

ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Health & Wellbeing

Observation

Inclusion & Disability

Empathy

Self-awareness

LEARNING OUTCOME

Children will better understand sensory differences, feel more confident discussing their own needs, and show greater empathy toward peers who may experience health-related challenges.

LESSON PLAN

This lesson helps children explore how their senses work and how differences in vision can impact daily experiences. It includes fun comparisons, a senses game, and a discussion about seeking help when needed.

Discussion Questions

Before Reading:

- Can you name the five senses? Which do you think you use the most?
- What might happen if you couldn't see very well?

During Reading:

- Pause to ask: What do you think is happening to Luthando? Why is he bumping into things?
- Let children guess what the "problem" might be.
- Ask: What would you do if you were Luthando?

After Reading:

- Why was Luthando bumping into things?
- How do our senses help us in daily life?
- What do you think Luthando should do next?
- How can we help friends who may not see or hear well?

Activities:

- Senses Exploration Game: Blindfolded children guess objects using smell, touch, and hearing.
- “Draw Your Day” With Glasses: Have students draw a comic of what they think Luthando’s day looked like before and after getting help.
- Empathy Circle: Students share one way they can help classmates who may have a physical disability.

RELEVANT ZAMASAMA STORIES

- The Song in Her Heart – overcoming hearing impairment with support
- A Friend for All – how empathy helps us support others
- Aarna and Iris' Big Task – The girls have fun introducing the new student to their school through the senses
- I Like Your Way! – how the blind boy finds his way around using his senses

RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Well-being
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 3: The story promotes awareness around vision and the importance of getting help for health concerns.
- SDG 10: It fosters empathy and inclusion by normalizing that some children might need support for physical differences like poor eyesight.

EXPECTED OUTCOMES

Children will:

- Understand that some people may need glasses or help to see clearly
- Recognize the importance of speaking up when something feels difficult
- Learn to be more observant and mindful of their surroundings
- Develop empathy toward children with different physical or sensory needs
- Become aware of how vision, hearing, and smell all help us make sense of the world

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.