{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} | | |
| --- | --- | --- |
| {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, 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 abantwana bekhula, 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 nasemntwaneni wakho. Bona ukuthi imizwa ngamunye izwakala kanjani emzimbeni wakho. Ungabona nemizwa emihle njonkuzwa ukuthula, injabulo, noma ukuzola. Ukubona kungavumela abantwana ukujabulela umzuzu omuhle noma umuzwa wothando! | BONA imizwa ejwayelekile eyisithupha kuwena nasemntwaneni wakho |  |
| Okwesithathu, Ukuvuleka.  Vuleka, bona, futhi ulalele umntwana wakho uma ethula ukuthi uzizwa kanjani. Yamukela ukuthi wena noma umntwana wakho nizizwa kanjani.  Khumbula ukuthi umzimba wakho nowakhe uthumela imilayezo ngokuthi nobabili nizizwa kanjani futhi lemilayezo ibalulekile. | VULEKA, bona, futhi ulalele umntwana wakho |  |
| Isinyathelo sesine ukuKHULUMA  Kujwayelekile ukuba nobunzima uma ukhuluma futhi wethula imizwa. Khumbula, kujwayelekile ukuzwa imizwa ngezindlela ezihlukile.  Uma umntwana wakho ezwa 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 umntwana wakho afunde imizwa ehlukene ngokusebenzisa ubuso noma umnyakazo womzimba. Futhi ungakuphendula kube ngumdlalo! | KHULUMA ngemizwa |  |
| Isinyathelo sisihlanu ukwethula.  Yethula imizwa yakho emntwaneni wakho.  Ngokwesibonelo, kungenzeka uthi, "Nami ngingazizwa kanjalo uma bengingakwazi ukuya ngaphandle uma ngifuna."  Lokhu kuba isibonelo esihle futhi kutshengisa umntwana wakho ukuthi kulungile ukwethula imizwa yakhe. | YETHULA imizwa yakho emntwaneni wakho |  |
| The final step is to CARE.  Sebenzisa izenzo namagama ukwenza umntwana wakho azizwe amukelekile futhi ethandwa.  Gxuma nomntwana wakho kancane ukukhipha intukuthelo iphume noma phefumula kakhulu ukwehlisa umoya. Lezi ezinye izindlela zokubhekana nemizwa yakho.  Khumbuza umntwana wakho ukuthi ukhona nokuthi angakhuluma nawe noma inini. | NAKEKELA umntwana wakho |  |
| Khumbula, khuluma ngemizwa nomntwana wakho [1] ngokufunda ngemizwa ehlukile, [2] ukubona imizwa ehlukile, [3] ukuvuleka, [4] ukukhuluma ngemizwa, [5] ukwethula imizwa yakho, futhi [6] ukunikela ngothando nokwamukela kumntwana wakho.  Wenza kahle kakhulu!  Umsebenzi wakho wasekhaya ukubona imizwa yomntwana wakho ngesikhathi senu ninobabili namhlanje. Khuluma nomntwana wakho 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 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.  Uma uqala ukubona imizwa, uzobe ubona imizwa yentukuthelo, ukucikeka noma usizi.  Siyabathanda abantwana bethu, 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 umntwana wakho, ima kancane noma uphefumule ngaphambi kokuthi umcele ukuthi enze okunye.  Khuluma nomntwana wakho ngezwi elizolile.  Khumbula ukuthi isifiso sakho ukusiza umntwana wakho 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 ngumntwana wakho namhlanje.  Qondisisa imizwa yakhe. Ngokwesibonelo, kungaba into ebhorayo ukucosha amathoyizi emva kokujabula noma ukuqeda umsebenzi omkhulu.  Uma ubona ukuthi umntwana nawe usezoqala impatho engafuneki, muphazamise ngocela ukuthi enze enye into, ngaphambi ngokuthi impatho engafuneki iqale noma kube kubi kakhulu.  Mema umntwana wakho 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 umntwana wakho 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 nethemba.   Ncoma umntwana wakho uma eziphatha kahle!  Mema umntwana wakho 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 nomntwana wakho. 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 |  |

{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.  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 |  |