

It's My Birthday!

A Guide for Teachers and Parents



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THEMES

Family & Friends

Culture & Tradition

Local cuisine

Birthday celebrations

Story Discussion Guide

- Appreciate birthday traditions from different cultures.
- Celebrate family and food as an expression of love.
- Recognize similarities in how children around the world feel special on their birthdays.

Lesson plan

Explore the joy of birthdays across cultures through stories, creative food-related crafts, and classroom celebrations.

Learning Outcome

Before Reading:

- What do you do on your birthday?
- How do you feel on your special day?
- What kind of food do you like to eat?
- Have you heard of any birthday traditions from other countries?

Activities:

- Birthday Around the World Map: Mark how children in different countries celebrate their birthdays
- Design a Birthday Plate: Children draw or cut/paste their favorite birthday meal
- Create a Birthday Card: Make cards for Zingisile or each other with drawings and wishes.

Expected Outcomes

Children will understand that birthdays are celebrated in many ways across the world, yet all share the same emotions of joy, love, and family togetherness.

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.