

# My Curly Red Hair

A Guide for Teachers and Parents

## My Curly Red Hair



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## THEMES

Inclusion & Disability

SEL

Health & Wellbeing

## SUB-THEMES

Self-Acceptance & Confidence

Challenging Beauty Standards

Family Support & Affirmation

Celebrating Difference

# Story Discussion Guide

- Recognize and reflect on feelings of difference and self-doubt.
- Understand the value of self-acceptance and individuality.
- Develop empathy for others who may feel insecure about their appearance.
- Learn to challenge negative self-talk and embrace what makes them unique.
- Appreciate how family support can help build confidence.

## Lesson plan

This lesson helps children understand and embrace differences—both their own and others’—while encouraging reflection on inner strength and family love.

### Before Reading:

- Is there something about you that’s different from your friends?
- What do you like or dislike about how you look?
- What does it mean to be “unique”?

### During Reading :

- Ask: Why do you think Faisal wants to change his hair?
- How does he feel about Grandma visiting?

### After Reading:

- What does Faisal learn about himself by the end?
- How did the family support him?
- Have you ever felt unsure about your appearance? What helped?

## Activities:

- Mirror Messages: Each child writes one positive thing about their appearance.
- Hair Collage: Create art celebrating diverse hair textures and styles
- . "I Am Me" Poem: Children write short poems celebrating their uniqueness.

## Expected Outcomes

Children will feel affirmed in their appearance, learn to be kind to themselves, and support others in recognizing the beauty in being different

## Applicable SDGs

- SDG 3: Good Health and Well-being
- SDG 5: Gender Equality
- SDG 10: Reduced Inequalities

## SDG Explanation

- SDG 3: Encourages emotional well-being and positive self-image.
- SDG 5: Challenges appearance-based biases, especially those impacting boys and girls differently
- SDG 10: Promotes self-acceptance and celebrates diversity in appearance and identity

## 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.