

Zanele Situ - My Story

A Guide for Teachers and Parents



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THEMES

Environment & Conservation

STEAM

Social & Emotional Wellbeing

SUB-THEMES

Sports

Resilience

Story Discussion Guide

- Learn about Zanele Situ's real-life journey and achievements
- Understand the meaning of perseverance and inner strength
- Reflect on inclusion and respect for people with disabilities
- Be encouraged to pursue dreams despite physical limitations
- Appreciate the role of sport in building confidence and resilience

Lesson plan

This lesson introduces students to disability inclusion, resilience, and sportsmanship.

Zanele's story becomes a platform for encouraging empathy, ambition, and self-worth.

Learning Outcome

Before Reading:

- Have you heard of the Paralympics? What do you think it means to never give up?
- Do you know someone who has overcome a big challenge?

During Reading :

- Pause when Zanele is told she can't walk—ask: How would that make you feel?
- Ask: What do you think helped her become an athlete?

After Reading:

- What challenges did Zanele face? How did she overcome them?
- What message does her story share with other children?
- How can we support and include people with disabilities in our lives?

Activities:

- Champion Poster: Create a poster about someone who overcame adversity.
- Ability Awareness Game: Match activities to adaptations that make them accessible.
- Paralympic Sports Trivia: Introduce different Paralympic games and their rules.

Expected Outcomes

Children will feel empowered by stories of courage, understand the importance of inclusivity, and reflect on how differences can be strengths. They'll be more open to diverse forms of ability and perseverance.

Applicable SDGs

- SDG 3: Good Health and Well-being
- SDG 4: Quality Education
- SDG 5: Gender Equality
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 3: Promotes emotional and physical well-being through sport and personal development.
- SDG 4: Shows how access to opportunity and learning can change lives.
- SDG 5 & 10: Highlights the achievements of a woman with a disability who challenges stereotypes and promotes inclusion.

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.