

ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Inclusion & Disability

Biography

Resilience

Sports

Inspiration

LEARNING OUTCOME

Children will:

- Learn about Zanele Situ’s real-life journey and achievements
- Understand the meaning of perseverance and inner strength
- Reflect on inclusion and respect for people with disabilities
- Be encouraged to pursue dreams despite physical limitations
- Appreciate the role of sport in building confidence and resilience

LESSON PLAN

This lesson introduces students to disability inclusion, resilience, and sportsmanship. Zanele’s story becomes a platform for encouraging empathy, ambition, and self-worth.

Discussion Questions

Before Reading:

- Have you heard of the Paralympics?
- What do you think it means to never give up?
- Do you know someone who has overcome a big challenge?

During Reading:

- Pause when Zanele is told she can’t walk—ask: How would that make you feel?
- Ask: What do you think helped her become an athlete?

After Reading:

- What challenges did Zanele face?
- How did she overcome them?
- What message does her story share with other children?
- How can we support and include people with disabilities in our lives?

Activities:

- Champion Poster: Create a poster about someone who overcame adversity.
- Ability Awareness Game: Match activities to adaptations that make them accessible.
- Paralympic Sports Trivia: Introduce different Paralympic games and their rules.

RELEVANT ZAMASAMA STORIES

- A Friend for All – inclusion and peer support for all abilities
- Machher Jhol – a blind boy navigates a bustling city to bring comfort food to his ill father, guided by memory and love.
- The Song in Her Heart – a hearing-impaired girl learns to dance to the rhythm she feels, not hears –thanks to her grandmother’s gentle wisdom.

RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Well-being
- SDG 4: Quality Education
- SDG 5: Gender Equality
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 3: Promotes emotional and physical well-being through sport and personal development.
- SDG 4: Shows how access to opportunity and learning can change lives.
- SDG 5 & 10: Highlights the achievements of a woman with a disability who challenges stereotypes and promotes inclusion.

EXPECTED OUTCOMES

Children will feel empowered by stories of courage, understand the importance of inclusivity, and reflect on how differences can be strengths. They’ll be more open to diverse forms of ability and perseverance.

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.