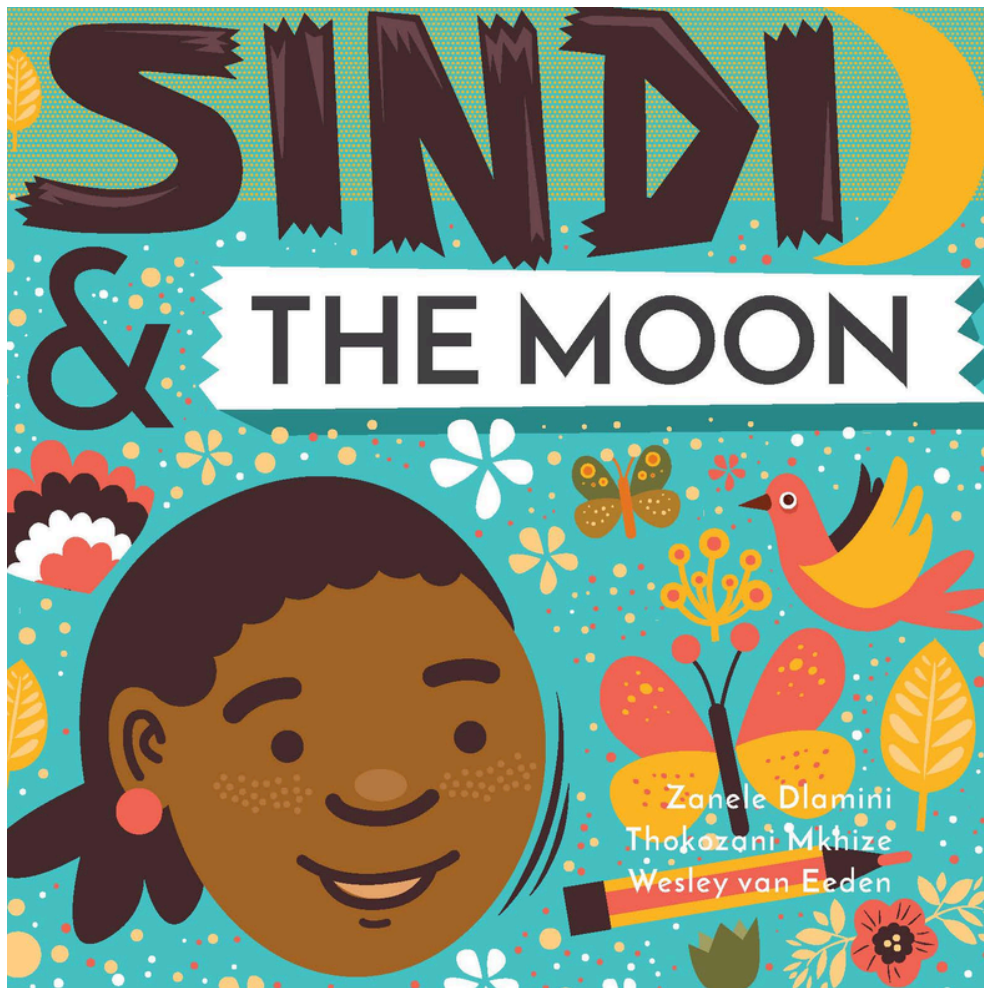


ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Social & Emotional Learning (SEL)

Family & Friends

Starting school

Imagination and reassurance

LEARNING OUTCOME

Children will:

- Recognize and name feelings such as excitement and nervousness.
- Understand that school is a place for learning, friendship, and self-expression.
- Explore how imagination and storytelling (like talking to the moon) can help ease fears.
- Appreciate the role of family and nature in emotional support.

LESSON PLAN

This lesson supports young children in identifying feelings about school, exploring ways to express themselves, and finding comfort in the natural world or familiar routines. Activities foster emotional vocabulary, creativity, and discussion around transition experiences.

Discussion Questions

Before Reading:

- Have you ever felt nervous about starting something new?
- What were feelings at starting school?

During Reading:

- How does Sindi feel when she hears she’s going to school?
- What do you think the moon will say to her?
- What do you notice about Sindi’s expression in the pictures?

After Reading:

- Did Sindi feel better after talking to the moon?
- What helped her feel ready for school?
- Who or what helps you feel better when you’re worried?

Activities:

- Moon Messages: Children draw a picture or write a message to the moon about their own feelings.
- Role Play: Act out Sindi’s first day at school using props or puppets.
- Sing and Dance Time: Invite children to sing or move to a rhythm, just like Sindi.
- Draw Your Feelings: Let children illustrate how they felt before a new experience and how they felt afterward.

RELEVANT ZAMASAMA STORIES

- Stage Fright: Overcoming nervousness before a performance.
- Why is Nita Upside Down?: A girl learns to embrace her differences and build confidence.
- Dance Khuzwayo, Dance!: A boy finds his rhythm despite fear and doubt.
- Rummu is Scared: A tale about a little girl's first time in a new environment and how she finds courage.

RELEVANT SDGS

Applicable SDGs:

- SDG 4: Quality Education
- SDG 3: Good Health and Wellbeing

SDG Explanation

- SDG 4 – Quality Education: The story encourages positive associations with early education, easing the transition to school for young children.
- SDG 3 – Good Health and Wellbeing: Sindi's emotional wellbeing is nurtured through reassurance and connection, modeling how children can manage anxiety and seek comfort.

EXPECTED OUTCOMES

Children can find comfort in knowing that they are not the only ones experiencing anxiety at starting school. That kids all over the world could be feeling insecure and scared like them. They will gain tools to understand and express their emotions, especially during new experiences. They'll build empathy, learn to seek reassurance, and see that support can come from many sources—family, nature, and stories.

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.