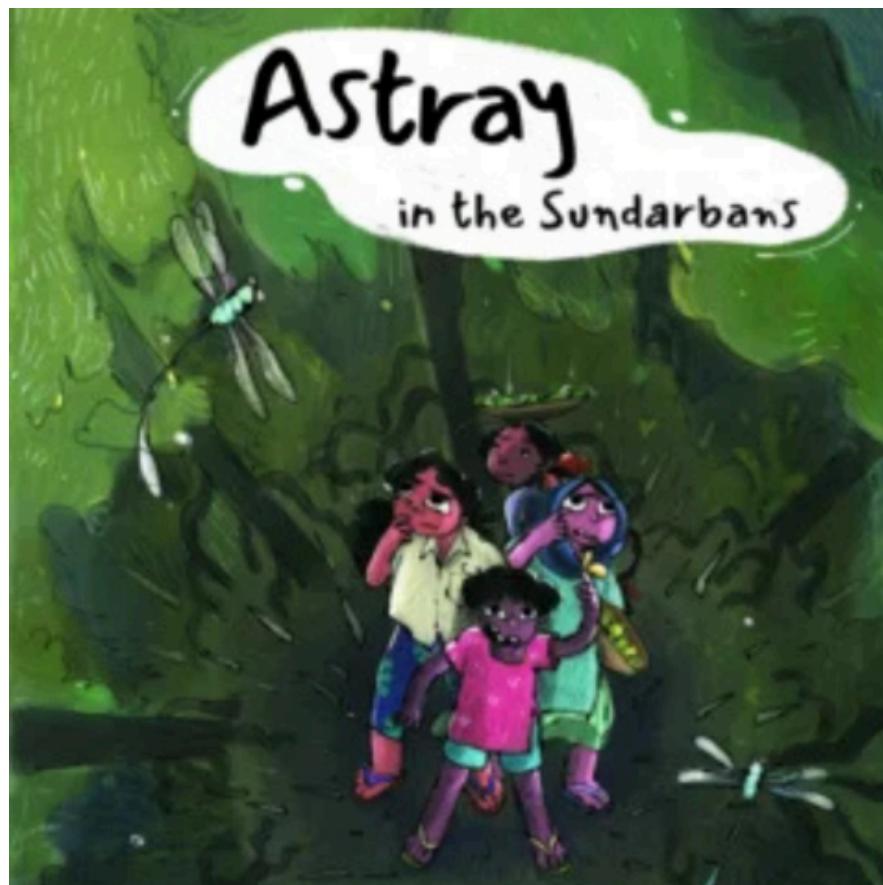


Astray in the Sundarbans

A Guide for Teachers and Parents



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THEMES

Environment & Conservation

Livelihoods & Community Life

Social & Emotional Learning (SEL)

Geography & Ecology

SUB-THEMES

Livelihoods & Community Life

Life in the Sundarbans

Geography shapes livelihoods

Myths and beliefs

Story Discussion Guide

Children will:

1. Describe how families depend on the Sundarbans for their livelihoods.
2. Explain why calm thinking and teamwork matter in emergencies.
3. Understand tides and how they change the landscape.
4. Identify features of mangrove ecosystems.
5. Recognize the role of myths like Dakshin Rai.
6. Appreciate global differences in livelihoods.
7. Reflect on responsibility and protecting fragile environments.

Lesson Plan

A session exploring Sundarbans geography, tide-based challenges, calm problemsolving, and cultural beliefs.

Learning Outcome

Warm-Up Questions:

1. Have you ever been in nature where you depended on your surroundings?
2. What do you know about tides?
3. How does where you live influence your daily life?

During Reading : – Pause to Ask:

1. Why is Bheema calm when others panic?
2. How do tides change their route?
3. What dangers are real vs. imagined?
4. What clues help them find direction?

After Reading--:-- Discussion Questions:

1. How do tides affect life in the Sundarbans?
2. How did Bheema help the group?
3. Why do communities tell stories about spirits?
4. What can we learn from the children's teamwork?

Activities:

1. Map of the Sundarbans – draw rivers, mangroves, and villages.
2. Calm Mind Practice – Stop, Breathe, Think, Act.
3. Livelihoods Around the World – compare global communities.
4. Model Mangrove – make root systems with clay or paper.
5. Create a Forest Spirit – design your own protective spirit.

Expected Outcomes

Children learn:

- Different livelihoods arise from local geography.
- Respect for unique ecosystems.
- Calm decision-making is essential.

Applicable SDGs

- SDG 13 – Climate Action
- SDG 14 – Life Below Water
- SDG 15 – Life on Land
- SDG 8 – Decent Work & Economic Growth

Explanation of SDG Relevance

SDG 13: Shows impact of tides and fragile ecosystems.

SDG 14 & 15: Highlights mangrove biodiversity.

SDG 8: Demonstrates forest-based livelihoods.

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.