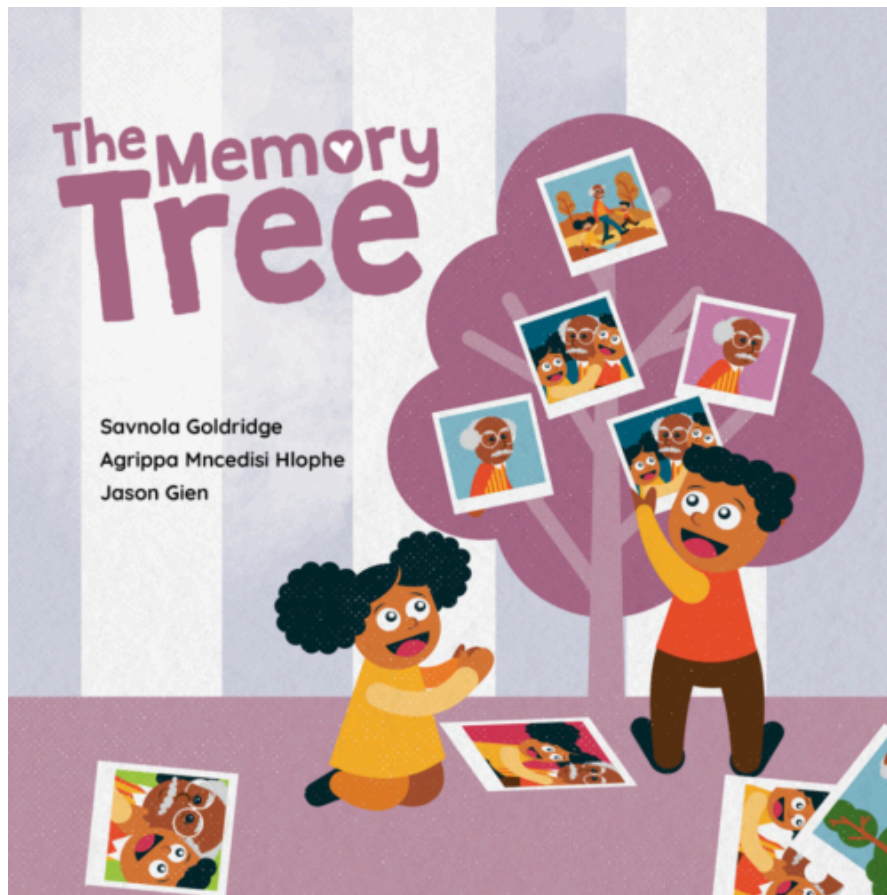


ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Health & Wellbeing

Social & Emotional Learning

Health & Wellbeing

LEARNING OUTCOME

Children will:

- Begin to understand the concept of loss and grief
- Learn ways to remember loved ones positively
- Feel reassured that it's normal to feel sad or confused after a loss
- Recognize the importance of sharing feelings with family or trusted adults
- Reflect on meaningful memories as a source of comfort

LESSON PLAN

This story gently introduces the topic of loss and grief and offers strategies to help children express their feelings and create comforting rituals.

Discussion Questions

Before Reading:

- Have you ever missed someone or something special to you?
- What are some ways we remember people we love?

During Reading:

- How are Thembi and Thulani feeling in the story?
- What does the family do to honor Grandpa Nathi?

After Reading:

- What is a memory tree? What memories would you put on one?
- How did the children feel before and after creating the tree?
- Why is it important to talk about our feelings?

Activities:

- Create a Memory Tree: Children can draw or build their own memory trees with photos or drawings.
- Feelings Journal: Encourage children to write or draw about someone they miss.
- Story Circle: Invite children to share stories of people or pets they love or have lost.

RELEVANT ZAMASAMA STORIES

- Get Well Soon – recognizing and supporting emotional well-being

RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Well-being
- SDG 4: Quality Education

SDG Explanation

- SDG 3: Promotes emotional well-being and mental health in children coping with loss.
- SDG 4: Encourages supportive family and school environments where emotional expression is nurtured.

EXPECTED OUTCOMES

Children will begin to build emotional vocabulary around grief and remembrance. They will understand that expressing sorrow is healthy and that memories can bring comfort.

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.