

# FORGETFUL DIDA

A Guide for Teachers and Parents



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## THEMES

Social & Emotional Learning

Health & Wellbeing

Family & Friends

## SUB-THEMES

Grandparents

Caring

Aged

Dementia

# Story Discussion Guide

Children will:

- Learn how memory loss can affect older loved ones.
- Understand that forgetting does not mean a loss of love.
- Develop empathy and patience toward elderly family members.
- Be encouraged to express feelings about aging or illness.

## Lesson Plan

This story helps young children process the idea of aging and memory loss with compassion. It promotes family support, emotional expression, and unconditional love.

## Learning Outcome

### Warm-Up Questions:

- What do you love most about your grandparents?
- Have you ever forgotten something important?
- What do you think it feels like to forget names or places?

### During Reading : – Pause to Ask:

- What are some things Dida is forgetting?
- How do the narrator and the mother feel?
- What does the narrator do when Dida forgets something?

## After Reading— Discussion Questions:

- Why do you think Dida is forgetting things?
- How would you help someone like Dida?
- What can we do to show love, even when words or memories disappear?

## Activities:

1. Memory Collage: Children make a collage of favorite memories with family members.
2. Dida's Diary: Invite children to write or draw a page "from Dida's diary"—what might she still remember or feel inside?
3. Story Circle: Encourage children to share stories of their grandparents.
4. Role Play: Practice comforting or helping someone who is confused or forgetful.

## Expected Outcomes

Children will gain emotional literacy around the topic of dementia, build compassion for elderly relatives, and understand that love is more than memory—it is connection, care, and presence.

- Did children share stories of grandparents or memory-related experiences?
- How did they respond to Dida's forgetting?
- What feelings emerged during the discussions?

# Curriculum Ladder:

## Horizontal Alignment:

5-8 years:

Get Well Soon – Dre’s Grandmother is suffering from Depression. Little Dre tries his best to cheer her up.

My Brother Charlie - Charlie, an autistic boy gets all the love, care, support and understanding by his loving sister.

## Vertical Alignment

3-5 years:

Who Stole Bhaiyya’s Smile? – A child recognizes emotional changes and learns to respond with care.

A Very Important Tree – When her brother wants to cut down a tree, his sister is very upset. She does not want the tree and the birds who had made a home in it to be harmed in anyway.

Lebo and Gogo’s Tea Party -Lebo’s Grandmother had a fall and broke her leg. Lebo wants to cheer her up. What can she do to make her Gogo feel happy?

8-10 years:

Bili and Soli – Bili is very protective of his younger sister. At the Pasola fair he constantly is afraid whether she will get sunburnt, get lost, or worse, get trampled by a horse.

Knots on a Counting Rope – A tender story of the bond between a grandfather and grandson, Boy Strength of Blue Horses, who is blind and loves hearing from his grandfather how he got his name.

### **10-12 years**

A Friend for All – Nabila cares deeply for the welfare of her classmates and sets up SAFE to help them feel safe and supported.

## **Applicable SDGs**

SDG 3: Good Health and Well-being

SDG 10: Reduced Inequalities

## **Explanation of SDG Relevance**

SDG 3 includes mental and neurological health, including dementia.

SDG 10 addresses inclusion, care, and empathy for the elderly or those with cognitive conditions.

## **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.