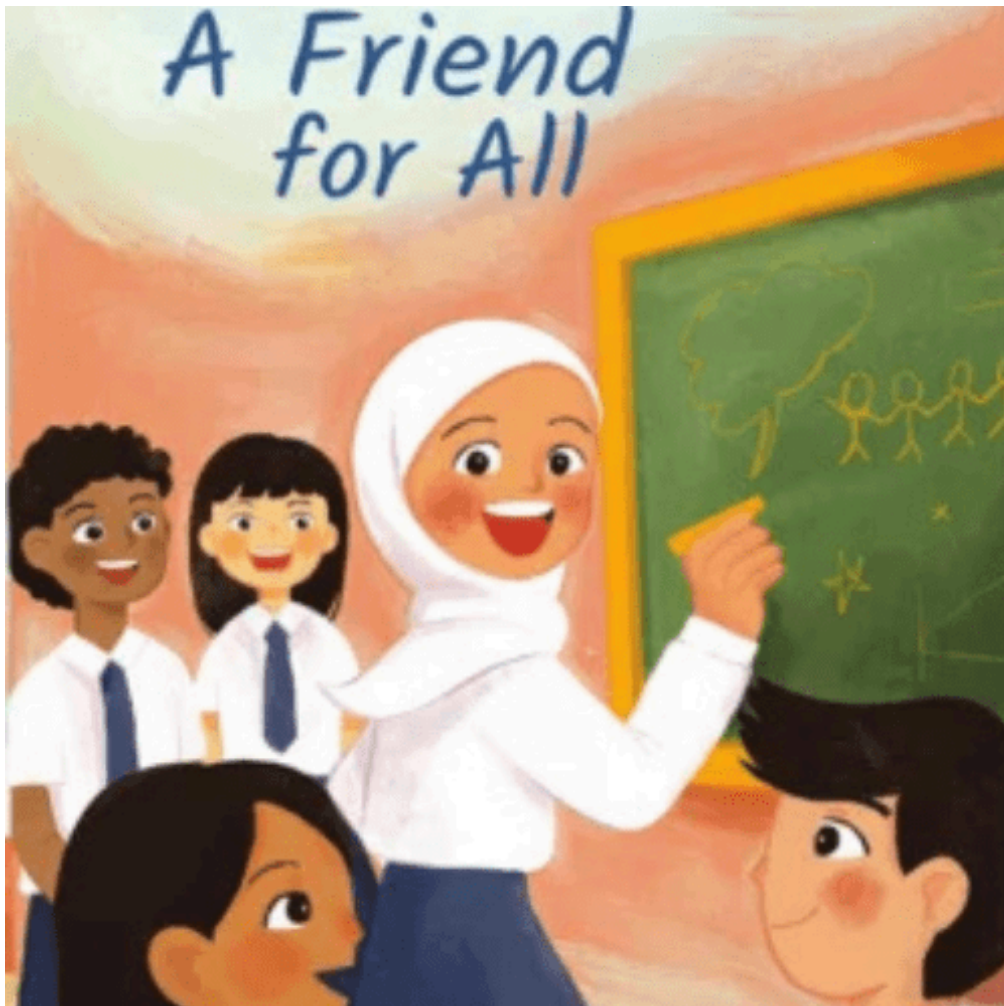


ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Peer Support & Friendship

Empathy over Judgment

Youth Leadership

Kindness in Action

Anti-Bullying & Inclusion

LEARNING OUTCOME

- Recognize that no matter where they live, children all over the world often face discrimination and biases—and learn how kindness and empathy can make a difference.
- Understand how children can support peers who are having a hard time.
- Reflect on what it means to be a good friend and ally.
- Explore how SAFE helps us notice and care for others.
- Learn the value of empathy and action over judgment or silence.

LESSON PLAN

Children will read about Nabila and explore the meaning of SAFE. Through discussion and role-play, they will practice standing up for others and building friendships across differences.

Discussion Questions

Before Reading:

- Have you ever seen someone being left out?
- What would you do if you saw someone being teased or sad?

During Reading:

- What made Nabila notice her classmates?
- How did she come up with the SAFE steps?
- How did others respond to her idea?

After Reading:

- Why is empathy important in school?
- How can you be a SAFE friend?
- What stops people from reaching out—and how can we change that?

LESSON PLAN

Activities:

- **SAFE Comic Strip** – Draw a 4-panel comic showing a problem, SAFE action, and the resolution.
- **Who's That Backpack?** – Guess the story of a mystery character by examining items in a bag.
- **Role-Play a Rescue** – Act out a SAFE moment: e.g., a new child is left out of a game—what would you do?
- **Friendship Chain** – Write a kind action on a strip of paper, link it to others' ideas and form a chain.
- **Inspiration Wall** - Research Mrs. Linda Gumelar and discuss how role models can shape our dreams. Students can draw or write about someone who inspires them

RELEVANT ZAMASAMA STORIES

- Abdul's Story – A boy who dreams of being a writer, but struggles with dyslexia.
- Thank You, Mr Falker – A girl teased for not being able to read, until a teacher sees her potential.
- A Different Beat – A child is shunned for smelling 'different' due to housing insecurity.

Why is Nita Upside Down?

RELEVANT SDGS

Applicable SDGs:

- SDG 4 – Quality Education
- SDG 5 – Gender Equality
- SDG 10 – Reduced Inequalities
- SDG 16 – Peace, Justice & Strong Institutions

SDG Explanation

- SDG 3: The story promotes emotional well-being and support systems for children
- SDG 4: Promotes inclusive education and emotional well-being at school.
- SDG 5: Empowers girls like Nabila to become changemakers.
- SDG 10: Encourages support for children who face bullying or exclusion.
- SDG 16: Builds peaceful, respectful, and empathetic communities in classrooms.

EXPECTED OUTCOMES

- Children will recognize signs of exclusion and emotional struggle.
- They will feel confident using empathy and kindness to support peers.
- They will know that being different is not a reason for mockery, but an opportunity for friendship.
- They will understand that everyone, regardless of ability or background, deserves respect and kindness.

ABOUT ZAMASAMA

Zamasama is a nonprofit platform that brings together stories from around the world to help children discover that beneath our differences—of culture, language, or belief—we share the same hopes, joys, and dreams.

Today's children are tomorrow's citizens, and the responsibility of building a more peaceful, tolerant, and empathetic world lies with them.

That's why it's vital to instill these values early—through stories that help them rise above the biases they inherit, and see diversity as a strength that unites us all.