

ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Family & Friends

Inclusion & Disability

Culture & Tradition

Intergenerational bonds

Oral storytelling and tradition

Naming and identity

Resilience and hope

LEARNING OUTCOME

- Appreciate the importance of cultural traditions like naming in shaping identity.
- Understand how family love and storytelling can build courage and resilience.
- Reflect on inclusion and disability with empathy.
- Explore the idea that challenges can be overcome through hope, support, and self-belief.
- Recognize the strength of intergenerational wisdom.

LESSON PLAN

Through this story, students will learn how cultural traditions and family stories help children find courage and confidence. Discussions will explore resilience, belonging, and the meaning of names.

Discussion Questions

Before Reading:

- Do you know what your name means? Who gave it to you?
- Why do you think names are important in every culture?

During Reading:

- Why does the boy ask his grandfather to retell the stories again and again?
- What does the counting rope symbolize?
- How does the grandfather reassure the boy?

After Reading:

- What does the name Boy-Strength-of-Blue-Horses tell you about the boy?
- How can stories help us when we feel afraid or uncertain?
- How do you think the boy feels after hearing his grandfather's stories?

Activities:

- Naming Traditions: Students explore the meaning of their names or invent new “strength names” that describe positive qualities about themselves.
- Counting Rope Metaphor: Create a classroom counting rope, tying knots for each story or memory students want to preserve.
- Storytelling Circle: Students share a family story or memory passed down from grandparents or elders.
- Challenge and Courage: Role-play a situation where a child faces a challenge and receives encouragement from a mentor, teacher, or elder.

RELEVANT ZAMASAMA STORIES

- [Why Is Nita Upside Down?](#) – On self-belief and confidence
- [Zanele Situ](#) – On resilience and overcoming disability in sports
- [Stage Fright](#) – On courage, performance, and encouragement from family and peers
- [As Fast as Words Can Fly](#) – On perseverance against discrimination

RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Wellbeing
- SDG 4: Quality Education
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 3: Promotes wellbeing and emotional resilience in children with disabilities.
- SDG 4: Affirms storytelling and cultural heritage as important forms of education.
- SDG 10: Challenges social inequalities faced by children with disabilities and celebrates their abilities.

EXPECTED OUTCOMES

- Gain empathy for children with disabilities.
- Value cultural traditions such as storytelling and naming.
- See the power of love, encouragement, and intergenerational wisdom.
- Be inspired to face their own challenges with courage.
- Understand that resilience is built through both inner strength and community support.

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.