

Look Out, Luthando!

A Guide for Teachers and Parents



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THEMES

Health & Wellbeing

Inclusion & Disability

SUB-THEMES

Observation

Self-awareness

Empathy

Story Discussion Guide

- Understand that some people may need glasses or help to see clearly
- Recognize the importance of speaking up when something feels difficult
- Learn to be more observant and mindful of their surroundings
- Develop empathy toward children with different physical or sensory needs
- Become aware of how vision, hearing, and smell all help us make sense of the world

Lesson plan

This lesson helps children explore how their senses work and how differences in vision can impact daily experiences. It includes fun comparisons, a senses game, and a discussion about seeking help when needed.

Learning Outcome

Before Reading:

- Can you name the five senses? Which do you think you use the most?
- What might happen if you couldn't see very well?

During Reading :

- Pause to ask: What do you think is happening to Luthando? Why is he bumping into things?
- Let children guess what the "problem" might be.
- Ask: What would you do if you were Luthando

After Reading–

- Why was Luthando bumping into things?
- How do our senses help us in daily life?
- What do you think Luthando should do next?
- How can we help friends who may not see or hear well?

Activities:

- Senses Exploration Game: Blindfolded children guess objects using smell, touch, and hearing.
- “Draw Your Day” With Glasses: Have students draw a comic of what they think Luthando’s day looked like before and after getting help.
- Empathy Circle: Students share one way they can help classmates who may have a physical disability.

Expected Outcomes

Children will better understand sensory differences, feel more confident discussing their own needs, and show greater empathy toward peers who may experience health-related challenges.

Applicable SDGs

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

SDG Explanation

- SDG 3: The story promotes awareness around vision and the importance of getting help for health concerns.
- SDG 10: It fosters empathy and inclusion by normalizing that some children might need support for physical differences like poor eyesight.

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.