

ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Belonging and Inclusion

Cultural traditions in education

First day at school / Welcoming others

Kindness and empathy

Mindfulness and sensory awareness

LEARNING OUTCOME

After engaging with this story, children will:

- Understand how different traditions and cultures influence the way schools teach values.
- Learn to appreciate the importance of welcoming and including others who may be new or different.
- Identify how sensory experiences (hearing, touch, smell, taste, sight) help us connect with new places and experiences.
- Reflect on how acts of kindness and inclusion build friendships.
- Develop awareness of how classrooms can be unique and culturally rooted.

LESSON PLAN

Use this story to explore different types of livelihoods, especially those rooted in nature. Highlight the physical and emotional realities of life in fishing communities, and celebrate the resilience of families who depend on the ocean for survival.

Discussion Questions

Before Reading:

- What do you think it feels like to be the new student in class?
- Have you ever had to welcome someone new? What did you do?
- Do you know any traditions or routines that your school follows?

During Reading:

- What are some of the things the children do to help the new boy feel comfortable?
- What do you notice about the Dharma class?
- What sights, smells, sounds, or textures are mentioned? How do they make you feel?

After Reading:

- How did the new student feel by the end of the story?
- What can we learn from this school in Sikkim?
- Are there traditions in your school that make it special?

LESSON PLAN

Activities:

- Sensory Map – Ask children to draw a “senses map” from the story: one sound, smell, taste, sight, and touch they noticed.
- Cultural Classroom Exchange – Have students share one unique tradition or routine from their school or culture.
- Welcoming Roleplay – In pairs, act out how you’d welcome a new classmate.
- Mindfulness Minute – Try a short session with soft music or a singing bowl (if available) to introduce meditation.
- Story Extension – Write a letter to the new boy as if you were one of the students in the class.

RELEVANT SDGS

Applicable SDGs:

- SDG 4: Quality Education
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 4 (Quality Education): The story highlights how education extends beyond books to include mindfulness, cultural heritage, and emotional well-being.
- SDG 10 (Reduced Inequalities): The new student’s integration reflects the value of inclusiveness and equal opportunity for all learners.

EXPECTED OUTCOMES

Students will gain empathy, understand cultural influences in education, and appreciate inclusiveness in classrooms around the world. They'll also become more mindful of their own actions when someone new joins their group.

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.