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} | | |
| --- | --- | --- |
| {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.  {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. {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 Praise your child {Lesson: Creating a Routine for One-On-One Time} {Script} {On Slide Text} {Animation Notes} Hi, you're back on JabuChat. Fantastic! In this lesson, we will learn 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: 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. Talk to your child about what they want their routines to look like. Did you know that your child is more likely to follow routines when they help to set them? Try it out! 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 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 HOME ACTIVITY: Create a routine around spending 5 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! 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. 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 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. 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 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! Keeping Calm When We Are Stressed BE CALM BE QUICK BE CLEAR BE POSITIVE First, be calm. Be aware of your own feelings. If you are feeling angry or stressed by something your child is doing, take a pause or a few breaths before asking them to do something else. Speak with your child in a calm voice. Remember that your goal is to help your child to feel loved and connected to you. BE CALM Be aware Remember your goal Act effectively Speak calmly Second, be quick. There are other things you can do to help manage unwanted behavior before it becomes stressful. Here are some examples. Praise something positive that your child did today. Understand their feelings. For example, it may feel boring to pick up toys after having fun or ending a big task. When you see your child is about to start an unwanted behaviour, distract them by asking them to do something else, before the unwanted behaviour begins or gets worse. Invite your child to join you in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently. Remember, preventing unwanted behaviour is much easier than disciplining them after they have done something wrong! BE QUICK Praise Understand their feelings Distract them Invite them to join in a chore Third, be clear. Rather than saying what you DON’T want, tell your child what you DO want them to do. For example, say: “Please speak more softly” instead of “Stop Shouting”, or “Remember to walk inside the house” instead of “stop running”. This way, it is easier for them to follow! BE CLEAR Say what you want them to do Finally, be positive. Praise your child when they behave well! 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. 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} {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 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. 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 SEE IT SAY IT REPEAT IT KEEP IT POSITIVE The first step is to see it. Look out for anything your teen does that is helpful or good. Pause and really notice when they are doing something positive. Next, say it. Praise them when you see them do something you like. Tell them specifically what they have done well. Be enthusiastic and really mean it! This way, they are more likely to do it again. The third step is to repeat it, Try to find something every day to praise your teen for. Even if it is something really small, keep doing it. Finally, keep it positive. Make sure when you praise your teen, you focus on something they have done well. You can show your praise with a big smile and words. You can also raise your thumb, hug, or wink an eye at your teen to show you appreciate them. Keeping it positive reminds them that you notice them and care. SEE IT Notice anything your teen does that is helpful or good 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} Hi, you're back on JabuChat. Fantastic! In this lesson, we will learn about how to create routines for one-on-one time with your teen. To continue building a positive relationship with your teen, let’s make one-on-one time a part of the routine. You can use the tips for one-on-one routines to create other daily routines with your teen. Creating daily routines with your teen will also help them feel more secure, safe and cooperative. Help them plan time for resting, meals, chores, school, and sleep, using the three tips on how to create routines with your teen: Be a Team Be Consistent and Give Praise Let’s begin. Create Routine for One-on-One Time BE A TEAM BE CONSISTENT GIVE PRAISE First, Be a Team. Talk to your teen about what they want their routines to look like. Your teen is more likely to follow routines when they help to create them. BE A TEAM and work together with your teen to set the routine Next, Be Consistent Once you set the routine, make sure your teen follows their routines daily. This helps your teen feel secure, calm and connected to you because they know what to expect. Feeling secure means your teen has space to grow, develop and gain independence. BE CONSISTENT to make sure your teen follows their routines Finally, Give Praise. Thank your teen for creating a routine with you and praise them when they follow the routine! GIVE PRAISE for setting and following the routine. Here are some other routines you could talk about with your teen: Bedtime Homework Chores Mealtime Free time TV or phone time Here are some other routines you could talk about with your teen: ✅ Bedtime ✅ Homework ✅ Chores ✅ Mealtime ✅ Free time ✅ TV or phone time Your home activity is to try to create a routine around spending 15 minutes of one-on-one time with your teen every day. 📝 Can you do it today? Create Routine for One-on-One Time HOME ACTIVITY: Create a routine around spending 15 minutes of one-on-one time. {Lesson: Noticing Feelings During One-on-One Time} {Script} {On Slide Text} {Animation Notes} Hello, we are glad to see you back on JabuChat! Today, we'll discover how to notice your and your teen’s feelings during one-on-one time. Noticing and talking about feelings with your teen will help them learn how to express and regulate themselves. They will learn that all feelings are okay - even the unpleasant ones. You can help by listening to them, thinking about how it must feel for them, and accepting their emotions. This will help them recognise other people’s feelings, too. Here are 6 tips for how you can help your teen learn how to cope with their emotions: LEARN, NOTICE, OPEN, TALK, SHARE and CARE Let’s learn more about these together. Notice Feelings During One-on-One Time LEARN NOTICE OPEN TALK SHARE CARE The first step is to Learn. Learn about different emotions. There are 6 basic emotions, all of which provide us with a very specific message: Happy tells us to keep doing things that make you feel good. If you're feeling sad, it's a message that something important in your life needs attention. When anger arises, it's a signal to stand up for ourselves, and set limits. The feeling of disgust tells us to move away from what we don’t like. When you feel surprised, it's a signal to stop and pay attention for a moment, as something unexpected or important might be happening. Feeling afraid signals us to run away from immediate danger, ensuring our safety and well-being. Teens are also learning to identify lots of other emotions, like feeling excited, frustrated, proud, lonely, peaceful, guilty, or confused. LEARN about different emotions. Happy Sad Angry Disgusted Surprised Afraid Next, is to NOTICE. Begin observing the six basic emotions in yourself and in your teen. Notice how each emotion feels in your body. You can also notice pleasant emotions such as a sense of peace, happiness, or calmness. Noticing can also allow teens to appreciate a beautiful moment or feeling of love! NOTICE the six basic emotions in yourself and your teen Third, is to be Open. Be open, notice, and listen to your teen when they share how they are feeling. Accept how you and your teen are feeling. Remember your and their bodies are sending messages about what you both are feeling and those messages are important. Be OPEN, notice, and listen to your teen The fourth step is to TALK It is normal to have difficulty talking about and expressing emotions and feelings. Remember, it is also normal to experience feelings in different ways. When your teen is feeling an emotion, describe what you are observing in a calm way. For example, “I notice you slammed the door, talk loudly, and your face looks a bit upset. Are you feeling angry because you can’t go out at night?” You can also help your teen manage different emotions by encouraging them to share how they feel and supporting them. TALK about your emotions and feelings Step five is to share. Share your own feelings with your teen. For example, “I would feel the same way if I couldn’t go out when I wanted to”. This sets a good example and shows your teen that it's okay to share their own feelings. SHARE your own feelings with your teen The final step is to CARE. Use actions and words to help your teen feel accepted and loved. Do some active exercise to shake out anger, give some space to each other or take some deep breaths to calm down. These are some of the ways to deal with your emotions. Remind your teen that you are there for them and that they can always talk to you. CARE for your teen Remember, talk about feelings with your teen by [1] learning about different emotions, [2] noticing different emotions, [3] being open, [4] talking about emotions, [5] sharing your own feelings, and [6] offering your teen care with love and acceptance. You’re doing great! Your home activity is to notice your teen’s feelings during one-on-one time today. Talk to your teen by describing your own feelings and their feelings. Can you do it today? Noticing Feelings During One-on-One Time LEARN NOTICE OPEN TALK SHARE CARE HOME ACTIVITY: Talk to your teen by describing your own feelings and their feelings during one-on-one time. {Animate words to text} {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 Praise your child  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  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.  Ask your child 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 child choose the activity |  |
| Our final tip is Stay. Stay focused on your child.  Switch off the TV, put aside phones and remove distractions.   Look at your child. Nod or say “I see” to show you are really paying attention.   Accept your child and avoid judgement.  Respond to your child when they communicate with you. Your child may use gestures, full sentences, movements, and sounds to communicate with you. It shows you are really paying attention to them. | 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} |
| 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  YIBONE  YITSHO  YIPHINDE  KEEP IT POSITIVE |  |
| 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.  Next, say it.  Praise them when you see them do something you like. Tell them specifically what they have done well.  Be enthusiastic and really mean it! This 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. Even if it is something really small, keep doing it.  Finally, keep it positive. 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.  . | SEE IT  Notice anything your child does that is helpful or good  YITSHO  Give enthusiastic praise!  YIPHINDE  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.  Your home activity today is to try to praise your child during one-on-one time. Can you try it today? | 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} |
| 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:  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.  Talk to your child about what they want their routines to look like. Did you know that your child is more likely to follow routines when they help to set them? Try it out! | 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 |  |
| 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  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} |
| 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.  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 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.  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 |  |
| 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} | | |
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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 stay calm and manage our anger when dealing with stressful moments with our children.  As you began noticing feelings, you would have noticed feelings of anger, frustration or sadness.  We love our children, but stress from caregiving and other events can make us feel angry. This is a normal part of life!  It is important for us to try to stay calm in order to help manage our anger so we do not hurt others.  There are four steps to keeping calm in stressful situations: BE CALM, be QUICK, beCLEAR, and be POSITIVE.  Let’s begin! | Keeping Calm When We Are Stressed   BE CALM  BE QUICK  BE CLEAR  BE POSITIVE |  |
| First, be calm.  Be aware of your own feelings. If you are feeling angry or stressed by something your child is doing, take a pause or a few breaths before asking them to do something else.  Speak with your child in a calm voice.  Remember that your goal is to help your child to feel loved and connected to you. | BE CALM  Be aware  Remember your goal  Act effectively  Speak calmly |  |
| Second, be quick.  There are other things you can do to help manage unwanted behavior before it becomes stressful. Here are some examples.  Praise something positive that your child did today.  Understand their feelings. For example, it may feel boring to pick up toys after having fun or ending a big task.  When you see your child is about to start an unwanted behaviour, distract them by asking them to do something else, before the unwanted behaviour begins or gets worse.  Invite your child to join you in a chore you are doing. You can ask them to think of a fun and quick way of doing the chores differently.  Remember, preventing unwanted behaviour is much easier than disciplining them after they have done something wrong! | BE QUICK   Praise   Understand their feelings   Distract them   Invite them to join in a chore |  |
| Third, be clear.   Rather than saying what you DON’T want, tell your child what you DO want them to do.  For example, say:  “Please speak more softly” instead of “Stop Shouting”, or  “Remember to walk inside the house” instead of “stop running”.  This way, it is easier for them to follow! | BE CLEAR   Say what you want them to do |  |
| Finally, be positive.   Praise your child when they behave well!  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.  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!  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  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.  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.  Be enthusiastic and really mean it! This way, they are more likely to do it again.  The third step is to repeat it,  Try to find something every day to praise your teen for. Even if it is something really small, keep doing it.  Finally, keep it positive. Make sure when you praise your teen, you focus on something they have done well.  You can show your praise with a big smile and words. You can also raise your thumb, hug, or wink an eye at your teen to show you appreciate them.  Keeping it positive reminds them that you notice them and care. | SEE IT  Notice anything your teen does that is helpful or good  YITSHO  Give enthusiastic praise!  YIPHINDE  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    Mncome umntwana wakho ofikisayo |  |

| {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:  Be a Team  Be Consistent  and Give Praise  Let’s begin. | Create Routine for One-on-One Time  BE A TEAM  BE CONSISTENT  GIVE PRAISE |  |
| First, Be a Team.  Talk to your teen about what they want their routines to look like. Your teen is more likely to follow routines when they help to create them. | BE A TEAM and work together with your teen to set the routine |  |
| Next, Be Consistent  Once you set the routine, make sure your teen follows their routines daily.  This helps your teen feel secure, calm and connected to you because they know what to expect. Feeling secure means your teen has space to grow, develop and gain independence. | BE CONSISTENT to make sure your teen follows their routines |  |
| Finally, Give Praise.  Thank your teen for creating a routine with you and praise them when they follow the routine! | GIVE PRAISE for setting and following the routine. |  |
| Here are some other routines you could talk about with your teen:  Bedtime  Homework  Chores  Mealtime  Free time  TV or phone time | Here are some other routines you could talk about with your teen:  ✅ Bedtime  ✅ Homework  ✅ Chores  ✅ Mealtime ✅ Free time  ✅ TV or phone time |  |
| Your home activity is to try to create a routine around spending 15 minutes of one-on-one time with your teen every day. 📝 Can you do it today? | Create Routine for One-on-One Time  HOME ACTIVITY:  Create a routine around spending 15 minutes of one-on-one time. |  |

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