xana benxulumana kunye nawe. Phinda ngamazwi akho lonto umntwana wakho ayitshoyo. Ibonisa ukuba unike ingqwalasela ngokwenene kubo. | 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.  Wenze kakuhle ngokuthatha ixesha ukufunda ukuphuhlisa ubudlwelana bakho kunye nomntwana Wakho. Ibonisa ukuba uyakhathala ngokwenene! Ukwenze waziva njani lomyalezo? Sonke siziva singcono xana sinconywa! Namhlanje sifunda malunga nokuncoma abantwana bethu.  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  SEE IT  SAY IT  REPEAT IT  KEEP IT POSITIVE |  |
| The first step is to see it.  Jongisisa nayiphina into umntwana wakho ayenzayo eluncedo kakhulu okanye elungileyo.   Nqumama kwaye uqaphelisise ngokwenene xana besenza into elungileyo.  Next, say it.  Bancome xana ubabona besenza into oyithandayo. Baxelele ngokucacileyo lento bayenze kakuhle.  Yibanomdla kwaye unyaniseke! Ngayo lendlela, ingabenza bathande kakhulu ukuyenza kwakhona.  The third step is to repeat it,  Zama ukufumana into ozakumncoma ngayo umntwana wakho ofikisayo yonke imihla. Nokuba ingayinto encinci ngokwenene, qhubeka ngokuyenza.  Ekugqibeleni, yigcine ilungile. Qinisekisa xana uncoma umntwana wakho ofikisayo, uqwalasela kwinto abayenze kakuhle.  Ungabonisa ukuncoma kwakho ngoncumo olukhulu kunye namazwi. Ungaphakamisa nobhontsi wakho, umange, okanye uqhwanyaze ngemehlo elinye kumntwana wakho ofikisayo ukubonisa ukuba uyababulela.  Keeping it positive reminds them that you notice them and care. | SEE IT  Notice anything your teen does that is helpful or good  SAY IT  Give enthusiastic praise!  REPEAT IT  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    Praise your teen |  |

| {Lesson: Create a Routine for One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Molo, ubuyile kwiJabuChat. Kwakuhle kakhulu! Kwesi sifundo, sizakufunda malunga nokuba sakha njani iinkqubo zemihla ngemihla ngexesha lomnye nomnye kunye nomntwana wakho ofikisayo.  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.  Ukwakha iinkqubo zemihla ngemihla kunye nomntwana wakho ofikisayo kunganceda bazive bebiyelekile, bekhuselekile kukho nentsebenziswano.  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.  Thetha nomntwana wakho ofikisayo malunga nokuba bafuna iinkqubo zemihla ngemihla zibenjani kubo. Umntwana wakho ofikisayo angaziilandela kakhulu ezinkqubo zemihla ngemihla xana bencedisile ukuzakha zona. | 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.  Lento inceda umntwana wakho ofikisayo azive ebiyelekile, ezolile kwaye enxulumene kuwe kuba beyazi into elindelekileyo. Ukuziva ubiyelekeli kuthetha ukuthi umntwana wakho ofikisayo unendawo yokukhula, ukuphuhla kwaye bafumane ukuzimela. | 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 |  |
| Umsebenzi wakho wasekhaya kukuzama ukwakha jikelele nemizuzu emi 15 yexesha lomnye nomnye kunye nomntwana wakho ofikisayo yonke imihla. 📝Ungayenza namhlanje? | 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.  Ukuqaphela kunye nokuthetha malunga neemvakalelo zakho kunye nezomntwana wakho ingakunceda bafunde ukuzivakalisa kunye nokuzilawulela bona. Bazakufunda ukuba zonke iimvakalelo zamkelekile - nezi zingathandekiyo.  Unganceda ngokuthi ubamamele, ucinge ngokuba inokuba baziva njani bona, kwaye bayazamkela iimvakalelo zabo. Lento izakubanceda baziqaphele nezabanye abantu iimvakalelo, ngoko.  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.  Funda malunga neemvakalelo ezahlukeneyo. Kukho iimvakalelo ezi 6 ezisisiseko, zonke zisinika umyalezo ocacileyo:  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.  Xana kuvuka umsindo, luphawu lokuba sizimele ngokunokwethu, kwaye simisele imida.   Imvakalelo yokucaphuka isixelela ukuba sibalekele kude kulonto singaythandiyo.   Xana uziva umangalisekile, luphawu lokuba yima kwaye nika ingqwalasela okomzuzwana, njengokuba kuzakwenza into engalindelekanga okanye ebalulekileyo engenzeka.  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 |  |
| Okulandelayo, kuku QAPHELA.   Qalisa ukujonga iimvakalelo ezi 6 ezisiseko apha kuwe kunye nasemntwaneni wakho. Qaphela ukuba imvakalelo nganye ivakala njani emzimbeni wakho. Ungaqwalasela nakanjalo iimvakalelo ezinjengokuva uxolo, ukonwaba, okanye ukuzola. Ukuqaphela kungavumela nakanjalo abantwana babulele umzuzu omhle okanye imvakalelo yothando! | NOTICE the six basic emotions in yourself and your teen |  |
| Third, is to be Open.  Vula, qaphela, kwaye mamela kumntwana wakho xana besabelana ngendlela abaziva ngayo. Yamkela indlela eniziva ngayo wena kunye nomntwana wakho. Khumbula umzimba wakho nowabo ithumela imiyalezo malunga ukuba niziva njani nobabini kwaye le miyalezo ibalulekile. | Be OPEN, notice, and listen to your teen |  |
| The fourth step is to TALK  Kuqhelekile ukuba neemvakalelo ukuthetha malunga neemvakalelo ezinzima kwaye uzivakalise ezomvakalelo. Khumbula, kukwaqhelekile nokuziva iimvakalelo ngeendlela ezohlukeneyo.  Xana umntwana wakho esiva imvakalelo, chaza oko ukubonayo ngendlela ezolileyo. Umzekelo, yithi  "Ndiyaqaphela ungxisha phantsi ngeenyawo, thethela phezulu, kwaye ubuso bakhobukhangeleka bubukhathazeka. Uziva unomsindo ngenxa yokuba ungayanga ukuyokudlale phandle?"  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.  Yenza eminye imidlalo yokuzivocavoca ukuvuthulula umsindo, zinikeni umgama komnye nomnye okanye uphefumle kambalwa ukwehlisa uzole. Ezi zezinye iindlela zokumelana neemvakalelo zakho.  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!  Umsebenzi wakho wasekhaya kukuqaphela iimvakalelo zomntwana wakho ngelixa lexesha lomnye nomnye. Thetha noomntwana wakho ngokuchaza iimvakalelo zakho kunye nezabo iimvakalelo.  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} |
| Molo! Kuhle ukuba nawe kwakhona kwiJabuChat!  Esi isifundo asimalunga noku uzigcina njani uzolile kunye nokulawula imisindo yethu xana umelana nemizuzu yonxinzelelo kunye nabantwana bethu.  As you began noticing feelings, you would have noticed feelings of anger, frustration or sadness.  Siyabathanda abantwana bethu, kodwa uxinzelelo lokunakekela kkunye nakwezinye iziganeko singasenza sizive sinomsindo. Le yinto eqhelekileyo yenxalenye yobomi!  Kubalulekile kuthi ukuba sihlale sizibambile kwaye silawula imisindo ukwenzela singalimazi abanye.  Kukho amanqanba amane okukugcina uzolile ngelixa loxinzelelo: ZOLA, KHAWULEZA, CACILE, kunye ILUNGILE.  Masiqaliseni! | 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.  Yithi nqumama okanye uphefumle kambalwa phambi kokucela umntwana wakho ofikisayo enze enye into. Thetha nomntwana wakho ngelizwi elizolileyo. Khumbula ukuba injongo yakho kukunceda umntwana wakho azive ethandwa kwaye enxulumene kunye nawe. | 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.  Qondisisa iimvakakelelo zabo. Umzekelo, ingadika into yokuchola izinto zokudlala emva kokuzonwabisa okanye kukogqiba umsebenzi omkhulu.  Ask your teen to do something else, and distract them before the unwanted behaviour begins or gets worse.  Mema umntwana wakho ajoyine ukwenza umsebenzi wasekhaya. Ungabacela ukuba bacinge ngendlela eyonwabisayo kwaye ekhawulezayo ukwenza imisebenzi yekhaya ngendlela eyahlukileyo.  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 |  |
| Okwesithathu, Cacisa.   Endaweni yokutsho into ongafuni BANGAYENZI, xelela umntwana wakho lento ufuna BAYENZE.  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 |  |
| Ekugqibeleni, yigcine ilungile.   Ncoma umntwana wakho xana beziphathe kakuhle!  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 |  |
| Umsebenzi wasekhaya kuleveki kukukhumbula ukusebenzisa lamanqanaba mane ukuba uyaqalisa ukuva uxinzelelo okanye umsindo ngexesha lomnye nomnye. Ungakwazi ukwabelana ngawo kunye nomnye umntu olilungu losapho lwakho. Ukwabelana ngezingcebiso kungabaluleka kakhulu kwimpilo yomntu wonke.  Can you share these tips today? | Keeping Calm When We Are Stressed  HOME ACTIVITY   Use and share the four steps of keeping calm |  |