

# ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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## THEMES

Family & Friends

Social & Emotional Learning (SEL)

Being Empathetic

Intergenerational Bonds

# LEARNING OUTCOME

Children will:

- Develop empathy for aging loved ones
- Understand that physical limitations don't diminish emotional connection
- Recognize creative ways to spend meaningful time with family
- Appreciate the importance of kindness and patience with elders
- Strengthen family bonds through shared, accessible experiences

## LESSON PLAN

This lesson explores how children can better relate to and support elderly family members through empathy, imagination, and love.

### Discussion Questions

#### Before Reading:

- Do you have a grandparent or older relative you spend time with?
- What activities do you enjoy doing with them?
- How do you think older people feel when they're unwell?

#### During Reading:

- Pause when Gogo is unable to go out—ask: What would you do?
- Ask: How is Lebo feeling? How do you think Gogo feels?

#### After Reading:

- Why couldn't Gogo go to the mall or park?
- What idea did Lebo come up with?
- How did both Gogo and Lebo feel by the end of the story?
- What could you do for someone in your family who isn't feeling well?

#### Activities:

- Tea Party Role Play: Children set up a tea party in class with cards or snacks and invite a friend or elder.
- Caring Journal: Children draw or write about a time they helped or cheered someone up.
- Grandparent Portrait: Create art honoring their grandparents or elderly neighbors.

## RELEVANT ZAMASAMA STORIES

- Nani's Walk to the Park – A grandmother's determination to stay active and connected to her community
- Get Well Soon – A child helps his grandmother through depression with small but meaningful gestures
- Forgetful Dida – A tender portrayal of dementia and how a young girl learns to be patient and caring with her grandmother
- Who Stole Bhaiyya's Smile? – When her brother is suffering from depression his sister in supportive and empathetic.

## RELEVANT SDGS

Applicable SDGs:

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

### SDG Explanation

- SDG 3: Promotes mental and emotional well-being through intergenerational care.
- SDG 10: Highlights the challenges and inclusion of the elderly in everyday experiences.

## EXPECTED OUTCOMES

Children will build a deeper appreciation for older adults and learn that even simple acts of love—like a tea party at home—can create lasting joy. They will develop emotional insight and communication skills across generations.

## 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.