

ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Facing the unknown

Childhood fears

Imagination and perception

Family reassurance and emotional safety Social Emotional learning

LEARNING OUTCOME

Children will:

- Recognize that it's normal to feel scared sometimes, especially when imagination takes over.
- Learn ways to express their fears safely.
- Understand that talking to a trusted adult or family member can help them feel better.
- Explore the difference between what is real and what is imagined.
- Begin to identify things that help them feel calm and safe.

LESSON PLAN

Through observation, storytelling, and creative play, children are guided to name their fears, understand them, and find ways to feel safe. The lesson creates space for open conversation and gentle reassurance.

Discussion Questions

Before Reading:

- What is something that looks a little strange to you in your room or outside?
- Have you ever been scared of something that turned out to be irrational?
- Who do you talk to when you feel scared?

During Reading:

- What do you think Rummu is feeling right now?
- Why do you think the shoe/shadow/crack looks scary to her?
- What would you say to help her feel better?
- What do you think is really happening?

After Reading:

- Why was Rummu scared?
- Did the things she saw really want to scare her?
- What helped her feel safe again?
- What makes you feel better when you're scared?

Activities:

- “Draw Your Scary Thing” Art Activity: Let children draw something they’re scared of — then draw it again as a silly or friendly version.
- “Magic Flashlight” Game: Shine a light on shadows or objects to show how they change — helping children understand what they see at night.

- Create a “Comfort Box”: Fill a small box with calming things (a soft toy, a photo, a lavender pouch). Talk about how to use it when feeling scared.
- Role Play: Take turns pretending to be Rummu and a friendly helper who reassures her.
- “Monster to Muppet” Flip Cards: Create foldable drawings that turn scary faces into smiling

RECOMMENDED ZAMASAMA BOOKS

- [The Grand Patch-Up – Friendship and overcoming misunderstanding](#)
- [Noon Chai and a Story – Feeling safe through family storytelling](#)
- [A Fish and a Gift – Comfort through connection and routine](#)

RELEVANT SDGS

- SDG 3 – Good Health and Well-being: Supports emotional well-being and helps children learn to manage fears.
- SDG 4 – Quality Education: Promotes emotional literacy and discussion in early childhood education.

EXPECTED OUTCOMES

Children will begin to see fear as a natural part of growing up. They’ll be better able to name their feelings, seek support, and use imagination in a positive way. They’ll also realize they’re not alone — everyone feels scared sometimes.

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.