

Get Well Soon

A Guide for Teachers and Parents



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THEMES

Family & Friends

Health & Wellbeing

SEL

SUB-THEMES

Intergenerational Bonds

Mental Health Awareness

Care for the elderly

Grandparents

Story Discussion Guide

- Understand that emotional health is just as important as physical health.
- Learn that people of any age—grandparents and even children—can feel sad or be depressed.
- Discover how empathy, small acts of kindness, and patience—like Dre’s—can make a big difference.
- Be encouraged to observe, care, and communicate gently with loved ones

Lesson plan

Use this story to introduce children to emotional awareness and the importance of family support in times of sadness.

Learning Outcome

Before Reading:

- What do you do when someone in your family is feeling sad?
- Do older people (like grandparents) also feel upset sometimes?

During Reading :

- What changes does Dre notice in his grandmother?
- How does he try to cheer her up?
- What are some of the gifts Dre brings, and how does his grandmother react?

After Reading-

- What changes does Dre notice in his grandmother?
- How does he try to cheer her up?
- What are some of the gifts Dre brings, and how does his grandmother react?

Activities:

- Empathy Jar: Children draw or write small gestures they could do to cheer someone up.
- Feelings Wheel: Introduce different emotions and discuss ways to recognize and respond to them.
- Kindness Art: Create a picture or letter for someone who might be feeling lonely or sad.

Expected Outcomes

Children will develop a deeper awareness of mental health, learn that depression can affect loved ones too, and understand that showing care, patience, and presence can be powerful in helping others feel valued and supported. The story fosters a sense of emotional responsibility and strengthens intergenerational empathy.

Applicable SDGs

- SDG 3 – Good Health and Well-Being
- SDG 4 – Quality Education
- SDG 10 – Reduced Inequalities

SDG Explanation

- SDG 3 is reflected in the story's focus on recognizing depression and the role of familial care in recovery
- SDG 4 supports teaching empathy and emotional literacy through stories.
- SDG 10 addresses the need to normalize mental health conversations across age, gender, and cultural lines.

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.