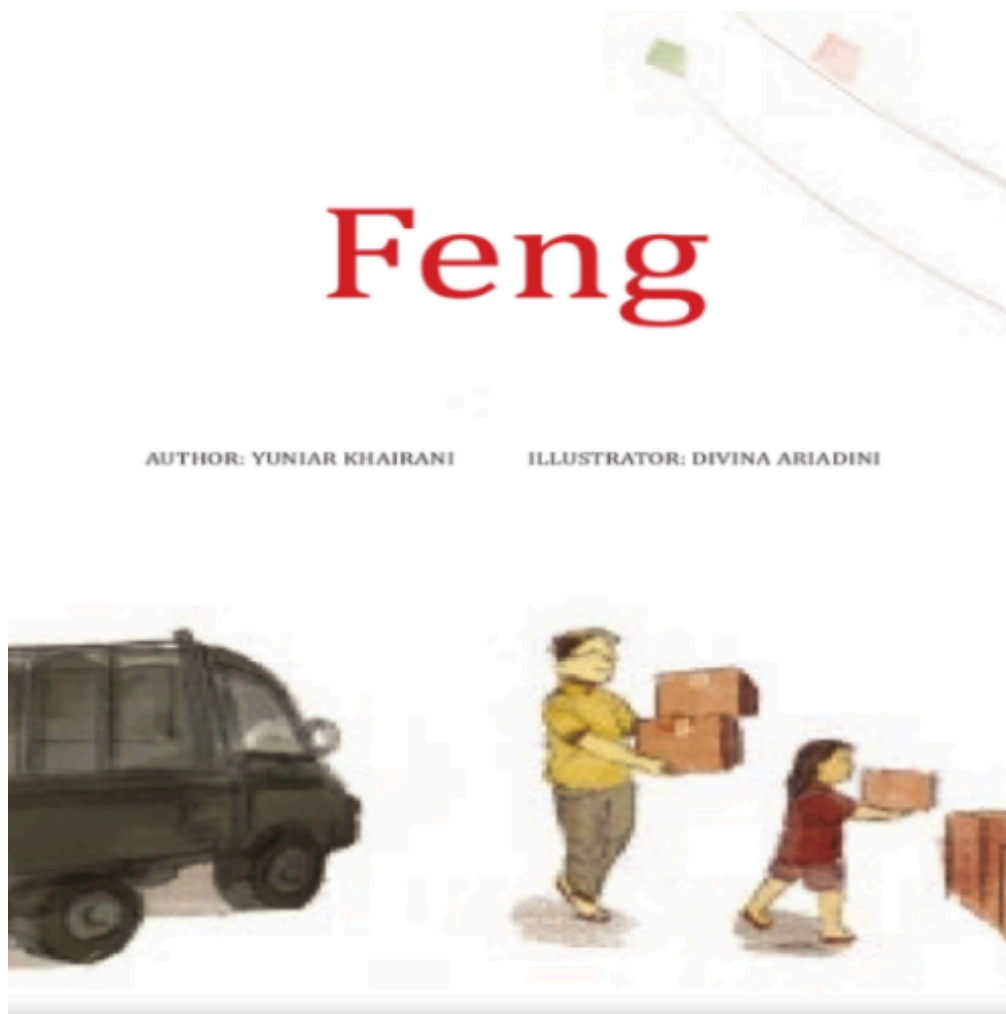


# ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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## THEMES

Family & Friends

Emotional Wellbeing

Loneliness

Inclusion

Creative Communication

# LEARNING OUTCOME

- Recognize the value of friendship and belonging.
- Understand how moving, displacement and/or changes in life can affect emotions and self-confidence.
- Discover creative ways to express themselves and build connections.
- Build empathy for children who feel lonely or left out.

## LESSON PLAN

Students reflect on friendship and inclusion through Feng's story. They explore how expressing kindness and courage can build bridges and consider how to help classmates feel welcome.

### Discussion Questions

#### Before Reading:

- Have you ever had to move to a new place or start a new school?
- How did you make friends there?
- Why do you think friends are important?

#### During Reading:

- How do you think Feng is feeling when she sees the other kids?
- Why do you think Feng sends paper airplanes?
- What do her drawings say about her?

#### After Reading:

- What would you do if you saw someone sitting alone at school?
- How can small acts—like a smile or drawing—help someone feel less lonely?
- What do you think Feng learned about making friends?

#### Activities:

- Friendship Airplanes: Draw or write friendly messages on paper airplanes.
- Circle of Belonging: Students share how they make others feel included.
- Friendship Tree: Students write or draw traits of a good friend on paper leaves.
- Role Play: Act out inclusion scenarios in the classroom.

## RELEVANT ZAMASAMA STORIES

- Enemy Pie
- A Friend for All
- The Sweetest Mango
- Aarna and Iris' Big Task

## RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Well-being
- SDG 4: Quality Education
- SDG 10: Reduced Inequalities

### SDG Explanation

- SDG 3: Promotes emotional well-being.
- SDG 4: Supports SEL and communication.
- SDG 10: Encourages inclusion.

## EXPECTED OUTCOMES

Children will understand how friendship impacts emotional well-being and confidence. They will reflect on inclusion, develop communication skills, and feel empowered to connect with others.

## 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.