Welcome back to JabuChat!
{Core Course (Young Children)}
Siyanamkela kwakhona kwi
!
{Core Course (Young Children)}
{Kwinkqubo yethu yesifundo (Yabantwana Abancinci)}
Ukuchitha ixesha elibalulekileyo nabantwana bethu ingabenza bazive bexabisekile kwaye bethandwa.
Izakwakha kananjalo ukuthembana kunye nembeko, kunye nokuxhasa abantwana bafunde izinto ezintsha.✨
Nazi iingcebiso ezintathu zokwenza okuninzi ukuchitha ixesha elibalulekileyo kunye nomntwana wakho:
USUKU.
DLALA,
Kwaye HLALA
Masiqaliseni!
Chitha Ixesha Lomnye Nomnye Kunye Nomntwana wakho
USUKU
DLALA
HLALA
Ingcebiso yokuqala lu SUKU:
Zama ukuchitha imizuzu emi 5 okanye nangaphezulu kunye nomntwana wakho YONKE imihla!
USUKU
Imizuzu emi 5 nangaphezulu yonke imihla!
Ingcebiso yesibini uku DLALA.
Buza umntwana wakho kuba uyafuna ukuchitha ixesha lomnye nomnye kunye nawe. Bavumele bakhethe lonto bafuna ukuyenza okanye ukuthetha malunga nayo. Khangelani imidlalo eyahlukileyo kunye. Khumbula nizonwabise!
DLALA
Vumela umntwana wakho akhethe umdlalo
Ingcebiso yethu yokugqibela uku Hlala.
Cima umabonakude, beka ecaleni imfonomfono kwaye ususe iziphazamisi.
Jonga kumntwana wakho. Nqwala okanye uthi "Ndiyakubona" ukubonisa ukuba unike ingqwalasela ngokwenene.
Mamkele umntwana wakho kwaye ukubalekele ukugweba.
Phendula kumntwana wakho xana enxulumana kunye nawe. Umntwana wakho angasabenzisa amalungu omzimba, izivakalisi eziphelelyo, iintshukumo, kunye nezandi ukunxulumana kunye nawe. Ibonakalisa ukuba unike ingqwalasela ngokwenene kubo.
HLALA
Qwalasela umntwana wakho
Khumbula ezingcebiso xana uchitha ixesha lomnye nomnye kunye nomntwana wakho:
Usuku,
Dlala,
Kwaye Hlala
Umsebenzi wasekhaya kuleveki kukuzama ukuchitha imizuzu emi 5 yomnye nomnye kunye nomntwana wakho yonke imihla.
Iyakwenza umahluko obonakalayo!
Ingaba unalo ixesha lokuyenza namhlanje?
Chitha ixesha lomnye nomnye kunye nomntwana wakho
USUKU
DLALA
HLALA
UMSEBENZI WASEKHAYA:
Chitha kangange mizuzu emi 5 yexesha lomnye nomnye kunye nomntwana wakho yonke imihla.

| {Lesson: Spend One-on-one Time with My Child} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Welcome back to JabuChat! Lesson: Create a Routine for One-on-One Time} {Script} {On Slide Text} {Animation Notes} Molo, ubuyele kwi Jabu Chat. Kwakuhle! kwesi isifundo, sizofunda malunga nokuba sizokha njani inkqubo yemihla ngemihla yexesha lomnye nomnye kunye nomntwana wakho. Ukuqhubeka ukwakha ubudlwelane obulungileyo kunye nomntwana wakho, Masenze ixesha lomnye nomnye libe yinxalenye yenkqubo yemihla ngemihla. Ungasebenzisa iingcebiso zenkqubo yomnye nomnye ukwakha ezinye iinkqubo zemihla ngemihla kunye nomntwana wakho. Ukwakha iinkqubo zemihla ngemihla kunye nomntwana wakho ingabenza kwananjalo bazive bebiyelekile, bekhuselekile kwaye besebenzisana. Bancedise bangcwangcise ixesha lokuphumla, lokutya, lesikolo, kwaye lokulala, usebenzisa ezingcebiso zokwakha iinkqubo yemihla ngemihla kunye nomntwana wakho: Yiba liqembu Ungaguquguquki kwaye uncome Masiqaleni. Yakha inkqubo yemihla ngemihla yexesha lomnye nomnye YIBA LIQEMBU UNGAGUQUGUQUKI NCOMA Okokuqala, Yiba li Qembu. Thetha nomntwana wakho malunga nokuba bafuna iinkqubo yabp yemihla ngemihla ibenjani. Umntwana wakho bangakwazi kakhulu ukulandela iinkqubo zemihla ngemihla xan bencedisile ekuzakheni. Yiba liqembu kwaye sebenzani kunye nomntwana wakho ukwenza iinkqubo zemihla ngemihla Okulandelayo, Ungaguquguquki Xa sele uyenzile inkqubo yemihla ngemihla, qinisekisa ukuba umntwan wakho uyayilandela. Lento inceda umntwana wakho azive ebiyelekile, umoya uphantsi kwaye enxulumene kunye nawe ngokuba bayayazi okulindelelekileyo. Ukuziva ubiyelekile kutsho ukuthi umntwana wakho unendawo yokukhula, ukupuhla kwaye afumane nokuzimela. Ungaguquguquki ukuqinisekisa ukuba umntwana wakho ulandela iinkqubo zabo zemihla ngemihla. Ekugqibeleni, Ncoma Bulela umntwana wakho ngokwakha lenkqubo yemihla ngemihla kunye nawe kwaye ubancome xana belandele inkqubo yemihla ngemihla! Ncoma ngokwenza kunye nokulandela inkqubo yemihla ngemihla. Nazi ezinye iinkqubo zemihla ngemihla ongathetha ngazo kunye nomntwana wakho: Ixesha lokulala Umsebenzi wesikolo Imisebenzi yasekhaya Ixesha lokutya Ixesha lamahala Umabonakude okanye ixesha lemfonomfono Nazi ezinye iinkqubo zemihla ngemihla ongathetha ngazo kunye nomntwana wakho: ✅ Ixesha lokulala ✅ Umsebenzi wasikolo ✅ Umsebenzi wasekhaya ✅ Ixesha lokutya ✅ Ixesha lamahala ✅ Umabonakude okanye ixesha lemfonomfono Umsebenzi wasekhaya kukuzama ukwakha inkqubo yemihla ngemihla yokuchitha imizuzu emi 15 yexesha lomnye nomnye kunye nomntwana wakho yonke imihla. 📝Ungakwazi ukuyenza namhlanje? Yakha inkqubo yemihla ngemihla yexesha lomnye nomnye Umsebenzi wasekhaya: Yakha inkqubo yemihla ngemihla ngenxa yokuchitha imizuzu eyi 15 yomnye nomnye. {Lesson: Noticing Feelings During One-on-One Time} {Script} {On Slide Text} {Animation Notes} Molo, siyavuya ukukubona ubuyile kwi JabuChat! Namhlanje, sizofumanisa malunga nokuqwalasela iimvakalelo zakho kunye nezomntwana wakho ngexesha lomnye nomnye. Qwalasela kwaye uthethe ngemvakalelo kunye nomntwana wakho kuzakubanceda bafunde ukwabelana kwaye bazilawulele. Unganceda ngokuba mamela, ucinge ngokuba ibenza bazive njani, kwaye ukwamkela iimvakalelo zabo. Lento ingabanceda baziqhaphele neemvakalelo zabanye abantu, kananjalo. Nazi iingcebiso ezi 6 ezinganceda umntwana wakho afunde ukumelana nemvakalelo yabo: FUNDA, QAPHELA, VULA, THETHA, YABELANA kwaye KHATHALA Masiqaleni! Qhaphela Imvakelelo ngexesha lomnye nomnye FUNDA QAPHELA VULA THETHA YABELANA KHATHALA Inqanaba lokuqala kuku funda. Funda malunga neemvakalelo ezahlukeneyo. Kukho iimvakalelo ezisisiseko ezi 6, zizonke zisinika umyalezo ocacileyo kakhulu: Ukonwaba kusixelela ukuba sihlale sisenza izinto ezenza ukuba sizive kamnandi. Ukuba uziva ukhathazekile, ngumyalezo othi kukho into ebalulekileyo ebomini bakho edinga ingwalasela. Xana umsindo unyuka, luphawu lokuba sizimele ngokunokwethu, kwaye simisele imida. Imvakalelo yezothe isixelela ukuba sibalekele kude kulonto singayithandiyo. Xana uziva umangalisekile, luphawu lokuba yekela kwaye nika ingqwalasela okomzuzwana, njengokuba kusenokwenzeka into engalindelekanga okanye ebalulekileyo. Ukuziva usoyika luphawu olusixelela ukuba sibalekele kude kulongozi ekhawulezileyo, ukuqinisekisa ngokhuseleko kunye nokubase mpilweni. Abantwana nabo bafunda ukuqahela iimvakalelo ezininzi ezithile, njengokuziva wonwabe kakhulu, ukudana, unebhongo, unesithukuthezi, unoxolo, unobutyala, okanye ubhidekile. FUNDA malunga neemvakalelo ezahlukeneyo. Ukonwaba Ukukhathazeka Umsindo Ukucaphuka Ukumangaliseka Ukoyika Okulandelayo, kuku Qhaphela. Qalisa ngokujonga iimvakalelo ezisisiseko ezintandathu kuwe nase mntwaneni wakho. Qhaphela imvakalelo nganye ukuba ivakala njani emzimbeni wakho. Ungaqaphela neemvakalelo ezimnandi ezinjengo ngova uxolo, ukonwaba, okanye umoya ozolileyo. Ukuqaphela kungavumela abantwana baxabise amaxessha amahle okanye bave uthando! Qaphela iimvakalelo ezintandathu apha kuwe nasemntwaneni wakho Okwesithathu, kuku Vula. Vula, qaphela, kwaye mamela umntwana wakho xana besabelana ukuba baziva njani. Yamkela ukuba wena nomntwana wakho niziva njani. Khumbula ukuba umzimba wakho neyabo ithumela imiyalezo malunga nokuba uziva njani kwaye lomiyalezo ibalulekile. Vula, qaphela, kwaye mamela kumntwana wakho. Inqanaba lesine kuku THETHA Kuqhelekile ukuba kubenzima ukuthetha malunga nokwabelana malunga nemvakalelo. Khumbula, ukuba kuqhelekile nakanjalo ukuva iimvakalelo ngeendlela ezahlukeneyo. Xana umntwana wakho esiva imvakalelo, chaza okubonayo ngendlela ezolileyo. Umzekelo, "Ndiyaqaphela umbakraze ucango, thethela phezulu, kwaye ubuso bakho bukhangeleka bucaphukile. Uziva unomsindo ngenxa yokuba awukwazi ukuphuma ebusuku?" Ungakwazi ukunceda umntwana wakho amelane neemvakalelo ezahlukeneyo ngokubakhuthaza babelane ngendlela abaziva ngayo kwaye ubaxhase. THETHA malunga neemvakalelo zakho Inqanaba lesihlanu. Yabelana ngemvakalelo zakho kunye nomntwana wakho. Umzekelo, "Bnedingeva ngendlela efanayo nam ukuba bendingakwazi ukuphuma xana ndifuna njalo". Lento yenza umzekelo olungileyo kwaye ibonisa umntwana wakhoukuba kulungile ukwabelana ngemvakalelo zabo. Yabelana ngemvakalelo zakho kunye nomntwana wakho. Inqanaba lokugqibela kuku KHATHALA. Sebenzisa intshukumo kunye namazwi ukunceda umntwana wakho azive emkelekile kwaye ethandwa. Yenza eminye imidlalo yokuzivocavoca ukuvuthulula umsindo, nikhe niqelelane komnye nomnye okanye uphemfumlo ukwehlwisa umoya. Khumbuza umntwana wakho ukuba ukhona kwaye bangakwazi ukuthetha kuwe ngamexesha onke. KHATHALA ngomntwana wakho Khumbula , thetha malunga nemvakalelo kunye nomntwana wakho ngo[1] ukufunda malunga nemvakalelo ezahlukeneyo, kwaye [2] qaphela iimvakalelo ezahlukeneyo, [3] vula, [4] thetha ngeemvakalelo, [5] yabelana ngeemvakalelo zakho, kwaye [6] nika inkathalo enothando kumntwana wakho kunye nolwamkelo. Wenza kakuhle! Umsebenzi wasekhaya kukuqaphela imvakalelo yomntwana wakho ngexesha lomnye nomnye namhlanje. Thetha nomntwana wakho ngokuchaza iimvakalelo zakho . Ungayenza namhlanje? Qaphela iimvakalelo ngexesha lomnye nomnye FUNDA QAPHELA VULA THETHA YABELANA KHATHALA UMSEBENZI WASEKHAYA: Thetha kunye nomntwana wakho ngokuchaza iimvakalelo zakho kunye nezabo iimvakalelo ngexesha lomnye nomnye.  {Lesson: Keeping Calm When We Are Stressed} {Script} {On Slide Text} {Animation Notes} Molo! kuhle ukuba ubekunye nathi kwakhona kwi Jabu Chat! Esi sifundo simalunga nokuba singahlala njani sizolile kwaye silawule imisindo yethu ngelixa ujongene nexesha loxinzelelo kunye nabantwana bakho. Njengokokuba sewuqalile ukuqwalasela iimvakalelo zakho, sewuyiqaphele imvakalelo yomsindo, ukudandatheka okanye ukukhathazeka. Siyabathanda abantwana bethu, kodwa uxinzelelo olusuka ekubanakekeleni nakwezinye iziganeko zingasenza sizive sinomsindo. Lena yimpilo eqhelekileyo! Kubalulekile kuthi ukuzama uhlala sizolile ukwenzela ukunceda ukulawula imisindo yethu ukwenzela singalimazi abanye. Kukho amanqanaba amane ukusigcina sizolile kwimeko zoxinzelelo: ZOLA, KHAWULEZA, CACISA KWAYE ULUNGILE masiqalise! Ukuhlala uzolile xana sinoxinzelelo ZOLA KHAWULEZA CACISE ULUNGILE Kuqala, zola Qaphelisisa iimvakalelo zakho. Ukuba uziva unomsindo okanye unoxinzeleo ngento eyenziwa ngumntwana wakho, yithi nqumama okanye uphefumle phambi kokuba ubacela benze enye into. Thetha nomntwana wakho ngelizwi elizolileyo. Khumbula ukuba injongo yakho kukunceda umntwana wakho azive ethandwa kwaye enxulumene kunye nawe. ZOLA QAPHELISISA Khumbula injongo yakho Yenza ngempumelelo Thetha ngokuzolileyo Okwesibini, khawulezisa. Zikhona ezinye izintoongazenza ukunceda ukulawula isimilo esingafunekiyo phambi kokuba sibangele uxinzelelo. Nantsi eminye imizekelo. Ncoma into elungileyo umntwana wakho ayenzileyo namhlanje. Qondaisiza iimvakakelelo zabo. umzekelo, ingavakala ingathi kuyadika ukuqokelela izinto zabo zokudlala emva kokuzivisa kamnandi okanye ekugqibeni umsebenzi omkhulu. Xana ubona umntwana wakho eqalisa ngesimilo esingafunekiyo, Baphazamise kokubacele benze enye into, phambi kokuba baqale isimilo esingafunekiyo okanye siye sibasibi kakkhulu. Mmema umntwana wakho ukuba ukujoyina kumsebenzi owenzayo. Ungabacela ukuba bacinge nye indlela emnandi ekhawulezileyo yokwenza umsebenzi wasekhaya ngokohlukileyo. Khumbula, ukunqanda isimilo esingafunekiyo kulula kakhulu kunokuba ubaqeqeshe emva kokuba benze into engalunganga! KHAWULEZA Ncoma Qondisisa iimvakalelo zabo Baphazamise Bammeme ukuba bajoyine kumsebenzi wasekhaya Third, be clear. Okwesithathu, cacisa. Endaweni yokutsho into ONGAFUNIYO, xelela umntwana wakho into OFUNA ukuba bayenze. Umzekelo, yitsho: "Ndicela uthethele phantsi kakhulu" endaweni yoku "Yeka Ukukhwaza", okanye " Khumbula ukuhamba ngaphakathi endlini" endaweni yokuthi "yeka ukubaleka" Nglendlela, kubalula kubo ukulandela! CACISA Yitsho lento ufuna bayenze Ekugqibeleni, Hlala Ulungile. Ncoma umntwana wakho xana beziphathe kakuhle! Invite your child to a positive activity when you see they are about to start an unwanted behaviour. Mmema umntwana wakho kumdlalo olungileyo xana ubona bezakuqala isimilo esingafunekiyo. Ingabanceda nabo ukba bazi okulindelekiyo kubo! HLALA ULUNGILE Ncoma Khomba kwenye into Umsebenzi wsaekhaya kule veki kukukhumbula ukusebenzisa amanqanaba amane ukuba uye waziva unoxinzelelo okanye unomsindo ngexesha lomnye nomnye kunye nomntwana wakho. Ungabelana nazo naye nelinye ilungu losapho lwakho. Ukwabelana ngazo ezingcebiso kungaba kuhle kakhulu kwimpilo yenu nonke. Ungakwazi ukwabelana ngezingcebiso namhlanje? Ukuzigcina uzolile Xana Sinoxinzelelo UMSEBENZI WASEKHAYA Sebenzisa kwaye wabelane ngeengcebiso zokuzigcina uzolile {Animate words to text.} {Lesson: Giving Praise} {Script} {On Slide Text} {Animation Notes} Molo, kuhle ukubona kwakhona kwi Jabu Chat. Wenze umsebenzi omhle ngokuthatha ixesha ukufunda ngokuphucula ubudlelwane bakho kunye nomntwana wakho.Ibonakalisa ukuba uykhathala ngokwenene! Ukwenza uzive njani lomyalezo? Sonke siye sizive ngcono xana sinconyiwe! Namhlanje sizakufunda malunga nokuncoma abantwana bethu. Abantwana baphendula kakuhle ngonconywa. Xana uncoma umntwana wakho ngemisebenzi kunye nokuziphatha kakuhle, bazoqhubeka besenza kakuhle. Nazi iingcebiso ezi 4 ezilula ngoku ncoma umntwana wakho: YIBONE, YITSHO, YIPHINDE, YIGCINE ILUNGILE Ukuncoma YIBONE YITSHO YIPHINDE YIGCINE ILUNGILE Inqanaba lokuqala kuku yibona: Khangela nayiphina into umntwana wakho ayenzayo eluncedo kakhulu okanye elungileyo. Yima kwaye uqwalasele ngokwenene xana besenza into elungileyo. Okulandelayo, yitsho. Bancome xana ubabona besenza into oyithandayo. Bxelele ngokucacileyo ukuba yintoni le bayenze kakuhle. Yiba nehlombe kwaye utsho ngokwenene! Lento iyenzakwenza umdla omkhulu wokuphinda bayenze kwakhona. Inqanaba lesithathu ku yiphinda. Zama ukufumana into yonke imihla ozakumncomela yona umntwana wakho. Nokuba yinto encinci kakhulu, qhubeka nokuyenza. Ekugqibeleni, yigcine ilungile. qinisekisa xana uncoma umntwana , uqwalasela kwinto abayenze kakuhle. Ungabonakilisa ukuncoma kwakho ngoncumo olukhulu kunye namazwi. Ungaqhwaba , umange, okanye umnyumbaze ukubonakalisa ukuba ubaxabisile. Yigcine ilungile ubakhumbuza ukuba ubanike ingqalelo kwaye uyakhathala. YIBONE qwalasela neyiphina into umntwana wakho ayenzayo eluncedo olukhulu okanye elungileyo YITSHO Ncoma ngoku nehlombe! YIGCINE Ncoma isimilo esilungileyo YIGCINE ILUNGILE Qwalasela kwinto umntwana wakho ayenze kakukhle. {Animate words to text.} Khumbula: Yibone, Yitsho, Yiphinde kwaye yigcine ilungile. Ukuncoma abantwan bethu ngesimilo elingulileyo kungabanceda ukuba basiphinde esosimilo rhoqo. Wenza kakukhle, kumele uzingce. Umsebenzi wasekhaya namhlanje kukuzama ukuncoma umntwana wakho ngexesha lomnye nomnye. Ungakwazi ukuzama lento namhlanje? Ncoma UMSEBENZI WASEKHAYA Ncoma umntwana wakho  Izakwakha ukuthemba kunye nentlonipho, kwaye ixhase nabantwana ukufunda izinto ezintsha. ✨  Nazi iingcebiso ezi ntathu ukwenza kakhulu kwixesha lomnye nomnye kunye nomntwana wakho:  UMHLA,  DLALA, kwaye HLALA  Masiqalise! | Ukuchitha ixesha lomnye nomnye kunye nomntwana wam  Umhla  DLALA  HLALA |  |
| Ingcebiso yokuqala Umhla:   Zama ukuchitha imizuzu emi 5 okanye nangaphezulu kunye nomntwana wakho YONKE imihla! | USUKU  Imizuzu emi 5 okanye eyongezelelweyo yonkw imihla! |  |
| Ingcebiso yesibini uku Dlala.  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! | DLALA  Yeka umntwana wakho akhethe umdlalo |  |
| 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. | HLALA  Qwalasela kumntwana wakho |  |
| Khumbula ezingcebiso xana uchitha ixesha lomnye nomnye kunye nomntwana wakho:  Umhla,  Dlala,  kwaye Hlala  Umsebenzi wasekhaya kuleveki kukuzama ukuchitha nokuba yimizuzu emi 5 kwixesha lomnye nomnye kunye nomntwana wakho yonke imihla.  Ingenza umahluko omkhulu!  Ingaba unalo ixesha lokuyenza namhalanje? | Chitha ixesha lomnye nomnye kunye nomntwana wakho  UMHLA  DLALA  HLALA  UMSEBENZI WASEKHAYA:  Chitha nokuba yimizuzu emi 5 lexesha lomnye nomnye kunye nomntwana wakho. | {Animate words to text.} |

| {Lesson: Giving Praise} | | |
| --- | --- | --- |
| {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.  Nazi iingcebiso ezine ezilula zokuncoma umntwana wakho:  YIBONE, YITHETHE, YIPHINDE, YIGCINE ILUNGILE. | Ukuncoma  YIBONE  YITSHO  YIPHINDE  YIGCINE ILUNGILE |  |
| Inqanaba lokuqala yibone:  Jongisisa nayiphina into umntwana wakho ayenzayo eluncedo kakhulu okanye elungileyo.   Nqumama kwaye uqaphelisise ngokwenene xana besenza into elungileyo.  Okulandelayo, yithethe.  Bancome xana ubabona besenza into oyithandayo. Baxelele ngokucacileyo lento bayenze kakuhle.  Yibanomdla kwaye ube unyanisekile! Lento izobenza bathande kakhulu ukuyenza kwakhona.  Inqanaba lesithathu kuku yiphinda.  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.  Ukuyigcina ilungile kubakhumbuza ukuba ubaqwalasele kwaye uyakhathala.  . | YIBONE Qaphela nayo nayiphina into umntwana wakho ayenzayo eluncedo kakhulu okanye elungileyo  YITSHO  Ncoma ngokusemdleni!  YIPHINDE  Ncoma isimilo esilungileyo yonke imihla  YIGCINE ILUNGILE  Qwalasela kwinto umntwana wakho ayenzileyo kakuhle. | {Animate words to text.} |
| Khumbula: Yibone, Yithethe, Yiphinda, kwaye Yigcine ilungile.  Ukuncoma abantwana bethu ngesimilo esilungileyo kungabanceda basiphinde esi similo rhoqo.  Wenza kakuhle kakhulu, kumele ukuba uyazingca ngawe.  Umsebenzi wasekhaya namhlanje kukuzama ukuncoma umntwana wakho ngexesha lomnye nomnye. Ungayizama namhalanje? | Ukuncoma  UMSEBENZI WASEKHAYA    Ncoma umntwana wakho |  |

| {Lesson: Creating a Routine for One-On-One Time} | | |
| --- | --- | --- |
| {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.  Ukuqhubekeka ukwakha ubudlwelane obulungileyo kunye nomntwana wakho, masenze ixesha lomnye nomnye libeyinxalenye yenkqubo yemihla ngemihla.  Nazi iingcebiso ezi 3 zokwakha inkqubo yemihla ngemihla ngexesha lomnye nomnye:  Yibani liqembu  Ibesisigxina  kwaye Yigcine ilungile  Masiqalise. | Yakha inkqubo yemihla ngemihla ye xesha lomnye nomnye  YIBA LIQEMBU  IBESISIGXINA  UKUNCOMA |  |
| Okokuqala, Yiba liqembu.  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! | YIBANI LIQEMBU kwaye nisebenze kunye ku seto lwenkqubo yemihla ngemihla kunye nomntwana wakho |  |
| Okulandelayo, Ibesisigxina  Xa ulwenzile useto lwenkqubo yemihla ngemihla, qinisekisa ukuba umntwna wakho uyayilandela inkqubo yemihla ngemihla.  Imisebenzi iye ibelula ukuyilawula xana abantwana befunda kwaye beqhelene nenkqubo yemihla ngemihla.  Inkqubo yemihla ngemihla esisigxina inceda umntwana wakho ukuzenzela imisebenzi ngokukunokwabo kwaye balilawule njani ixesha labo. | ISIGXINA kukuqinisekisa umntwana wakho uyayilandela iinkqubo zemihla nge mihla |  |
| Okokugqibelana, Ncoma.  Ncoma umntwana wakho ngokwakha inkqubo yemihla ngemihla kunye nawe kwaye bancome xana beyilandlela inkqubo yemihla ngemihla! | NCOMA ngoseto nokulandela inkqubo yemihla ngemihla. |  |
| Nazi ezinye iingcebiso ngeenkqubo zamihla ngemihla ongathetha ngazo kunye nomntwana wakho:  Bedtime  Umsebenzi wesikolo  Umsebenzi wasekhaya  Ixesha lokutya  Ixesha lamahala  Umabonakude okanye ixesha gajethi | Nazi ezinye iinkqubo zemihla ngemihla ongathetha ngazo kunye nomntwana wakho: ✅Ixesha lokulala ✅Umsebenzi wesikolo ✅Umsebenzi wasekhaya ✅Ixesha lokutya ✅Ixesha lamahala ✅Umabonakude okanye igajethi |  |
| Umsebenzi wasekhaya kukuzama ukwakha inkqubo yemihla ngemihla ngakwi mizuzu emi 5 yexesha lomnye nomnye kunye nomntwana wakho yonke imihla. 📝 Ungakwazi ukuyenza namhlanje? | Ukwakha inkqubo yemihla ngemihla yexesha lomnye nomnye  UMSEBENZI WASEKHAYA:  Yakha inkqubo ngokwe mizuzuemi 5 yexesha lomnye nomnye. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Molo, siyakuvuyela ukubona ubuyile kwaJabuChat!  Esi sifundo simalunga nemvakalelo zakho kunye nomntwana wakho ngelixa lomnye nomnye.  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.  Bazakufunda ukuba zonke iimvakalelo zamkelekile - nezi zinzima.  Unganceda ngokuthi ubamamele, ucinge ngokuba inokuba baziva njani, kwaye bazamkela njani iimvakalelo zabo. Lento ingabanceda ukuba baziqaphele nezabanye imvakalelo, kanjalo.  Nazi iingcebiso ezintandathu zokunceda umntwana wakho afunde indlela yokumelana neemvakalelo zabo: FUNDA, QAPHELA, VULA, THETHA, YABELANA kwaye KHATHALA  Masifunde kakhulu malunga nazo kunye. | Qaphela imvakalelo ngelixa lomnye nomnye  FUNDA QAPHELA VULA THETHA YABELANA KHATHALA |  |
| Inqanaba lokuqala kuku Funda.  Funda malunga neemvakalelo ezahlukeneyo. Kukho iimvakalelo eziyi 6 ezisisiqalelo, zonke zinika thina umyalezo ocace kakhulu:  Ukonwaba kuxelela thina ukuba sigcine izinto ezisenza sizive kamnandi.  Ukuba uziva ukhathazekile, ngumyalezo othi ikhona into ebalulekileyo ebomini bakho edinga ingqwalasela.  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.  Ukuziva usoyika luphawu lokuba balekela kude nento enobungozi, ukuqinisekisa ukhuselo lwethu kunye nempilo.  Njengokuba abantwana besiya bekhula, bafunda ukuqhaphela nezinye iimvakalelo ezininzi, njengokuba beziva bevuya, bengxunguphele, bezingca, bebodwa, benoxolo, benetyala, okanye bebhidekile | FUNDA malunga neemvakalelo ezahlukeneyo.  Ukonwaba  Ukukhathazeka  Umsindo  Ukucaphuka  Ukumangaliseka  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 |  |
| 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 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! | 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.  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! | Ukuzigcina uzolile Xana Unonxinzelelo  ZOLA KHAWULEZA CACISA ILUNGILE |  |
| Okokuqala, Zola.  Qaphela iimvakalelo zakho. Ukuba uziva unomsindo okanye unoxinzelelo ngento umntwana wakho ayenzayo, yithi nqumama okanye uphefumle kambalwa phambili kokuba ubacele benze enye into.  Thetha nomntwana wakho ngelizwi elizolileyo.  Khumbula ukuba injongo yakho kukunceda umntwana wakho azive ethandwa kwaye enxulumene kunye nawe. | ZOLA  Qaphela  Khumbula injongo yakho  Yenza ngokunempumelelo  Thetha ngokuzolileyo |  |
| Okwesibini, khawuleza.  Zikhona ezinye izinto ongazenza ukunceda ukulawula isimilo esingafunekiyo phambi kokuba sibangele uxinzelelo. Nantsi eminye imizekelo.  Ncoma into elungileyo athe umntwana wakho wayenza namhlanje.  Qondisisa iimvakakelelo zabo. Umzekelo, ingadika into yokuchola izinto zokudlala emva kokuzonwabisa okanye kukogqiba umsebenzi omkhulu.  Xana ubona ukuba umntwana wakho uzakuqalisa isimilo esingafunekiyo, baphazamise ngokubacela benze enye into, phambi kokuba isimilo esingafunekiyo siqale okanye siye sibe mandundu.  Mema umntwana wakho ajoyine ukwenza umsebenzi wasekhaya. Ungabacela ukuba bacinge ngendlela eyonwabisayo kwaye ekhawulezayo ukwenza umsebenzi wasekhaya ngendlela eyahlukileyo.  Khumbula, ukubalekela isimilo esingafunekiyo kulula kakhulu kuno kubaqeqesha emva kokuba sebenze into engalunganga! | KHAWULEZA  Ncoma  Qondisisa iimvakelelo zabo  Baphazamise  Mema umntwana wakho ajoyine kumsebenzi wasekhaya |  |
| Okwesithathu, Cacisa.   Endaweni yokutsho into ongafuni BANGAYENZI, xelela umntwana wakho lento ufuna BAYENZE.  Umzekelo, yithi:  "Ndicela uthethele phantsi kakhulu" endaweni yokuthi 'Yeka ukungxola", okanye  "Khumbula ukuhamba ngaphakathi endlini" endaweni yokuthi "yeka ukubaleka".  Ngale ndlela, kulula kubo ukulandela! | CACISA  Yitsho lento ufuna bayenze |  |
| Okukugqibela, ilungile.   Ncoma umntwana wakho xana beziphathe kakuhle!  Mema umntwana wakho kumdlalo olungileyo xana ubabona ukuba sebe zakuqalisa isimilo esingafunekiyo.  Izakuba nceda bayazi ukuba yintoni elindelekileyo kubo! | ILUNGILE  Ncoma  Khombisa |  |
| 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.  Ungbelana ngezingcebiso namhlanje? | Ukuzigcina Uzolile Xana Unoxinzelelo  UMSEBENZI WASEKHAYA  Sebenzisa kwaye wabelane ngezingcebiso zine zokuzigcina uzolile |  |

{Isifundo Esiphambili(Abantwana abafikisayo)}

| {Lesson: Spend One-on-one Time with My Teen} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Wamkelekile kwiJabuChat!  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.  Nazi iingcebiso ezintathu ukwenza ixesha lomnye nomnye kunye nomntwana wakho ofikisayo libelelona: UMHLA, DLALA,  Kwaye HLALA  Masiqaliseni! | Ukuchitha ixesha lomnye nomnye kunye nomntwana wam ofikisayo  UMHLA  DLALA  HLALA |  |
| 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.  Ask your teen if they want to spend one-on-one time with you. Let them choose what to do or talk about. Explore different activities together. Remember to have fun! | PLAY  Let your teen choose the activity |  |
| Our final tip is Stay. Stay focused on your teen.  Switch off the TV, put aside phones and remove distractions. Look at your teen. Nod or say “I see” to show you are really paying attention.  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. | 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  YIBONE  YITSHO  YIPHINDE  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.  Yibanomdla kwaye unyaniseke! Ngayo lendlela, ingabenza bathande kakhulu ukuyenza kwakhona.  Inqanaba lesithathu kuku yiphinda,  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.  Ukuyigcina ilungile ibakhumbuza ukuba ubaqaphele kwaye uyakhathala. | YIBONE Qaphela nayiphina umntwana wakho ofikisayo ayenzayo eluncedo kakhulu okanye elungileyo  YITSHO  Ncoma kokunomdla!  YIPHINDE  Ncoma isimilo esilungilileyo yonke imihla  YIGCINE ILUNGILE  Qwalasela kwinto umntwana wakho ofikisayo ayenzileyo kakuhle. | {Animate words to text.} |
| Khumbula: Yibone, Yitsho, Yiphinde, kaye Yigcine ilungile.  Ukuncoma umntwana wakho ofikisayo ngesimilo esilungileyo singabanceda basiphinde esi similo rhoqo.  Wenze kakuhle kakhulu, bekumele uyazingca ngawe.  Umsebenzi wakho wasekhaya namhlanje kukuzama ukuncoma umntwana wakho ofikisayo ngexesha lomnye nomnye.  Ungayizama namhlanje? | Ukuncoma  UMSEBENZI WASEKHAYA    Mncome umntwana wakho ofikisayo |  |

| {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.  Ukuqhubekeka nokwakha ubudlwelane obulungileyo kunye nomntwana wakho ofikisayo, masenze ixesha lomnye nomnye libeyinxalenye yenkqubo yemihla ngemihla.  Ungasebenzisa ezingcebiso zexesha lomnye nomnye ukwakha iinkqubo zemihla ngemihla kunye nomntwana wakho ofikisayo.  Ukwakha iinkqubo zemihla ngemihla kunye nomntwana wakho ofikisayo kunganceda bazive bebiyelekile, bekhuselekile kukho nentsebenziswano.  Bancedise ukucwangcisa ixesha lokuphumla, lokutya, lomsebenzi wasekhaya, lesikolo, kunye nelo lala, ukusebenzisa iingcebiso zokuba sokha njani iinkqubo zemihla ngemihla kunye nomntwana wakho ofikisayo:  Yiba Liqembu  Ibesisigxina  kwaye Uncome  Masiqaliseni. | Yakha Inkqubo yemihla ngemihla ye Xesha Lomnye Nomnye  YIBA LIQEMBU  IBESISIGXINA  UKUNCOMA |  |
| Okukuqala, yiba liqembu.  Thetha nomntwana wakho ofikisayo malunga nokuba bafuna iinkqubo zemihla ngemihla zibenjani kubo. Umntwana wakho ofikisayo angaziilandela kakhulu ezinkqubo zemihla ngemihla xana bencedisile ukuzakha zona. | YIBA LIQEMBU kwaye sebenza kunye nomntwana wakho ofikisayo ukwenza olu seto lwenkqubo yemihla ngemihla |  |
| Okulandelayo, Ibasisigxina  Xa na usenza useto lwenkqubo yemihla ngemihla, qinisekisa ukuba umntwana wakho bayayilandlela inkqubo yabo yemihla ngemihla.  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. | IBESISIGXINA ukuqininsekisa ukuba umntwana wakho ulandela iinkqubo zemihla ngemihla |  |
| Okokugqibela, Ncoma.  Bulela umntwana wakho ngokwakha inkqubo yemihla ngemihla kunye nomntwana wakho kwaye Bancome xana belandele iinkqubo! | Ncoma ngoseto kunye nokulandela inkqubo. |  |
| Nazi ezinye iinkqubo zemihla ngemihla ongathetha malunga nazo kunye nomntwana wakho ofikisayo:  Ixesha lokulala  Umsebenzi wasekhaya  Imisebenzi yasekhaya  Ixesha lokutya  Ixesha lamahala  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} | | |
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| {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 |  |