

ZAMASAMA PRESENTS

A Guide for Teachers and Parents

My Curly Red Hair



Written by Yazan Masarweh

Illustrated by Flyin

THEMES

Inclusion & Disability

Health & Wellbeing

Celebrating Difference

Challenging Beauty Standards

Self-Acceptance & Confidence

Family Support & Affirmation

Social & Emotional Learning (SEL)

LEARNING OUTCOME

Children will:

- Recognize and reflect on feelings of difference and self-doubt.
- Understand the value of self-acceptance and individuality.
- Develop empathy for others who may feel insecure about their appearance.
- Learn to challenge negative self-talk and embrace what makes them unique.
- Appreciate how family support can help build confidence.

LESSON PLAN

This lesson helps children understand and embrace differences—both their own and others’—while encouraging reflection on inner strength and family love.

Discussion Questions

Before Reading:

- Is there something about you that’s different from your friends?
- What do you like or dislike about how you look?
- What does it mean to be “unique”?

During Reading:

- Ask: Why do you think Faisal wants to change his hair?
- How does he feel about Grandma visiting?

After Reading:

- What does Faisal learn about himself by the end?
- How did the family support him?
- Have you ever felt unsure about your appearance? What helped?

Activities:

- Mirror Messages: Each child writes one positive thing about their appearance.
- Hair Collage: Create art celebrating diverse hair textures and styles.
- "I Am Me" Poem: Children write short poems celebrating their uniqueness.

RELEVANT ZAMASAMA STORIES

- The Artist – celebrating inner creativity and expression.
- Zanele Situ – rising above physical challenges and stereotypes.
- Rummu is Scared – overcoming internal fears with support.
- The Song in Her Heart – self-expression despite disability.
- Abdul’s Story –How Abdul overcomes his low self-esteem.

RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Well-being
- SDG 5: Gender Equality
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 3: Encourages emotional well-being and positive self-image.
- SDG 5: Challenges appearance-based biases, especially those impacting boys and girls differently
- SDG 10: Promotes self-acceptance and celebrates diversity in appearance and identity

EXPECTED OUTCOMES

Children will feel affirmed in their appearance, learn to be kind to themselves, and support others in recognizing the beauty in being different.



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.

