{Core Course (Young Children)}

| {Lesson: Spend One-on-one Time with My Child} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Siyakwamukela kuJabuChat!  Isifundo sanamhlanje simayelana nokuchitha isikhathi nengane yakho ninobabili. Ukuchitha isikhathi sekhwalithi nengane yakho kuzomenza azizwe abalulekile futhi athandwa.  Kuzowaka ukwethembana nenhlonipho, futhi kweseka izingane ekufundeni izinto ezintsha. ✨  Nawa amathiphu amathathu ukukusiza ngokuchitha isikhathi ninobabili nengane yakho::  USUKU,  UKUDLALA,  futhi UKUHLALA  Masiqale! | Chitha Isikhathi Sisobabili Nengane Yami  USUKU  DLALA  HLEZI |  |
| Ithiphu yokuqala ithi Usuku:  Zama ukuchitha imizuzu emi-5 kuyela phezulu nengane yakho nsuku ZONKE! | USUKU  Imizuzu emihlanu nangaphezulu nsuku zonke! |  |
| Ithiphu yesibili Ukudlala.  Buza ingane yakho ukuthi uyafuna ukuchitha isikhathi eyedwa nawe. Mudedele akhethe ukuthi nenza ini noma nikhuluma ngani. Hlola izinto eningazenza ndawonye. Khumbula ukuzijabulisa! | DLALA  Dedela ingane yakho ikhethe into enizoyenza |  |
| Ithiphu yethu yokugcina Ukuhlala. Hlala ubheke ingane yakho.  Cima iTV, beka amafoni eceleni futhi ususe iziphazamiso.   Bheka ingane yakho. Nqekuzisa ikhanda noma uthi "Ngiyabona" ukutshengisa ukuthi umnakile ngempela.   Yamukela ingane yakho futhi uvimbe ukwahlulela.  Phendula ingane yakho uma ikhuluma nawe. Umntwana wakho angasebenzisa izenzo, imisho ephelele, iminyakazo, nemisindo ukukhuluma nawe. Kutshengisa ukuthi uyamunaka ngempela. | HLEZI  Gxila enganeni yakho |  |
| Khumbula lamathiphu uma uchitha isikhathi ninobabili nengane yakho:  Usuku,  Ukudlala,  nokuHlezi  Umsebenzi wakho wasekhaya kuleliviki ukuthi uzame ukuchitha imizuzu emi-5 ninobabili nodwa nengane yakho nsuku zonke.  Kuzokwenza umehluko omkhulu!  Ingabe naso isikhathi sokukwenza namuhla? | Chitha Isikhathi Sisobabili Nengane Yami  USUKU  DLALA  HLEZI  UMSEBENZI WASEKHAYA:  Chitha noma imizuzu emi-5 ninobabili nengane yakho nsuku zonke. | {Animate words to text.} |

| {Lesson: Giving Praise} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, kwakuhle ukukubona futhi ku JabuChat.  Wenze kahle ngokuthatha isikhathi ukufunda ukuthuthukisa ubudlelwano nengane yakho. Kutshengisa ukuthi unendaba ngempela! Lo mlayezo ukwenze wazizwa kanjani? Sonke sizizwa singcono uma sinconywa! Namhlanje sifunda ngokuncoma izingane zethu.  Izingane ziphendula kahle uma benconywa. Uma uncoma ingane yakho ngemizamo yakhe futhi ngempatho enhle, bazoqhubeka baziphathe kahle.  Nawa amathiphu amane alula awokuncoma ingane yakho:  BONA, USHO, UKUPHINDE, UKUKUGCINE KUKUHLE. | Ukunika ukuncoma  KUBONE  KUSHO  KUPHINDE  KUGCINE KUKUHLE |  |
| Isinyathelo sokuqala ukubona:  Bheka noma yini enhle noma esizayo eyenziwa ingane yakho.   Ima kancane unakisise uma enza into enhle.  Okulandelayo, yisho.  Muncome uma umubona enza into oyithandayo. Mutshele ngokuqondile ukuthi yini ayenze kahle.  Iba nomdlandla futhi ngokweqiniso! Lokhu kumenza acabanga ukukwenza futhi.  Isinyathelo sesithathu ukukuphinda.  Zama ukuthola into nsuku zonke oncoma ingane yakho ngayo. Noma kuyinto encane kakhulu, qhubeka ukwenze.  Okokugcina, kugcine kukuhle. Qiniseka ukuthi uma uncoma ingane yakho, ugxila entweni ayenze kahle.  Ungatshengisa ukuncoma kwakho ngomumamatheka okukhulu nangamazwi. Ungashaya izandla, umhage, noma ukitaze ingane yakho ukutshengisa ukuthi uyamujabulela.  Ukukugcina kukuhle kuyamkhumbuza ukuthi uyambona futhi unendaba.  . | BONA  Bona noma yini esizayo noma enhle eyenziwa ingane yakho  KUSHO  Ncoma ngomdlandla!  KUPHINDE  Ncoma impatho enhle nsuku zonke  KUGCINE KUKUHLE  Gxila entweni ingane yakho eyenza kahle. | {Animate words to text.} |
| Khumbula: Bona, Usho, Ukuphinde, futhi Ukugcine kukuhle.  Ukuncoma izingane zethu ngempatho enhle kungabasiza ukuthi baphinde lempatho kaningi.  Wenza kahle kakhulu, kufane uziqhenye ngalokho.  Umsebenzi wakho wasekhaya namhlanje ukuzama ukuncoma ingane yakho ngesikhathi senu ninodwa. Ungakuzama namhlanje? | Ukunika ukuncoma  UMSEBENZI WASEKHAYA    Ncoma ingane yakho |  |

| {Lesson: Creating a Routine for One-On-One Time} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, ubuyile kuJabuChat. Kwakuhle! Kulesisifundo, sizofunda ukwakha izinhlelo zokuba nesikhathi ninodwa nengane yakho.  Ukuqubeka ukwakha ubudlelwano obuhle nengane yakho, asenze isikhathi senu ninobabili kube inxenye yohlelo.  Nawa amathiphu amathathu awokwakha uhlelo lwesikhathi ninobabili:  Yibani yithimba  Phokophelani  futhi Unike Ukuncoma  Masiqale. | Ukwakha Uhlelo Lokuba Nesikhathi Ninobabili  BE A TEAM  PHOKOPHELANI  NCOMA |  |
| Okokuqala, yibani ithimba.  Khuluma nengane yakho ngokuthi ufuna izinhlelo zakhe zibe kanjani. Bewazi yini ukuthi ingane yakho kungenzeka kakhulu ukuthi alandele uhlelo uma esiza ukuluhlela? Zama! | IBA IQEMBU futhi nisebenze ndawonye nengane yakho ukusetha uhlelo |  |
| Okulandelayo, Phokophelani  Uma senilusethile uhlelo, qiniseka ukuthi ingane yakho ilandela uhlelo nsuku zonke.  Umsebenzi uba lula ukuwuphatha uma izingane zifunda futhi bejwayela uhlelo.  Izinhlelo ezingashintshi zisiza ingane yakho ukufunda ukwenza imisebenzi nsuku zonke ngokwakhe futhi nokuphatha isikhathi sakhe. | UNGASHINTSHI ukuqiniseka ukuthi ingane yakho ilandela izinhlelo zayo |  |
| Okougcina, Ncoma.  Ncoma ingane yakho ngokwakha uhlelo nawe futhi umncome uma elandela uhlelo! | NIKA UKUNCOMA ngokuhlela lokulandela uhlelo. |  |
| Nazi ezinye izinhlelo ongakhuluma ngazo nengane yakho:  Isikhathi sokulala  Umsebenzi wesikole  Imisebenzi wasekhaya  Isikhathi sokudla  Isikhathi sokukhululeka  Isikhathi seTV noma umshini wetheknoloji | Nazi ezinye izinhlelo ongakhuluma ngazo nengane yakho:  ✅ Isikhathi sokulala  ✅ Umsebenzi wesikole  ✅ Imisebenzi yasekhaya  ✅ Isikhathi sokudla ✅ Isikhathi sokukhululeka  ✅ Isikhathi seTV noma imishini yetheknoloji |  |
| Umsebenzi wakho wasekhaya ukuzama ukuchitha imizuzu emi-5 ninobabili nodwa nengane yakho nsuku zonke. 📝 Ungawenza namhlanje? | Ukwakha Uhlelo Lokuba Nesikhathi Ninobabili  UMSEBENZI WASEKHAYA:  Yakha uhlelo lokuchitha imizuzu emi-5 wesikhathi ninobabili nodwa. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, kwakuhle ukukubona futhi ku JabuChat!  Lesisifundo simayelana nokubona imizwa yakho neyengane yakho Ngesikhathi Ninobabili Nodwa.  Ukubona imizwa yakho nawengane yakho kusiza ukuthi umeseke futhi nizinakekele kahle. Ukubona nokukhuluma ngemizwa nengane yakho kuzomusiza ukufunda ukukhuluma nokuphatha imizwa yakhe kahle.  Uzofunda ukuthi yonke imizwa ilungile - nalena enzima.  Ungasiza ngokumlalela, ucabange ukuthi yena uzizwa kanjani, futhi wamukele imizwa yakhe. Lokhu kuzomusiza ukubona nemizwa yabanye abantu.  Nawa amathiphu ayisithupha ngokuthi ungasiza kanjani ingane yakho ukufunda ukumelana nemizwa yakhe: FUNDA, BONA, VULEKA, KHULUMA, YETHULA futhi IBA NENDABA  Masifunde kabanzi ngalokhu ndawonye. | Bona Imizwa Ngesikhathi Ninobabili Nodwa  FUNDA  BONA  VULEKA  KHULUMA  YETHULA  IBA NENDABA |  |
| Isinyathelo sokuqala Ukufunda.  Funda ngemizwa ehlukene. Kune mizwa eyi-6 ejwayelekile, wonke asinika umlayezo othize:  Ukujabula kusitshela ukuthi siqhubeke senze okusenza sizizwe kahle.  Uma uzizwa unosizi, kungumlayezo wakuthi kukhona into ebalulekile empilweni yakho edinga ukunakwa.  Uma intukuthelo ikhuphula, uphawu lokuzimela, nokubeka imikhawulo.   Imizwa yokucasuka asitshela ukuthi siqhele entweni esingayithandi.   Uma uziwa umangele, uphawu lokuthi ume futhi unake okomzuzo, njengoba into ongayilindele noma ebalulekile iyenzeka.  Ukuzizwa sinokwesaba uphawu lokhuthi sibaleke engozini eseduze, ukuqiniseka ukuphepha kwethu nokuphila.  Njengoba izingane zikhula, bafunda ukubona enye imizwa eminingi, njengokujabula kakhulu, ukucikeka, ukuziqhenya, isizungu, ukuthula, ukuthwala icala, noma ukudideka | FUNDA ngemizwa ehlukile.  Ukujabula  Unosizi  Ukuthukuthela  Casukile  Mangele  Ukwesaba |  |
| Okulandelayo, UKUBONA.   Qala ubone imizwa eyisithupha ejwayelekile kuwena nasenganeni yakho. Bona ukuthi imizwa ngamunye izwakala kanjani emzimbeni wakho. Ungabona nemizwa emihle njonkuzwa ukuthula, injabulo, noma ukuzola. Ukubona kungavumela izingane ukujabulela umzuzu omuhle noma umuzwa wothando! | BONA imizwa ejwayelekile eyisithupha kuwena nasenganeni yakho |  |
| Okwesithathu, Ukuvuleka.  Vuleka, bona, futhi ulalele ingane yakho uma ethula ukuthi uzizwa kanjani. Yamukela ukuthi wena noma ingane yakho nizizwa kanjani.  Khumbula ukuthi umzimba wakho nowakhe uthumela imilayezo ngokuthi nobabili nizizwa kanjani futhi lemilayezo ibalulekile. | VULEKA, bona, futhi ulalele ingane yakho |  |
| Isinyathelo sesine ukuKHULUMA  Kujwayelekile ukuba nobunzima uma ukhuluma futhi wethula imizwa. Khumbula, kujwayelekile ukuzwa imizwa ngezindlela ezihlukile.  Uma ingane yakho izwa umuzwa, chaza ukuthi ubona ini ngendlela ezolile. Ngokwezibonelo, kungenzeka uthi  "Ngibona ukuthi ushaya izinyawo zakho phansi, ukhulumela phezulu, futhi ubuso bakho bubukeka buphatheke kabi. Engabe uzizwa uthukuthele ngoba awuyanga ukuyodlala ngaphandle?"  Ungasiza ingane yakho ifunde imizwa ehlukene ngokusebenzisa ubuso noma umnyakazo womzimba. Futhi ungakuphendula kube ngumdlalo! | KHULUMA ngemizwa |  |
| Isinyathelo sisihlanu ukwethula.  Yethula imizwa yakho enganeni yakho.  Ngokwesibonelo, kungenzeka uthi, "Nami ngingazizwa kanjalo uma bengingakwazi ukuya ngaphandle uma ngifuna."  Lokhu kuba isibonelo esihle futhi kutshengisa ingane yakho ukuthi kulungile ukwethula imizwa yakhe. | Yethula imizwa yakho enganeni yakho |  |
| Isinyathelo sokugcina ukuba NENDABA.  Sebenzisa izenzo namagama ukwenza ingane yakho izizwe yamukelekile futhi ithandwa.  Gxuma nengane yakho kancane ukukhipha intukuthelo iphume noma phefumula kakhulu ukwehlisa umoya. Lezi ezinye izindlela zokubhekana nemizwa yakho.  Khumbuza ingane yakho ukuthi ukhona nokuthi angakhuluma nawe noma inini. | NAKEKELA ingane yakho |  |
| Khumbula, khuluma ngemizwa nengane yakho [1] ngokufunda ngemizwa ehlukile, [2] ukubona imizwa ehlukile, [3] ukuvuleka, [4] ukukhuluma ngemizwa, [5] ukwethula imizwa yakho, futhi [6] ukunikela ngothando nokwamukela enganeni yakho.  Wenza kahle kakhulu!  Umsebenzi wakho wasekhaya ukubona imizwa yengane yakho ngesikhathi senu ninobabili namhlanje. Khuluma nengane yakho ngokuchaza imizwa yakho nemizwa yakhe.  Ungakwenza lokhu namuhla? | Bona Imizwa Ngesikhathi Ninobabili Nodwa  FUNDA  BONA  VULEKA  KHULUMA  YETHULA  IBA NENDABA  UMSEBENZI WASEKHAYA:  Khuluma nengane yakho ngokuchaza imizwa yakho nemizwa yakhe ngesikhathi senu ninobabili. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona! Kuhle ukuba nawe futhi lana ku JabuChat!  Lesi isifundo simayelana nokuthi singahlala kanjani sizolile futhi sehlise intukuthelo uma sibhekana nemizuzu ekhathazanayo nezingane zethu.  Uma uqala ukubona imizwa, uzobe ubona imizwa yentukuthelo, ukucikeka noma usizi.  Siyazithanda izingane zethu, kodwa ukukhathazeka ngenxa yokuba ngumnakekeli kungasenza sithukuthele. Lokhu ingxenye yempilo ejayelekile!  Kubalulekile ukuthi sizame ukuhlala sizolile ukusisiza ukwehlisa intukuthelo ukuze singabalimazi abanye.  Kunezinyathelo ezine ezokuhlala uzolile esimeni esikhathazanayo: ZOLA, SHESHA, CACA, futhi iba MUHLE.  Masiqale! | Ukuzola Uma Sikhathazekile   ZOLA  SHESHA  CACA  IBA MUHLE |  |
| Okokuqala, zola.  Bona imizwa yakho. Uma uzizwa uthukuthele noma ukhathazekile ngento eyenziwa ingane yakho, ima kancane noma uphefumule ngaphambi kokuthi umcele ukuthi enze okunye.  Khuluma nengane yakho ngezwi elizolile.  Khumbula ukuthi igoli yakho ukusiza ingane yakho ukuzizwa ethandwa futhi esondelene nawe. | ZOLA  Bona  Khumbula isifiso sakho  Ziphathe kahle  Khuluma ngokuzola |  |
| Okwesibili, shesha.  Kukhona ezinye izinto ongazenza ukusiza ukwehlisa impatho engafuneki ngaphambi kokuthi kukukhathaze. Nazi izibonelo.  Ncoma into enhle eyenziwe ingane yakho namhlanje.  Qondisisa imizwa yakhe. Ngokwesibonelo, kungaba into ebhorayo ukucosha amathoyizi emva kokujabula noma ukuqeda umsebenzi omkhulu.  Uma ubona ukuthi ingane yakho isizoqala impatho engafuneki, muphazamise ngokucela ukuthi enze enye into, ngaphambi ngokuthi impatho engafuneki iqale noma kube kubi kakhulu.  Mema ingane yakho ukuthi akujoyine emsebenzini wasekhaya owenzayo. Ungamucela ukuthi acabange indlela ejabulisayo futhi esheshayo yokwenza imisebenzi yasekhaya.  Khumbula, ukuvimba impatho engafuneki kulula kakhulu kunokumuyala emva kokwenza into engalungile! | SHESHA   Ncoma   Qondisisa imizwa yakhe   Muphazamise   Mumeme akujoyine ekwenzeni umsebenzi wasekhaya |  |
| Okwesithathu, caca.   Kunokusho into ONGAFUNI, tshela ingane yakho osemusha into OFUNAYO ukuthi ayenze.  Isibonelo, yithi:  "Ngicela ukhulumele phansi" kunokuthi "Yekela Ukumemeza", noma  "Khumbula ukuhamba ngaphakathi endlini" kunokuthi "yekela ukugijima".  Ngalendlela, kulula ukuthi alandele! | CACA   Isho into ofuna ayenze |  |
| Okokugcina, iba muhle.   Ncoma ingane yakho uma iziphatha kahle!  Mema ingane yakho emsebenzini omuhle uma ubona ukuthi usezoqala impatho engafuneki.  Kuzomusiza ukuthi azi ukuthi ulindele ini kuyena! | IBA NETHEMBA   Ncoma  Redirect |  |
| Umsebenzi wakho wasekhaya kuleliviki ukukhumbula ukusebenzisa lezizinyathelo ezine uma uqala ukuzizwa ukhathazeka noma uthukuthela ngesikhathi senu nobabili nengane yakho. Ungethulela elinye ilunga lomndeni wakho. Ukwethula lamathiphu indlela enhle yokuphila kwabo bonke abantu.  Ungabelana ngalamacebo namhlanje? | Ukuzola Uma Sinecindezi  UMSEBENZI WASEKHAYA   Sebenzisa bese wethula izinyathelo ezine zokuzola |  |

{Core Course (Teens)}

| {Lesson: Spend One-on-one Time with My Teen} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Siyakwamukela kuJabuChat!  Lesisifundo simayelana nokuchitha isikhathi ninobabili nomntwana wakho osemusha. Ukuchitha isikhathi ninobabili nomntwana wakho osemusha kuzosiza ukwakha ukuthembeka, inhlonipho, futhi nobedlelwano obuhle phakathi kwenu.  Nawa amathiphu amathathu okuthola okuningi esikhathini senu ninobabili nomntwana wakho osemusha:  USUKU,  UKUDLALA,  and UKUHLALA  Masiqale! | Chitha Isikhathi Sisobabili Nomntwana Wami Osemusha  USUKU  DLALA  HLEZI |  |
| Ithiphu yokuqala Usuku:  Zama ukuchitha imizuzu emi-5 kuyela phezulu nomntwana wakho esemusha nsuku ZONKE! | USUKU  Imizuzu emihlanu nangaphezulu nsuku zonke! |  |
| Ithiphu yesibili Ukudlala.  Buza umntwana wakho osemusha ukuthi uyafuna ukuchitha izikhathi ninobabili. Mudedele akhethe ukuthi nenza ini noma nikhuluma ngani. Hlola izinto eningazenza ndawonye. Khumbula ukuzijabulisa! | DLALA  Dedela umntwana wakho osemusha akhethe into enizoyenza |  |
| Ithiphu yethu yokugcina Ukuhlala. Hlezi umnakile umntwana wakho.  Cima iTV, beka amafoni eceleni futhi ususe iziphazamiso. Mbuke umntwana wakho. Nqekuzisa ikhanda noma uthi "Ngiyabona" ukutshengisa ukuthi umnakile ngempela.  Yamukela umntwana wakho osemusha futhi uvimbe ukwahlulela. Phendula umntwana wakho osemusha uma ekhuluma nawe. Ngamagama akho, phinda izinto umntwana wakho osemusha azishoyo. Lokhu kutshengisa ukuthi umlalele ngempela. | HLEZI  Gxila kumntwana wakho osemusha |  |
| Khumbula, mayelana nesikhathi ninobabili nomntwana wakho osemusha:  Usuku,  Ukudlala,  nokuHlezi  Umsebenzi wakho wasekhaya kuleliviki ukuthi uzame ukuchitha imizuzu emi-5 ninobabili nodwa nomntwana wakho osemusha nsuku zonke.  Kuzokwenza umehluko omkhulu!  Ingabe naso isikhathi sokukwenza namuhla? | Chitha Isikhathi Sisobabili nomntwana wami osemusha  USUKU  DLALA  HLEZI  UMSEBENZI WASEKHAYA:  Chitha noma imizuzu emi-5 ninobabili nomntwana wakho osemusha nsuku zonke. | {Animate words to text.} |

| {Lesson: Giving Praise} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, kwakuhle ukukubona futhi ku JabuChat.  Wenze kahle ngokuthatha isikhathi ukufunda ukuthuthukisa ubudlelwano nomntwana Wakho osemusha. Kutshengisa ukuthi unendaba ngempela! Lo mlayezo ukwenze wazizwa kanjani? Sonke sizizwa singcono uma sinconywa! Namhlanje sifunda ngokuncoma abantwana bethu.  Uma unaka impatho enhle, umntwana wakho osemusha kungenzeka ajwayele ukuziphatha kahle futhi azizwe kahle ngaye!  Nawa amathiphu amane alula awokuncoma umntwana wakho osemusha: BONA, USHO, UKUPHINDE, futhi UKUGCINE KUKUHLE. | Ukunika ukuncoma  KUBONE  KUSHO  KUPHINDE  KUGCINE KUKUHLE |  |
| Isinyathelo sokuqala ukubona.  Bheka noma yini umntwana wakho osemusha ayenzayo enhle noma esizayo.   Ima kancane unakisise uma enza into enhle.  Okulandelayo, yisho.  Muncome uma umubona enza into oyithandayo. Mutshele ngokuqondile ukuthi yini ayenze kahle.  Iba nomdlandla futhi ngokweqiniso! Lokhu kumenza acabanga ukukwenza futhi.  Isinyathelo sesithathu ukukuphinda,  Zama ukuthola into nsuku zonke oncoma umntwana wakho osemusha ngayo. Noma kuyinto encane kakhulu, qhubeka ukwenze.  Okokugcina, kugcine kukuhle. Qiniseka ukuthi uma uncoma umntwana wakho osemusha, ugxila entweni ayenze kahle.  Ungatshengisa ukuncoma kwakho ngomumamatheka okukhulu nangamazwi. Futhi ungaphakamisa isithupha, umhage, noma uqwayize ihlo ukutshengisa umntwana wakho osemusha ukuthi uyamujabulela.  Ukukugcina kukuhle kuyamkhumbuza ukuthi uyambona futhi unendaba. | BONA  Bona noma yini umntwana wakho osemusha ayenzayo esizayo noma enhle  KUSHO  Ncoma ngomdlandla!  KUPHINDE  Ncoma impatho enhle nsuku zonke  KUGCINE KUKUHLE  Gxila entweni umntwana wakho osemusha ayenze kahle. | {Animate words to text.} |
| Khumbula: Bona, Usho, Ukuphinde, futhi Ukugcine kukuhle.  Ukuncoma abantwana bethu abasha ngempatho enhle kungabasiza ukuthi baphinde lempatho kaningi.  Wenza kahle kakhulu, kufane uziqhenye ngalokho.  Umsebenzi wakho wasekhaya namhlanje ukuzama ukuncoma umntwana wakho osemusha ngesikhathi senu ninodwa.  Ungakuzama namhlanje? | Ukunika Ukuncoma  UMSEBENZI WASEKHAYA    Ncoma ingane yakho |  |

| {Lesson: Create a Routine for One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, ubuyile kuJabuChat. Kwakuhle! Kulesisifundo, sizofunda ukwakha izinhlelo zokuba nesikhathi ninodwa nomntwana wakho osemusha.  Ukuqubeka ukwakha ubudlelwano obuhle nomntwana wakho osemusha, asenze isikhathi ninodwa nobabili kube inxenye yohlelo.  Ungasebenzisa amathiphu ohlelo ninobabili nodwa ukwakha ezinye izinhlelo zosuku nomntwana wakho osemusha.  Ukwakha izinhlelo zosuku nomntwana wakho osemusha kuzomusiza ukuzizwa evikelekile, ephephile futhi ebambisana nawe.  Musize ukuhlela isikhathi sokuphumula, esokudla, esomsebenzi wasekhaya, esesikole, nesokulala, ngokusebenzisa amathiphu amathathu amayelana nokwakha izinhlelo nomntwana wakho osemusha:  Yibani yithimba  Phokophelani  futhi Unike Ukuncoma  Masiqale. | Yakha Uhlelo Lokuba Nesikhathi Ninobabili  BE A TEAM  PHOKOPHELANI  NCOMA |  |
| Okokuqala, yibani ithimba.  Khuluma nomntwana wakho osemusha ngokuthi ufuna izinhlelo zakhe zibe kanjani. Kunamathuba amaningi okuthi umntwana wakho osemusha alandele izinhlelo uma esiza ukuwakha. | IBA IQEMBU futhi nisebenze ndawonye nomntwana wakho osemusha ukuhlela uhlelo |  |
| Okulandelayo, Phokophelani  Uma seniluhlelile uhlelo, qiniseka ukuthi umntwana wakho osemusha ulandela uhlelo nsuku zonke.  Lokhu kusiza umntwana wakho osemusha azizwe evikelekile, ezolile futhi esondelene nawe ngoba uyazi ukuthi yini angiyilindela. Ukuzizwa avikelekile kusho ukuthi umntwana wakho osemusha unethuba lokukhula nokuthola ukuzimela. | UNGASHINTSHI ukuqiniseka ukuthi umntwana wakho osemusha ulandela izinhlelo zakhe |  |
| Okougcina, Ncoma.  Bonga umntwana wakho osemusha ngokwakha uhlelo nawe futhi umncome uma elulandela uhlelo! | NIKA UKUNCOMA ngokuhlela lokulandela uhlelo. |  |
| Nazi ezinye izinhlelo ongakhuluma ngazo nomntwana wakho osemusha:  Isikhathi sokulala  Umsebenzi wesikole  Imisebenzi yasekhaya  Isikhathi sokudla  Isikhathi sokukhululeka  Isikhathi seTV noma umshini wetheknoloji | Nazi ezinye izinhlelo ongakhuluma ngazo nomntwana wakho osemusha:  ✅ Isikhathi sokulala  ✅ Umsebenzi wesikole  ✅ Imisebenzi yasekhaya  ✅ Isikhathi sokudla ✅ Isikhathi sokukhululeka  ✅ Isikhathi seTV noma imishini yetheknoloji |  |
| Umsebenzi wakho wasekhaya kuleliviki ukuthi uzame ukuchitha imizuzu emi-15 ninobabili nodwa nomntwana wakho osemusha nsuku zonke. 📝 Ungawenza namhlanje? | Yakha Uhlelo Lokuba Nesikhathi Ninobabili  UMSEBENZI WASEKHAYA:  Yakha uhlelo lokuchitha imizuzu emi-15 wesikhathi ninobabili nodwa. |  |

| {Lesson: Noticing Feelings During One-on-One Time} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, kwakuhle ukukubona futhi ku JabuChat!  Namhlanje, sizothola ukuthi uyibona kanjani imizwa yakho neyomntwana wakho osemusha ngesikhathi senu ninobabili.  Ukubona nokukhuluma ngemizwa nomntwana wakho osemusha kuzomusiza ukufunda ukukhuluma nokuphatha imizwa yakhe kahle. Uzofunda ukuthi yonke imizwa ilungile - nalena engemihle.  Ungasiza ngokumlalela, ucabange ukuthi yena uzizwa kanjani, futhi wamukele imizwa yakhe. Lokhu kuzomusiza ukubona nemizwa yabanye abantu.  Nawa amathiphu ayisithupha ngokuthi ungasiza kanjani umntwana wakho osemusha ukufunda ukumelana nemizwa yakhe: FUNDA, BONA, VULEKA, KHULUMA, YETHULA futhi IBA NENDABA  Masifunde kabanzi ngalokhu ndawonye. | Bona Imizwa Ngesikhathi Ninobabili Nodwa  FUNDA  BONA  VULEKA  KHULUMA  YETHULA  IBA NENDABA |  |
| Isinyathelo sokuqala Ukufunda.  Funda ngemizwa ehlukene. Kune mizwa eyi-6 ejwayelekile, wonke asinika umlayezo othize:  Ukujabula kusitshela ukuthi siqhubeke senze okusenza sizizwe kahle.  Uma uzizwa unosizi, kungumlayezo wakuthi kukhona into ebalulekile empilweni yakho edinga ukunakwa.  Uma intukuthelo ikhuphula, uphawu lokuzimela, nokubeka imikhawulo.   Imizwa yokucasuka asitshela ukuthi siqhele entweni esingayithandi.   Uma uziwa umangele, uphawu lokuthi ume futhi unake okomzuzo, njengoba into ongayilindele noma ebalulekile iyenzeka.  Ukuzizwa sinokwesaba uphawu lokhuthi sibaleke engozini eseduze, ukuqiniseka ukuphepha kwethu nokuphila.  Njengoba intsha ikhula, ifunda ukubona enye imizwa eminingi, njengokujabula kakhulu, ukucikeka, ukuziqhenya, isizungu, ukuthula, ukuthwala icala, noma ukudideka. | FUNDA ngemizwa ehlukile.  Ukujabula  Unosizi  Ukuthukuthela  Casukile  Mangele  Ukwesaba |  |
| Okulandelayo, UKUBONA.   Qala ubone imizwa eyisithupha ejwayelekile kuwena nasemntwaneni wakho osemusha. Bona ukuthi imizwa ngamunye izwakala kanjani emzimbeni wakho. Ungabona nemizwa emihle njonkuzwa ukuthula, injabulo, noma ukuzola. Ukubona kungavumela intsha ukujabulela umzuzu omuhle noma umuzwa wothando! | BONA imizwa eyisithupha ejwayelekile kuwena nasemntwaneni wakho osemusha |  |
| Okwesithathu, Ukuvuleka.  Vuleka, bona, futhi ulalele umntwana wakho osemusha uma ethula ukuthi uzizwa kanjani. Yamukela ukuthi wena noma umntwana wakho osemusha nizizwa kanjani. Khumbula ukuthi umzimba wakho nowakhe uthumela imilayezo ngokuthi nobabili nizizwa kanjani futhi lemilayezo ibalulekile. | VULEKA, bona, futhi ulalele umntwana wakho osemusha |  |
| Isinyathelo sesine ukuKHULUMA  Kujwayelekile ukuba nobunzima uma ukhuluma futhi wethula imizwa. Khumbula, kujwayelekile ukuzwa imizwa ngezindlela ezihlukile.  Uma umntwana wakho osemusha ezwa umuzwa, chaza ukuthi ubona ini ngendlela ezolile. Ngokwesibonelo,  "Ngiyabona ukuthi ushaya isicabha, ukhulumela phezulu, futhi ubuso bakho bubukeka buphatheke kabi. Engabe uzizwa uthukuthele ngoba awukwazi ukuphuma ebusuku?"  Ungasiza umntwana wakho osemusha ukuphatha imizwa ehlukile ngokumukhuthaza ukuthi ethule indlela azizwa ngayo futhi umeseke. | KHULUMA ngemizwa yakho |  |
| Isinyathelo sisihlanu ukwethula.  Yethula imizwa yakho nomntwana wakho osemusha.  Ngokwesibonelo, "Nami ngingazizwa njengawe uma bengingakwazi ukuphuma makufuna mina".  Lokhu kuba isibonelo esihle futhi kutshengisa umntwana wakho osemusha ukuthi kulungile ukwethula imizwa yakhe. | YETHULA imizwa yakho emntwaneni wakho osemusha |  |
| Isinyathelo sokugcina ukuba NENDABA.  Sebenzisa izenzo namagama ukwenza umntwana wakho osemusha azizwe amukelekile futhi ethandwa.  Zivocavoce kancane ukukhipha intukuthelo, qhulelanani noma nithathe ukuphefumula ukwehlisa umoya. Lezi ezinye izindlela zokubhekana nemizwa yakho.  Khumbuza umntwana wakho osemusha ukuthi ukhona nokuthi angakhuluma nawe noma inini. | NAKEKELA umntwana wakho osemusha |  |
| Khumbula, khuluma ngemizwa nomntwana wakho osemusha [1] ngokufunda ngemizwa ehlukile, [2] ukubona imizwa ehlukile, [3] ukuvuleka, [4] ukukhuluma ngemizwa, [5] ukwethula imizwa yakho, futhi [6] ukunikela ngothando nokwamukela kumntwana wakho osemusha.  Wenza kahle kakhulu!  Umsebenzi wakho wasekhaya ukubona imizwa yomntwana wakho osemusha ngesikhathi senu ninobabili namhlanje. Khuluma nomntwana wakho osemusha ngokuchaza imizwa yakho nemizwa yakhe.  Ungakwenza lokhu namuhla? | Bona Imizwa Ngesikhathi Ninobabili Nodwa  FUNDA  BONA  VULEKA  KHULUMA  YETHULA  IBA NENDABA  UMSEBENZI WASEKHAYA:  Khuluma nomntwana wakho osemusha ngokuchaza imizwa yakho nemizwa yakhe ngesikhathi senu ninobabili. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona! Kuhle ukuba nawe futhi lana ku JabuChat!  Lesi isifundo simayelana nokuthi singahlala kanjani sizolile futhi sehlise intukuthelo uma sibhekana nemizuzu ekhathazanayo nabantwana bethu abasebasha.  Uma uqala ukubona imizwa, uzobe ubona imizwa yentukuthelo, ukucikeka noma usizi.  Siyabathanda abantwana bethu abasebasha, kodwa ukukhathazeka ngenxa yokuba ngumnakekeli kungasenza sithukuthele. Lokhu ingxenye yempilo ejayelekile!  Kubalulekile ukuthi silawule intukuthelo yethu ukuze singabalimazi abanye.  Kunezinyathelo ezine zokuzola ezimeni ezikhathazanayo: ZOLA, SHESHA, CACA futhi IBA MUHLE.  Masiqale! | Ukuzola Uma Sikhathazekile   ZOLA  SHESHA  CACA  IBA MUHLE |  |
| Okokuqala, zola.  Bona imizwa yakho. Nakekela imizwa yakho.  Thatha ikhefu noma uphefumule kancane ngaphambi kokuthi ucela umntwana wakho osemusha ukuthi enze enye into. Khuluma nomntwana wakho osemusha ngezwi uliphansi. Khumbula ukuthi isifiso sakho ukusiza umntwana wakho osemusha ukuzizwa ethandwa futhi esondelene nawe. | ZOLA  Bona  Khumbula isifiso sakho  Ziphathe kahle  Khuluma ngokuzola |  |
| Okwesibili, shesha.  Kukhona ezinye izinto ongazenza ukusiza ukwehlisa impatho engafuneki ngaphambi kokuthi kukukhathaze.  Ncoma into enhle eyenziwe ngumntwana wakho osemusha namhlanje.  Qondisisa imizwa yakhe. Ngokwesibonelo, kungaba into ebhorayo ukuqoqa emva kokujabula noma ukuqeda umsebenzi omkhulu.  Cela umntwana wakho osemusha ukuthi enze enye into, futhi umphazamise kungaze kuqale impatho engafuneki noma kube kubi kakhulu.  Mema umntwana wakho osemusha akujoyine emsebenzini wasekhaya owenzayo. Ungamucela ukuthi acabange indlela ejabulisayo futhi esheshayo yokwenza imisebenzi yasekhaya.  Ukuvimba impatho engafuneki kulula kakhulu kunokumuyala emva kokwenza into engalungile! | SHESHA   Ncoma   Qondisisa imizwa yakhe   Muphazamise   Mumeme akujoyine ekwenzeni umsebenzi wasekhaya |  |
| Okwesithathu, caca.   Kunokusho into ONGAFUNI, tshela umntwana wakho osemusha into OFUNAYO ukuthi ayenze.  Isibonelo, yithi:  "Ngicela ukhulumele phansi" kunokuthi "Yeka ukumemeza", noma "Khumbula ukuneka ijakhethi yakho ekhabetheni, ngiyacela" kunokuthi "Ungashi ijakhethi yakho phansi".  Ngalendlela, kulula ukuthi alandele! | CACA   Isho into ofuna ayenze |  |
| Okokugcina, iba muhle.   Ncoma umntwana wakho omusha uma eziphatha kahle!  Mema umntwana wakho osemusha emsebenzini omuhle uma ubona ukuthi usezoqala impatho engafuneki.  Kuzomusiza ukuthi azi ukuthi ulindele ini kuyena! | IBA MUHLE   Ncoma  Mema ukujoyina umsebenzi omuhle |  |
| Umsebenzi wakho wasekhaya kuleliviki ukukhumbula ukusebenzisa lezizinyathelo ezine uma uqala ukuzizwa ukhathazeka noma uthukuthela ngesikhathi senu nobabili nomntwana wakho osemusha. Ungethulela elinye ilunga lomndeni wakho. Ukwethula lamathiphu indlela enhle yokuphila kwabo bonke abantu.  Ungabelana ngalamacebo namhlanje? | Ukuzola Uma Sikhathazekile  UMSEBENZI WASEKHAYA   Sebenzisa bese wethula izinyathelo ezine zokuzola |  |