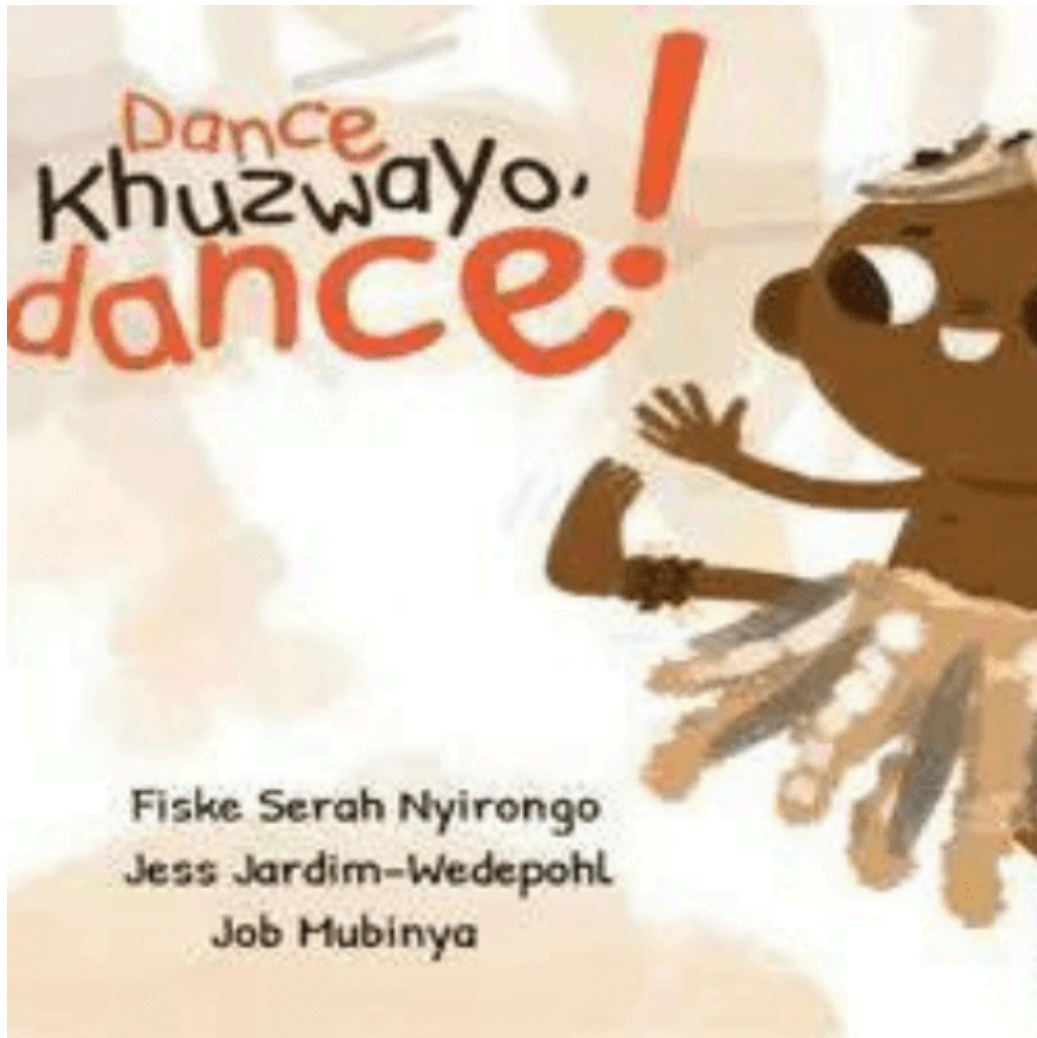


ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Culture & Tradition

Social & Emotional Learning (SEL)

Community

Performing Arts

Traditional dances of Africa

LEARNING OUTCOME

Children will:

- Understand that feeling nervous is a normal part of new experiences.
- Learn how support from friends and community can help overcome fear.
- Explore how cultural dances like the Ingoma are rich in meaning and tradition.
- Build awareness and respect for different forms of artistic expression from around the world.

LESSON PLAN

Introduce students to global folk dances and appreciate how they have been preserved from generation to generation.

Discussion Questions

Before Reading:

- Have you ever had to perform or speak in front of others? How did it feel?
- What do you know about traditional dances? Name a few and the countries where they are performed.

During Reading:

- How does Khuzwayo feel as the drums begin?
- What changes his mind and gives him courage?

After Reading:

- Why is Khuzwayo proud by the end?
- How do communities support performers in real life?

Activities:

- Movement Exploration: Try rhythm patterns using claps or small drums.
- Cultural Research: Students can bring in or research a dance from their family background.
- Story Reflection: Write or draw a moment when they were scared and someone helped them feel brave.

RELEVANT ZAMASAMA STORIES

- [The Song in Her Heart](#)
- [The Best Doll Festival, Ever!](#)
- [Dancing on Walls](#)

RELEVANT SDGS

Applicable SDGs:

- SDG 4 – Quality Education
- SDG 10 – Reduced Inequalities
- SDG 11 – Sustainable Cities and Communities

SDG Explanation

- SDG 4 is addressed as the story introduces children to global cultural traditions through storytelling and movement.
- SDG 10 is reflected in how Khuzwayo's story celebrates Zulu identity and teaches acceptance of different cultural practices.
- SDG 11 is highlighted through the preservation and celebration of the Ingoma, a vital part of Zulu heritage.

EXPECTED OUTCOMES

Children will develop emotional awareness and empathy for those who feel afraid. They will recognize the importance of community support and the role of cultural traditions in building confidence and joy.

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.