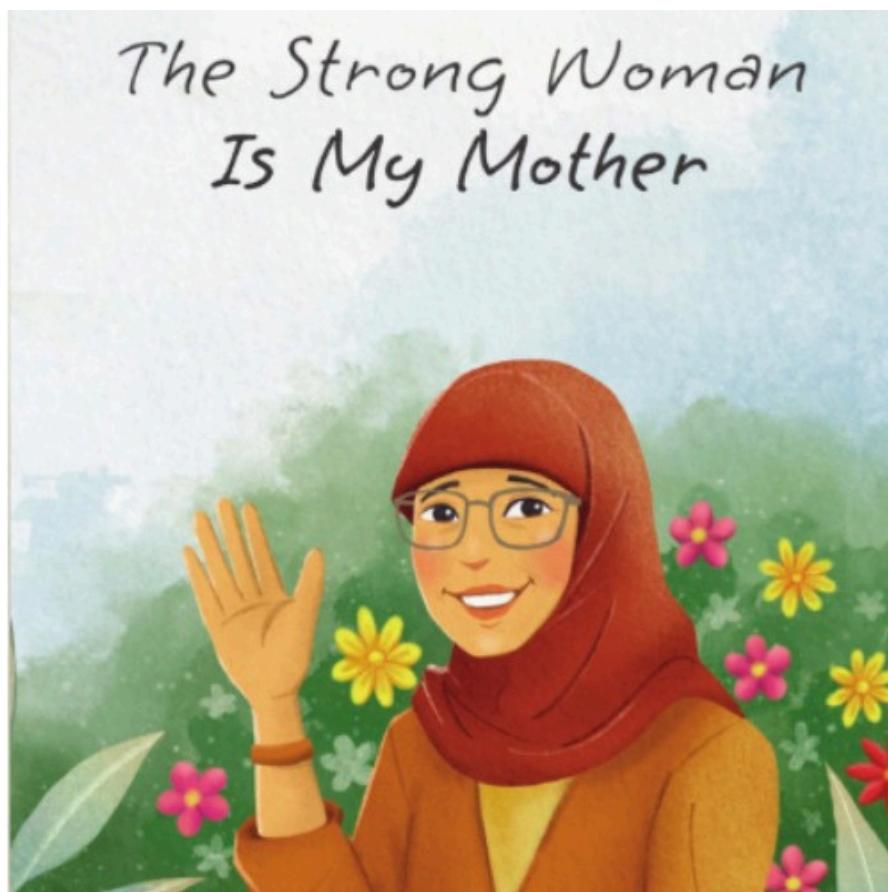


The Strong Woman is my Mother

A Guide for Teachers and Parents



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THEMES

Community

Inclusion & Disability

Social & Emotional Learning

SUB-THEMES

Women Empowerment

True story

Women in Leadership

Story Discussion Guide

- Understand the challenges and strengths of single-parent families.
- Learn the power of empathy and support within communities.
- Explore how one person's initiative can spark social change.
- Reflect on gender roles and the importance of equality.
- Recognize that love and resilience create strong families, regardless of structure.

Lesson plan

This lesson encourages students to appreciate different family models and understand women's contributions to both home and society. It promotes empathy, critical thinking, and the courage to defy stereotypes.

Learning Outcome

Before Reading:

- What struggles do single parents have to face?
- What is a changemaker?

During Reading :

- Pause when Zaki mentions the criticism his mother receives. Ask: How would you feel in his place?
- Note when Nani builds the organization. Ask: What does this tell us about her values?

After Reading:

- Why do you think Nani started PEKKA?
- How did Zaki's view of his mother shape the story?
- What do you admire most about Nani?

Activities:

- Letter of Appreciation – Write a note to a caregiver or role model in your life.
- Family Map – Draw or describe your family and what makes it strong.
- Changemaker Spotlight – Research and present another woman who started an organization to help others.
- Empathy Circle – In groups, discuss how we can support classmates with different family backgrounds.
- Mother's Day Poster – Create a poster about women who lead with love and courage.

Expected Outcomes

Students will learn to celebrate diversity in family structures. They will develop empathy for children from single-parent households. They will see how everyday resilience and values can drive social change. They will internalize the message: You don't need power to create impact – love and belief are enough. Students begin to understand the importance of inclusive, gender-equal societies.

Applicable SDGs

- SDG 1: No Poverty
- SDG 5: Gender Equality
- SDG 10: Reduced Inequalities
- SDG 16: Peace, Justice, and Strong Institutions

SDG Explanation

- SDG 1 & 10: Nani's organization empowers women-headed households to break cycles of poverty and inequality.
- SDG 5: The story promotes gender equality by challenging traditional norms and showcasing female leadership.
- SDG 16: PEKKA supports justice and stronger community systems through grassroots

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.