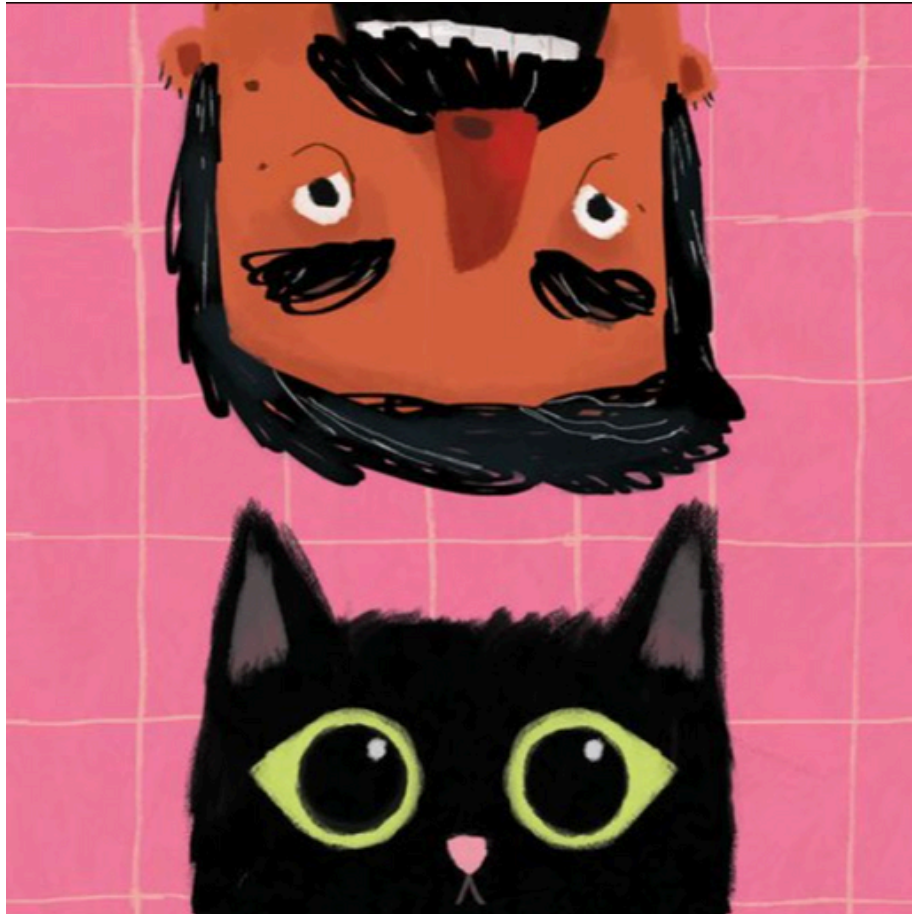


ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Social & Emotional Wellbeing

Culture & Tradition

Health & Wellbeing

Challenging Superstitions

Empathy Toward Animals

Personal Growth

Family Bonds

LEARNING OUTCOME

Children will be able to:

- Understand how superstitions and biases can affect behavior.
- Reflect on how personal experience can replace inherited fear or biases.
- Recognize the value of kindness and open-mindedness.
- Practice thinking critically about what they hear or believe.

LESSON PLAN

Muthu and Kappu’s story is an excellent tool to introduce children to rational thinking, emotional growth, and social empathy. Students will explore how unfounded beliefs and all biases – whether of animals or peoples, can be replaced with understanding through experience and reflection.

Activities:

- Fear to Friendship: Children draw or write about something they were once afraid of and how they overcame it.
- Superstition Sorting: Provide a list of common beliefs; children decide if they are facts, superstitions, or need more evidence.
- Class Debate: 'Do you think all superstitions are bad?' Let students share viewpoints in a guided discussion.

RELEVANT ZAMASAMA STORIES

- The Very Wiggly Tooth – folk tales & Legends
- Rummu is Scared – Irrational fears

RELEVANT SDGS

Applicable SDGs:

- SDG 4: Quality Education
- SDG 10: Explanation of SDG Relevance:

SDG Explanation

- SDG 4: Encourages critical thinking and exploration of beliefs and perspectives.
- SDG 10: Promotes inclusion by challenging stereotypes and biases.

EXPECTED OUTCOMES

Children will understand how inherited beliefs can shape perception and how empathy, inquiry, and direct experience can reshape it. They'll build critical thinking and a deeper appreciation for inclusivity and rational reflection.

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.