

Stage Fright

A Guide for Teachers and Parents



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THEMES

Family & Friends

Social & Emotional Wellbeing

SUB-THEMES

Courage & self-expression

Overcoming fear

Friendship and encouragement

Story Discussion Guide

- Understand that stage fright and nervousness are normal experiences.
- Explore how encouragement from peers, family, and teachers can build confidence.
- Learn that setbacks are part of growth and resilience.
- Appreciate the importance of courage in expressing themselves.
- Recognize that regardless of differences, everyone has a voice worth sharing.

Lesson plan

Through this story, children explore emotions, self-expression, and how support systems help them overcome fear.

Learning Outcome

Before Reading:

- Have you ever felt nervous before speaking, singing, or performing?
- What helped you feel better?

During Reading:

- How does Champa feel as she practices for the show?
- Why does her confidence disappear on stage?
- What role does her best friend play in her journey?

After Reading:

- Have you ever encouraged a friend to try something new?
- How can we help classmates feel less nervous during performances?
- What do you think Champa learned about herself through this experience?

Activities:

- Courage Circle: Each child shares something they felt nervous about and how they overcame it.
- Role-Play Performance: Act out a short play where one child encourages another who feels nervous.
- Encouragement Cards: Students write supportive notes to classmates before a presentation or performance.
- Voice of Courage Journal: Children write or draw about a time they faced a fear.

Expected Outcomes

Be inspired to see themselves as changemakers, no matter their background. Understand that struggles can be turned into strength. Learn about apartheid and how it affected children's futures. Appreciate the power of storytelling in keeping culture alive and advocating for justice.

Applicable SDGs

- SDG 3: Good Health & Wellbeing – building emotional resilience.
- SDG 4: Quality Education – schools as nurturing spaces for self-expression.
- SDG 10: Reduced Inequalities – ensuring all children, even shy or anxious, feel included.

SDG Explanation

- SDG 3: Encourages children to manage emotions and build confidence.
- SDG 4: Highlights education as more than academics—valuing creativity and performance.
- SDG 10: Promotes inclusion for children who struggle with anxiety or self-expression.

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.