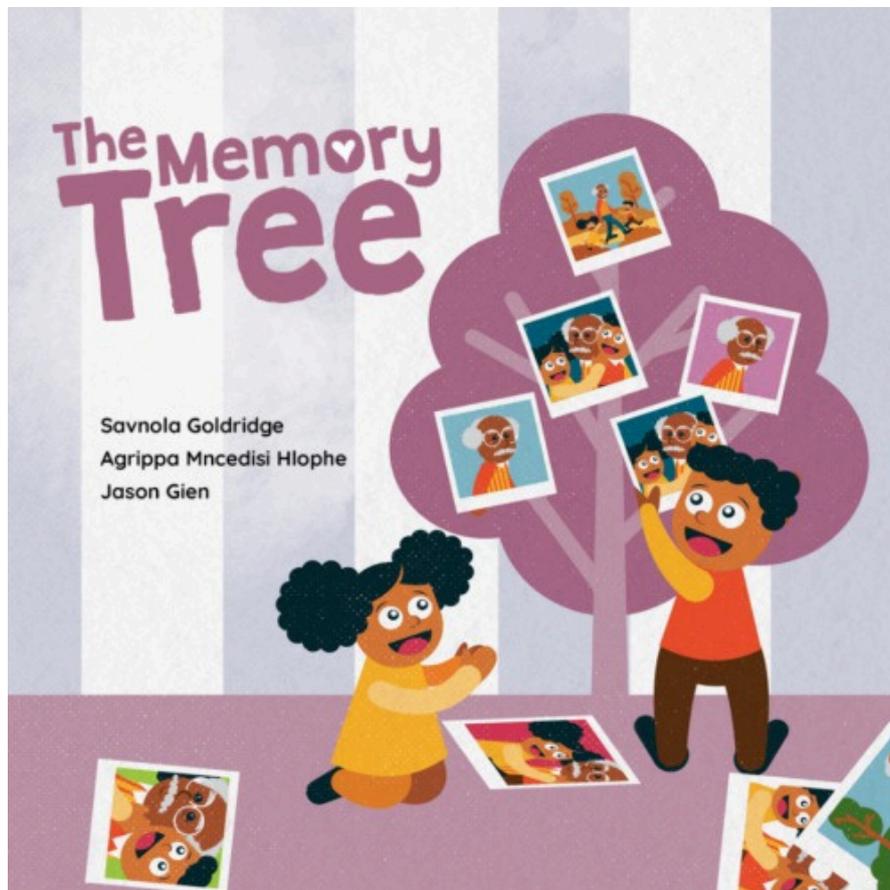


# The Memory Tree

A Guide for Teachers and Parents



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## THEMES

Family & Friends

Social & Emotional Wellbeing

## SUB-THEMES

Coping with loss

Grandparent

# Story Discussion Guide

- Begin to understand the concept of loss and grief
- Learn ways to remember loved ones positively
- Feel reassured that it's normal to feel sad or confused after a loss
- Recognize the importance of sharing feelings with family or trusted adults
- Reflect on meaningful memories as a source of comfort

## Lesson plan

This story gently introduces the topic of loss and grief and offers strategies to help children express their feelings and create comforting rituals.

## Learning Outcome

### Before Reading:

- Have you ever missed someone or something special to you?
- What are some ways we remember people we love?

### During Reading :

- How are Thembi and Thulani feeling in the story?
- What does the family do to honor Grandpa Nathi?

### After Reading:

- What is a memory tree? What memories would you put on one?
- How did the children feel before and after creating the tree?
- Why is it important to talk about our feelings?

## Activities:

- Create a Memory Tree: Children can draw or build their own memory trees with photos or drawings.
- Feelings Journal: Encourage children to write or draw about someone they miss.
- Story Circle: Invite children to share stories of people or pets they love or have lost.

## Expected Outcomes

Children will begin to build emotional vocabulary around grief and remembrance. They will understand that expressing sorrow is healthy and that memories can bring comfort.

## Applicable SDGs

- SDG 3: Good Health and Well-being
- SDG 4: Quality Education

## SDG Explanation

- SDG 3: Promotes emotional well-being and mental health in children coping with loss.
- SDG 4: Encourages supportive family and school environments where emotional expression is nurtured.

## 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.