{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 nomntwana wakho ninobabili. Ukuchitha isikhathi sekhwalithi nomntwana wakho kuzomenza azizwe abalulekile futhi athandwa.  Kuzowaka ukwethembana nenhlonipho, futhi kweseka abantwana ekufundeni izinto ezintsha. ✨  Nawa amathiphu amathathu ukukusiza ngokuchitha isikhathi ninobabili nomntwana wakho::  USUKU,  UKUDLALA,  futhi UKUHLALA  Masiqale! | Chitha Isikhathi Sisobabili Nomntwana Wami  USUKU  DLALA  HLEZI |  |
| Ithiphu yokuqala ithi Usuku:  Zama ukuchitha imizuzu emi-5 kuyela phezulu nomntwana wakho nsuku ZONKE! | USUKU  Imizuzu emihlanu nangaphezulu nsuku zonke! |  |
| Ithiphu yesibili Ukudlala.  Buza umntwana wakho ukuthi uyafuna ukuchitha isikhathi ninodwa nobabili. Mudedele akhethe ukuthi nenza ini noma nikhuluma ngani. Hlola izinto eningazenza ndawonye. Khumbula ukuzijabulisa! | DLALA  Dedela umntwana wakho akhethe into enizoyenza |  |
| Ithiphu yethu yokugcina Ukuhlala. Hlala ubheke umntwana wakho.  Cima iTV, beka amafoni eceleni futhi ususe iziphazamiso.   Bheka umntwana wakho. Nqekuzisa ikhanda noma uthi "Ngiyabona" ukutshengisa ukuthi umnakile ngempela.   Yamukela umntwana wakho futhi uvimbe ukwahlulela.  Phendula umntwana wakho uma ekhuluma nawe. Umntwana wakho angasebenzisa izenzo, imisho ephelele, iminyakazo, nemisindo ukukhuluma nawe. Kutshengisa ukuthi uyamunaka ngempela. | HLEZI  Gxila kumntwana wakho |  |
| Khumbula lamathiphu uma uchitha isikhathi ninobabili nomntwana wakho:  Usuku,  Ukudlala,  nokuHlezi  Umsebenzi wakho wasekhaya kuleliviki ukuthi uzame ukuchitha imizuzu emi-5 ninobabili nodwa nomntwana wakho nsuku zonke.  Kuzokwenza umehluko omkhulu!  Ingabe naso isikhathi sokukwenza namuhla? | Chitha Isikhathi Sisobabili Nomntwana Wami  USUKU  DLALA  HLEZI  UMSEBENZI WASEKHAYA:  Chitha noma imizuzu emi-5 ninobabili nomntwana wakho 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 nomntwana wakho. Kutshengisa ukuthi unendaba ngempela! Lo mlayezo ukwenze wazizwa kanjani? Sonke sizizwa singcono uma sinconywa! Namhlanje sifunda ngokuncoma abantwana bethu.  Abantwana baphendula kahle uma benconywa. Uma uncoma umntwana wakho ngemizamo yakhe futhi ngempatho enhle, bazoqhubeka baziphathe kahle.  Nawa amathiphu amane alula awokuncoma umntwana wakho:  SEE IT, SAY IT, REPEAT IT, KEEP IT POSITIVE. | Ukunika ukuncoma  KUBONE  KUSHO  KUPHINDE  KUGCINE KUKUHLE |  |
| Isinyathelo sokuqala ukubona:  Bheka noma yini umntwana wakho 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 ngakho. Noma kuyinto encane kakhulu, qhubeka ukwenze.  Okokugcina, kugcine kukuhle. Qiniseka ukuthi uma uncoma umntwana wakho, ugxila entweni ayenze kahle.  Ungatshengisa ukuncoma kwakho ngomumamatheka okukhulu nangamazwi. Ungashaya izandla, umhage, noma ukitaze umntwana wakho ukutshengisa ukuthi uyamujabulela.  Ukukugcina kukuhle kuyamkhumbuza ukuthi uyambona futhi unendaba.  . | BONA  Bona noma yini umntwana wakho ayenzayo esizayo noma enhle  KUSHO  Ncoma ngomdlandla!  KUPHINDE  Ncoma impatho enhle nsuku zonke  KUGCINE KUKUHLE  Gxila entweni umntwana wakho ayenze kahle. | {Animate words to text.} |
| Khumbula: Bona, Usho, Ukuphinde, futhi Ukugcine kukuhle.  Ukuncoma abantwana bethu ngempatho enhle kungabasiza ukuthi baphinde lempatho kaningi.  Wenza kahle kakhulu, kufane uziqhenye ngalokho.  Umsebenzi wakho wasekhaya namhlanje ukuzama ukuncoma umntwana wakho ngesikhathi senu ninodwa. Ungakuzama namhlanje? | Ukunika 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} |
| Sawubona, ubuyile kuJabuChat. Kwakuhle! Kulesisifundo, sizofunda ukwakha izinhlelo zokuba nesikhathi ninodwa nomntwana wakho.  Ukuqubeka ukwakha ubudlelwano obuhle nomntwana wakho, asenze isikhathi wedwa nomntwana wakho 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 nomntwana wakho ngokuthi ufuna izinhlelo zakhe zibe kanjani. Bewazi yini ukuthi umntwana wakho kungenzeka kakhulu ukuthi alandele uhlelo uma esiza ukuluhlela? Zama! | IBA IQEMBU futhi nisebenze ndawonye nomntwana wakho ukuhlela uhlelo |  |
| Okulandelayo, Phokophelani  Uma seniluhlelile uhlelo, qiniseka ukuthi umntwana wakho ulandela uhlelo nsuku zonke.  Umsebenzi uba lula ukuwuphatha uma abantwana befunda futhi bejwayela uhlelo.  Izinhleo ezingashintshi zisiza umntwana wakho ukufunda ukwenza imisebenzi nsuku zonke ngokwakhe futhi nokuphatha isikhathi sakhe. | UNGASHINTSHI ukuqiniseka ukuthi umntwana wakho ulandela izinhlelo zakhe |  |
| Okougcina, Ncoma.  Ncoma umntwana wakho ngokwakha uhlelo nawe futhi umncome uma elandela uhlelo! | NIKA UKUNCOMA ngokuhlela lokulandela uhlelo. |  |
| Nazi ezinye izinhlelo ongakhuluma ngazo nomntwana wakho:  Isikhathi sokulala  Umsebenzi wesikole  Imisebenzi wasekhaya  Isikhathi sokudla  Isikhathi sokukhululeka  Isikhathi seTV noma umshini wetheknoloji | Nazi ezinye izinhlelo ongakhuluma ngazo nomntwana wakho:  ✅ 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 nomntwana wakho 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} | | |
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| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona, kwakuhle ukukubona futhi ku JabuChat!  Lesisifundo simayelana nokubona imizwa yakho nawomntwana wakho Ngesikhathi Ninobabili Nodwa.  Ukubona imizwa yakho nawomntwana wakho kusiza ukuthi umeseke futhi nizinakekele kahle. Ukubona nokukhuluma ngemizwa nomntwana wakho 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 umntwana wakho ukufunda ukumelana nemizwa yakhe: FUNDA, BONA, VULA, KHULUMA, YETHULA futhi IBA NENDABA  Masifunde kabanzi ngalokhu ndawonye. | Bona Imizwa Ngesikhathi Ninobabili Nodwa  FUNDA  BONA  VULA  KHULUMA  YETHULA  IBA NENDABA |  |
| 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 |  |
| Isinyathelo sesine ukuKHULUMA  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.  Wenza kahle kakhulu!  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.  Ungakwenza lokhu namuhla? | 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} |
| Sawubona! 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.  Isibonelo, yithi:  “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.  Ungabelana ngalamacebo namhlanje? | 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  USUKU  DLALA  HLEZI |  |
| The first tip is Day:  Try to spend 5 minutes or more with your teen EVERY day! | USUKU  Imizuzu emihlanu nangaphezulu nsuku zonke! |  |
| 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! | DLALA  Let your teen choose the activity |  |
| Our final tip is Stay. Hlezi umnakile umntwana wakho.  Switch off the TV, put aside phones and remove distractions. Mbuke umntwana wakho. Nqekuzisa ikhanda noma uthi "Ngiyabona" ukutshengisa ukuthi umnakile ngempela.  Accept your teen and avoid judgement. Respond to your teen when they communicate with you. Repeat in your own words what your teen says. Lokhu kutshengisa ukuthi umlalele ngempela. | HLEZI  Focus on your teen |  |
| Remember, for one-on-one time with your teen:  Day,  Play,  nokuHlezi  Your home activity this week is to try spending at least 5 minutes of one-on-one time with your teen every day.  Kuzokwenza umehluko omkhulu!  Ingabe naso isikhathi sokukwenza namuhla? | Spend One-on-One time with my teen  USUKU  DLALA  HLEZI  HOME ACTIVITY:  Spend at least 5 minutes of one-on-one time with your teen 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 teen. It shows you really care! How did this message make you feel? We all feel better when we are praised! Namhlanje sifunda ngokuncoma abantwana bethu.  When you bring attention to good behaviours, your teen is likely to behave well more often and feel good about themselves!  Here are four simple tips for praising your teen: SEE IT, SAY IT, REPEAT IT, and KEEP IT POSITIVE. | Giving praise  KUBONE  KUSHO  KUPHINDE  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  KUSHO  Ncoma ngomdlandla!  KUPHINDE  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.  Wenza kahle kakhulu, kufane uziqhenye ngalokho.  Your home activity today is to try to praise your teen during one-on-one time.  Ungakuzama namhlanje? | Giving Praise  HOME ACTIVITY    Ncoma ingane yakho |  |

| {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:  Yibani yithimba  Phokophelani  and Give Praise  Masiqale. | Create Routine for One-on-One Time  BE A TEAM  PHOKOPHELANI  NCOMA |  |
| Okokuqala, yibani ithimba.  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 |  |
| Okulandelayo, Phokophelani  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 |  |
| Okougcina, Ncoma.  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 |  |
| Isinyathelo sesine ukuKHULUMA  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.  Wenza kahle kakhulu!  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.  Ungakwenza lokhu namuhla? | Noticing Feelings During One-on-One Time  LEARN  NOTICE  OPEN  TALK  SHARE  CARE  HOME ACTIVITY:  Talk to your teen by describing your own feelings and their feelings during one-on-one time. | {Animate words to text} |

| {Lesson: Keeping Calm When We Are Stressed} | | |
| --- | --- | --- |
| {Script} | {On Slide Text} | {Animation Notes} |
| Sawubona! 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.  Isibonelo, yithi:  “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.  Ungabelana ngalamacebo namhlanje? | Keeping Calm When We Are Stressed  HOME ACTIVITY   Use and share the four steps of keeping calm |  |