

# ZAMASAMA PRESENTS

A Guide for Teachers and Parents



Written by Himanjali Sankar

Illustrated by Aditi Anand

## THEMES

Health & Wellbeing

Family & Friends

Social & Emotional Wellbeing

Dementia

Grandparents

Caring

Aged

# LEARNING OUTCOME

Children will:

- Learn how memory loss can affect older loved ones.
- Understand that forgetting does not mean a loss of love.
- Develop empathy and patience toward elderly family members.
- Be encouraged to express feelings about aging or illness.

## LESSON PLAN

This story helps young children process the idea of aging and memory loss with compassion. It promotes family support, emotional expression, and unconditional love.

### Discussion Questions

#### Before Reading:

- What do you love most about your grandparents?
- Have you ever forgotten something important?
- What do you think it feels like to forget names or places?

#### During Reading:

- What are some things Dida is forgetting?
- How do the narrator and the mother feel?
- What does the narrator do when Dida forgets something?

#### After Reading:

- Why do you think Dida is forgetting things?
- How would you help someone like Dida?
- What can we do to show love, even when words or memories disappear?

#### Activities:

- Memory Collage: Children make a collage of favorite memories with family members.
- Dida’s Diary: Invite children to write or draw a page “from Dida’s diary”—what might she still remember or feel inside?
- Story Circle: Encourage children to share stories of their grandparents.
- Role Play: Practice comforting or helping someone who is confused or forgetful.

## RELEVANT ZAMASAMA STORIES

- Get Well Soon – A grandchild helps lift their grandmother's spirits during a period of depression.
- Lebo’s Gogo – A young girl finds ways to support her injured grandmother and lift her mood.
- Who Stole Bhaiyya’s Smile? – A child recognizes emotional changes and learns to respond with care.

## RELEVANT SDGS

Applicable SDGs:

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

### SDG Explanation

- SDG 3 includes mental and neurological health, including dementia.
- SDG 10 addresses inclusion, care, and empathy for the elderly or those with cognitive conditions.

## EXPECTED OUTCOMES

Children will gain emotional literacy around the topic of dementia, build compassion for elderly relatives, and understand that love is more than memory—it is connection, care, and presence.



## 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.

