

Rummu Is Scared

A Guide for Teachers and Parents



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SUB-THEMES

Childhood fears

Facing the unknown

Imagination and perception

Social Emotional learning

Story Discussion Guide

- Recognize that it's normal to feel scared sometimes, especially when imagination takes over.
- Learn ways to express their fears safely.
- Understand that talking to a trusted adult or family member can help them feel better.
- Explore the difference between what is real and what is imagined
- . Begin to identify things that help them feel calm and safe.

Lesson plan

Through observation, storytelling, and creative play, children are guided to name their fears, understand them, and find ways to feel safe. The lesson creates space for open conversation and gentle reassurance.

Learning Outcome

Before Reading:

- What is something that looks a little strange to you in your room or outside?
- Have you ever been scared of something that turned out to be irrational?
- Who do you talk to when you feel scared?

During Reading :

- What do you think Rummu is feeling right now?
- Why do you think the shoe/shadow/crack looks scary to her?
- What would you say to help her feel better?
- What do you think is really happening?

After Reading:

- Why was Rummu scared?
- Did the things she saw really want to scare her?
- What helped her feel safe again? What makes you feel better when you're scared?

Activities:

- “Draw Your Scary Thing” Art Activity: Let children draw something they’re scared of – then draw it again as a silly or friendly version.
- “Magic Flashlight” Game: Shine a light on shadows or objects to show how they change – helping children understand what they see at night.
- Create a “Comfort Box”: Fill a small box with calming things (a soft toy, a photo, a lavender pouch). Talk about how to use it when feeling scared.
- Role Play: Take turns pretending to be Rummu and a friendly helper who reassures her.
- “Monster to Muppet” Flip Cards: Create foldable drawings that turn scary faces into smiling

Expected Outcomes

Children will begin to see fear as a natural part of growing up. They’ll be better able to name their feelings, seek support, and use imagination in a positive way. They’ll also realize they’re not alone – everyone feels scared sometimes.

Applicable SDGs

SDG Explanation

- SDG 3 – Good Health and Well-being: Supports emotional well-being and helps children learn to manage fears.
- SDG 4 – Quality Education: Promotes emotional literacy and discussion in early childhood education.

ABOUT ZAMASAMA

Zamasama is a nonprofit initiative that curates children's stories from diverse cultures and lived experiences around the world. It gives children a window into other communities—and a mirror that affirms their own, helping children recognize the shared humanity that connects us across differences. Through narratives that gently challenge biases and broaden worldviews, Zamasama helps children see difference not as a barrier but as a bridge. Through the power of stories, we sow the seeds of pluralism that can grow into a more harmonious world for all.