{Core Course (Young Children)}

| {Lesson: Spend One-on-one Time with My Child} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Wamkelekile kwakhona kwi JabuChat!  Isifundo sanamhlanje simalunga nokuchitha ixesha lomnye nomnye kunye nomntwana wakho. Ukuchitha ixesha elibalulekileyo kunye nomntwana wakho kuzakubenza bazive bexabisekile kwaye bethandwa.  Izakwakha ukuthemba kunye nentlonipho, kwaye ixhase nabantwana ukufunda izinto ezintsha. ✨  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  Mvumele 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} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Molo, Kuhle ukukubona kwakhona kwiJabuChat.  Wenze kakuhle ngokuthatha ixesha ukufunda ukuphuhlisa ubudlwelana bakho kunye nomntwana wakho. Ibonisa ukuba uyakhathala ngokwenene! Ukwenze waziva njani lomyalezo? Sonke siziva singcono xana sinconywa! Namhlanje sifunda malunga nokuncoma abantwana bethu.  Abantwana baphendula ngcono xa benconywa. Xana uncoma umntwana wakho ngemizamo yabo nange similo esihle, bazoqhubeka beziphatha kakuhle.  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} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Molo, ubuyile kwaJabuChat. Kuyamangalisa! Kwesi isifundo, sizokufunda ukuba singezakha njani iinkqubo zemihla ngemihla zexesha lomnye nomnye kunye nomntwana wakho.  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:  Ixesha lokulala  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} | | |
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| {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  Ukoyika |  |
| Okulandelayo, kuku QAPHELA.   Qalisa ukujonga iimvakalelo ezi 6 ezisiseko apha kuwe kunye nasemntwaneni wakho. Qaphela ukuba imvakalelo nganye ivakala njani emzimbeni. Ungaqwalasela nakanjalo iimvakalelo ezinjengokuva uxolo, ukonwaba, okanye ukuzola. Ukuqaphela kungavumela nakanjalo abantwana babulele umzuzu omhle okanye imvakalelo yothando! | Qalisa ukujonga iimvakalelo ezi 6 ezisiseko apha kuwe kunye nasemntwaneni wakho |  |
| Okwesithathu, kuku Vula.  Vula, qaphela, kwaye mamela kumntwana wakho xana besabelana ngendlela abaziva ngayo. Yamkela indlela eniziva ngayo wena kunye nomntwana wakho.  Khumbula umzimba wakho nowabo ithumela imiyalezo malunga ukuba niziva njani nobabini kwaye le miyalezo ibalulekile. | VULA, qaphela, kwaye mamela kumntwana wakho |  |
| Inqanaba lesine uku Thetha  Kuqhelekile ukuba neemvakalelo ukuthetha malunga neemvakalelo ezinzima kwaye uzivakalise ezomvakalelo. Khumbula, kukwaqhelekile nokuziva iimvakalelo ngeendlela ezohlukeneyo.  Xana umntwana wakho esiva imvakalelo, chaza oko ukubonayo ngendlela ezolileyo. Umzekelo, ungathi  "Ndiyaqaphela ungxisha phantsi ngeenyawo, thethela phezulu, kwaye ubuso bakhobukhangeleka bubukhathazeka. Uziva unomsindo ngenxa yokuba ungayanga ukuyokudlale phandle?"  Unganceda nakanjalo umntwana wakho afunde iimvakalelo ezohlukeneyo ngokusebenza imbonakalo yobuso kunye neentshukumo zomzimba. Ungayenza nakanjalo ibengumdlalo! | THETHA malunga neemvakalelo kunye nemizwa |  |
| Inqanaba lesihlanu ku kwabelana.  Yabelana ngezakho iimvakalelo kunye nomntwana wakho.  Umzekelo, ungathi, "Ndingaziva ngendlela enye ukuba bendingakwazi ukuphuma xana ndifuna."  Lento yenza umzekelo olungileyo kwaye ibonisa umntwana wakho ukuba kulungile ukwabelana ngeemvakalelo zabo. | Yabelana ngezakho iimvakalelo kunye nomntwana wakho |  |
| Inqanaba lokugqibela kuku KHATHALA.  Sebenzisa iintshukumo kunye namazwi ukwenza umntwana wakho azive emkelekile kwaye ethandwa.  Xhuma kunye nomntwana wakho kancinci ukuvuthulula umsindo okanye uphefumle kambalwa ukwehla uzole. Ezi zezinye iindlela zokumelana neemvakalelo zakho.  Khumbuza umntwana wakho ukuba ukhona kubo kwaye bangathetha kunye nawe maxesha onke. | KHATHALA ngomntwana wakho |  |
| Kkumbula, ukuthetha malunga neemvakalelo kunye nomntwana wakho ngo [1] ukufunda malunga neemvakalelo eazahlukeneyo, [2] ukuqaphela iimvakalelo ezahlukeneyo, [3] ukuvula, [4] thetha malunga neemvakalelo, [5] ukwabelana ngeemvakalelo, kunye [6] ukunika umntwana wakho inkathalo ngothando kunye nolwamkelo.  Wenza kakuhle!  Umsebenzi wakho wasekhaya kukuqaphela iimvakalelo zomntwana wakho ngelixa lexesha lomnye nomnye. Thetha noomntwana wakho ngokuchaza iimvakalelo zakho kunye nezabo iimvakalelo.  Ungakwazi ukuyenza namhlanje? | Qaphela iimvakalelo ngelixa lexesha lomnye nomnye kunye nomntwana wakho  FUNDA QAPHELA VULA THETHA YABELANA KHATHALA  UMSEBENZI WASEKHAYA:  Thetha nomntwana wakho ngokuchazza iimvakalelo zakho kunye nezakhe ngelixa lexesha lomnye nomnye. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Molo! Kuhle ukuba nawe kwakhona kwiJabuChat!  Esi isifundo asimalunga noku uzigcina njani uzolile kunye nokulawula imisindo yethu xana umelana nemizuzu yonxinzelelo kunye nabantwana bethu.  Njengokuba uqalisa ukuqaphela iimvakakelelo, ungabe sewuqalile ukuqaphela iimvakalelo zomsindo okanye ezokhathazeka.  Siyabathanda abantwana bethu, kodwa uxinzelelo lokunakekela kkunye nakwezinye iziganeko singasenza sizive sinomsindo. Le yinto eqhelekileyo yenxalenye yobomi!  Kubalulekile kuthi ukuba sizame ukuhlala sizolile ukwenzela ukunceda ukulawula imisindo yethu ukwenzela singalimazi abanye.   Kukho amanqanaba amane okugcina uzolile ngeemeko ezixinzelelayo kakhulu: KHAWULEZA, CACISA, kwaye ILUNGILE.    Masiqalise! | 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 |  |
| Ingcebiso yokuqala Umhla:   Zama ukuchitha imizuzu emi 5 okanye nangaphezulu kunye nomntwana wakho YONKE imihla! | UMHLA  Imizuzu emi 5 okanye eyongezelelweyo yonkw imihla! |  |
| Ingcebiso yesibini uku Dlala.  Buza umntwana wakho ofikisayo ukuba bayafuna ukuchitha ixesha lomnye nomnye kunye nawe. Benze bakhethe into abafuna ukuyenza okanye abazothetha ngayo. Phonononga imidlalo eyahlukeneyo kunye. Khumbula ukuzonwabisa! | DLALA  Yenza ukuba umntwana ofikisayo wakho ofikisayo akhethe umsetyenzana |  |
| Ingcebiso yethu yokugqibela kuku Hlala. Hlala uqwalasele kumntwana ofikisayo wakho.  Cima umabonakude, beka imfonomfono ecaleni kwaye ususe iziphazamisi. Jonga kumntwana wakho ofikisayo. Nqwala okanye utsho"Ndibona" ukubonisa ukuba unike ingqwalasela ngokwenene.  Yamkela umntwana wakho kwaye ubalekele ukugweba. Phendula kumntwana wakho xana benxulumana kunye nawe. Phinda ngamazwi akho lonto umntwana wakho ayitshoyo. Ibonisa ukuba unike ingqwalasela ngokwenene kubo. | HLALA  Qwalasela kumntwana wakho |  |
| Khumbula, ngexesha 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 wam ofikisayo  UMHLA  DLALA  HLALA  UMSEBENZI WASEKHAYA:  Chitha nokuba yimizuzu emi 5 lexesha lomnye nomnye kunye nomntwana wakho yonke imihla. | {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.  Xana unika ingqwalasela kwisimilo esilungileyo, umntwana wakho ofikisayo ingamenza aziphathe kakuhle kakhulu rhoqo kwaye azive elungile malunga nabo!  Nzi iingcebiso ezine ngokuncoma umntwan wakho ofikisayo: YIBONA, YITSHO, YIPHINDA, 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 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} | | |
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| {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  Umabonakude okanye ixesha lemfonomfono | Nazi ezinye iinkqubo zemihla ngemihla ongathetha malunga nazo kunye nomntwana wakho ofikisayo: ✅Ixesha lokulala ✅umsebenzi wasekhaya ✅imisebenzi yekhaya ✅ixesha lokutya ✅Ixesha lamahala ✅Umabonakude okanye ixesha lemfonomfono |  |
| Umsebenzi wakho wasekhaya kukuzama ukwakha jikelele nemizuzu emi 15 yexesha lomnye nomnye kunye nomntwana wakho ofikisayo yonke imihla. 📝Ungayenza namhlanje? | Ukwakha inkqubo yemihla ngemihla ngexesha lomnye nomnye  UMSEBENZI WASEKHAYA:  Ukwakha inkqubo jikelele ngokuchitha imizuzu emi 15 yexesha lomnye nomnye. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Molo, siyakuvuyela ukukubona kwakhona kwiJabuChat!  Namhlanje, sizofumanisa ukuba siziqaphela njani iimvakalelo zakho kunye nezo mntwana wakho ngexesha lomnye nomnye.  Ukuqaphela kunye nokuthetha malunga neemvakalelo zakho kunye nezomntwana wakho ingakunceda bafunde ukuzivakalisa kunye nokuzilawulela bona. Bazakufunda ukuba zonke iimvakalelo zamkelekile - nezi zingathandekiyo.  Unganceda ngokuthi ubamamele, ucinge ngokuba inokuba baziva njani bona, kwaye bayazamkela iimvakalelo zabo. Lento izakubanceda baziqaphele nezabanye abantu iimvakalelo, ngoko.  Nazi iingcebiso ezi 6 ezingokuba unganceda njani umntwana wakho ofikisayo ukuba amelane neemvakalelo zabo: FUNDA, QAPHELA, VULA, THETHA, YABELANA kwaye KHATHALA  Masifunde kakhulu malunga nazo kunye. | Qaphela iimvakalelo ngelixa lexesha lomnye nomnye kunye nomntwana wakho  FUNDA QAPHELA VULA THETHA YABELANA KHATHALA |  |
| Inqanaba lokuqala kuku Funda.  Funda malunga neemvakalelo ezahlukeneyo. Kukho iimvakalelo ezi 6 ezisisiseko, zonke zisinika umyalezo ocacileyo:  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.  Abantwana abafikisayo baye bafunde ukuqhaphela nezinye iimvakalelo ezininzi, njengokuba beziva bevuya, bengxunguphele, bezingca, bebodwa, benoxolo, benetyala, okanye bebhidekile. | FUNDA malunga neemvakalelo ezahlukeneyo.  Ukonwaba  Ukukhathazeka  Umsindo  Ukucaphuka  Ukumangaliseka  Ukoyika |  |
| Okulandelayo, kuku QAPHELA.   Qalisa ukujonga iimvakalelo ezi 6 ezisiseko apha kuwe kunye nasemntwaneni wakho. Qaphela ukuba imvakalelo nganye ivakala njani emzimbeni wakho. Ungaqwalasela nakanjalo iimvakalelo ezinjengokuva uxolo, ukonwaba, okanye ukuzola. Ukuqaphela kungavumela nakanjalo abantwana babulele umzuzu omhle okanye imvakalelo yothando! | Qalisa ukujonga iimvakalelo ezi 6 ezisiseko apha kuwe kunye nasemntwaneni wakho ofikisayo |  |
| Okwesithathu, kuku Vula.  Vula, qaphela, kwaye mamela kumntwana wakho xana besabelana ngendlela abaziva ngayo. Yamkela indlela eniziva ngayo wena kunye nomntwana wakho. Khumbula umzimba wakho nowabo ithumela imiyalezo malunga ukuba niziva njani nobabini kwaye le miyalezo ibalulekile. | VULA, qaphela, kwaye mamela kumntwana wakho |  |
| Inqanaba lesine uku Thetha  Kuqhelekile ukuba neemvakalelo ukuthetha malunga neemvakalelo ezinzima kwaye uzivakalise ezomvakalelo. Khumbula, kukwaqhelekile nokuziva iimvakalelo ngeendlela ezohlukeneyo.  Xana umntwana wakho esiva imvakalelo, chaza oko ukubonayo ngendlela ezolileyo. Umzekelo, yithi  "Ndiyaqaphela ungxisha phantsi ngeenyawo, thethela phezulu, kwaye ubuso bakhobukhangeleka bubukhathazeka. Uziva unomsindo ngenxa yokuba ungayanga ukuyokudlale phandle?"  Ungancedsa umntwana wakho ofikisayo amelane neemvakalelo ezahlukeneyo ngoku mkhuthaza ukuba ubelana njani ngendlela aziva ngayo kwaye ubaxhase. | THETHA malunga neemvakalelo kunye nemizwa |  |
| Inqanaba lesihlanu ku kwabelana.  Yabelana ngezakho iimvakalelo kunye nomntwana wakho.  Umzekelo, ungathi, "Ndingaziva ngendlela enye ukuba bendingakwazi ukuphuma xana ndifuna.".  Lento yenza umzekelo olungileyo kwaye ibonisa umntwana wakho ukuba kulungile ukwabelana ngeemvakalelo zabo. | Yabelana ngezakho iimvakalelo kunye nomntwana wakho |  |
| Inqanaba lokugqibela kuku KHATHALA.  Sebenzisa iintshukumo kunye namazwi ukwenza umntwana wakho azive emkelekile kwaye ethandwa.  Yenza eminye imidlalo yokuzivocavoca ukuvuthulula umsindo, zinikeni umgama komnye nomnye okanye uphefumle kambalwa ukwehlisa uzole. Ezi zezinye iindlela zokumelana neemvakalelo zakho.  Khumbuza umntwana ofikisayo wakho ukuba ukhona kubo kwaye bangathetha kunye nawe maxesha onke. | KHATHALA ngomntwana wakho |  |
| Kkumbula, ukuthetha malunga neemvakalelo kunye nomntwana wakho ngo [1] ukufunda malunga neemvakalelo eazahlukeneyo, [2] ukuqaphela iimvakalelo ezahlukeneyo, [3] ukuvula, [4] thetha malunga neemvakalelo, [5] ukwabelana ngeemvakalelo, kunye [6] ukunika umntwana wakho inkathalo ngothando kunye nolwamkelo.  Wenza kakuhle!  Umsebenzi wakho wasekhaya kukuqaphela iimvakalelo zomntwana wakho ngelixa lexesha lomnye nomnye. Thetha noomntwana wakho ngokuchaza iimvakalelo zakho kunye nezabo iimvakalelo.  Ungakwazi ukuyenza namhlanje? | Ukuqaphela iimvakalelo ngelixa lexesha lomnye nomnye  FUNDA QAPHELA VULA THETHA YABELANA KHATHALA  UMSEBENZI WASEKHAYA:  Thetha nomntwana wakho ofikisayo ngokuchazza iimvakalelo zakho kunye nezakhe ngelixa lexesha lomnye nomnye. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Molo! Kuhle ukuba nawe kwakhona kwiJabuChat!  Esi isifundo asimalunga noku uzigcina njani uzolile kunye nokulawula imisindo yethu xana umelana nemizuzu yonxinzelelo kunye nabantwana bethu.  Njengokuba uqalisa ukuqaphela iimvakakelelo, ungabe sewuqalile ukuqaphela iimvakalelo zomsindo okanye ezokhathazeka.  Siyabathanda abantwana bethu, kodwa uxinzelelo lokunakekela kkunye nakwezinye iziganeko singasenza sizive sinomsindo. Le yinto eqhelekileyo yenxalenye yobomi!  Kubalulekile kuthi ukuba sihlale sizibambile kwaye silawula imisindo ukwenzela singalimazi abanye.  Kukho amanqanba amane okukugcina uzolile ngelixa loxinzelelo: ZOLA, KHAWULEZA, CACILE, kunye ILUNGILE.  Masiqaliseni! | Ukuzigcina uzolile Xana Unonxinzelelo  ZOLA KHAWULEZA CACISA ILUNGILE |  |
| Okokuqala, Zola.  Qaphelisisa iimvakalelo zakho. Zikhathalele iimvakalelo zakho.  Yithi nqumama okanye uphefumle kambalwa phambi kokucela umntwana wakho ofikisayo enze enye into. Thetha nomntwana wakho ngelizwi elizolileyo. Khumbula ukuba injongo yakho kukunceda umntwana wakho azive ethandwa kwaye enxulumene kunye nawe. | ZOLA  Qaphela  Khumbula injongo yakho  Yenza ngokunempumelelo  Thetha ngokuzolileyo |  |
| Okwesibini, khawuleza.  Zikhona ezinye izinto ongazenza ukunceda ukulawula isimilo esingafunekiyo phambi kokuba sibangele uxinzelelo.  Ncoma into elungileyo athe umntwana wakho wayenza namhlanje.  Qondisisa iimvakakelelo zabo. Umzekelo, ingadika into yokuchola izinto zokudlala emva kokuzonwabisa okanye kukogqiba umsebenzi omkhulu.  Cela umntwana wakho ofikisayo enze enye into, kwaye ubaphazamise phambi kokuba baqalise isimilo esingafunekilyo okanye siye sibe sinyukele.  Mema umntwana wakho ajoyine ukwenza umsebenzi wasekhaya. Ungabacela ukuba bacinge ngendlela eyonwabisayo kwaye ekhawulezayo ukwenza imisebenzi yekhaya 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 wekhaya |  |
| Okwesithathu, Cacisa.   Endaweni yokutsho into ongafuni BANGAYENZI, xelela umntwana wakho lento ufuna BAYENZE.  Umzekelo, yithi:  "Ndicela uthethele phantsi" endaweni yokuthi "Yeka ukungxola", okanye "Khumbula ukuxhoma ibhatyi kwi khabhathi yempahla, ndiyacela" endaweni yokuthi " Ungashiyi ibhatyi yakho phantsi'.  Ngale ndlela, kulula kubo ukulandela! | CACISA  Yitsho lento ufuna bayenze |  |
| Ekugqibeleni, yigcine 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! | KULUNGILE  Ncoma  Mema ukuzojoyina umdlalo olungileyo |  |
| 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.  Ungabelana ngezingcebiso namhlanje? | Ukuzigcina Uzolile Xana Unoxinzelelo  UMSEBENZI WASEKHAYA  Sebenzisa kwaye wabelane ngezingcebiso zine zokuzigcina uzolile |  |