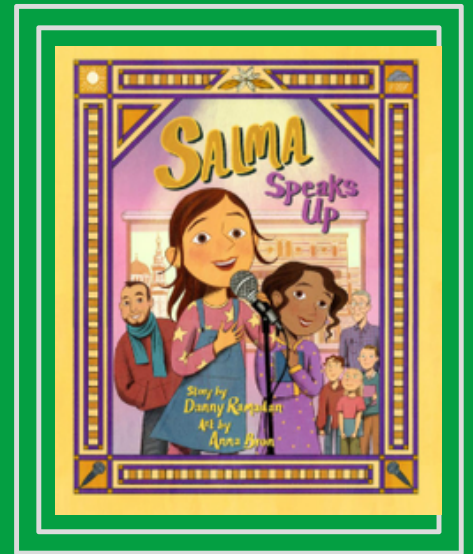


“Salma Speaks Up” by Danny Ramadan



Speaking Up for Wellness: Making Care Maps

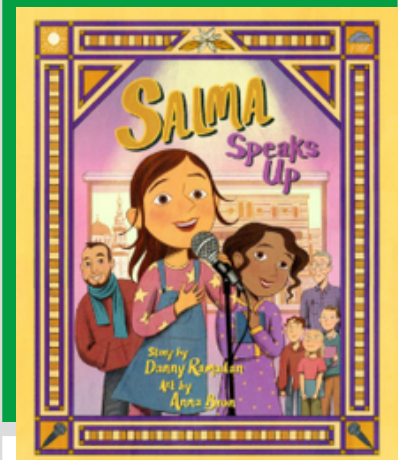
This activity will help students think about the difference between a simple physical sickness and the need for emotional or mental support, as Salma learns with her uncle.

- Introduce the Map: Explain that a "Care Map" is a plan for how to notice when someone is sad or worried and the steps we can take to help them.
- Steps of Care: Review the steps below and discuss the examples from the book for each one.

Create your own “Care Map” for someone in your family or a friend.



“Salma Speaks Up” by Danny Ramadan



Speaking Up for Wellness: Making Care Cards

The Observation 🧐

You notice a change in their normal routine or behavior.

Salma's Example with Khalou Dawood:

Khalou kept cancelling dinner plans; he didn't seem as happy as usual.

The Gentle Speak Up 💬

You ask a kind, caring question without judgment.

Salma's Example with Khalou Dawood:

Salma kept asking him if he was okay and talked to her parents about it.

The Proactive Action 🎁

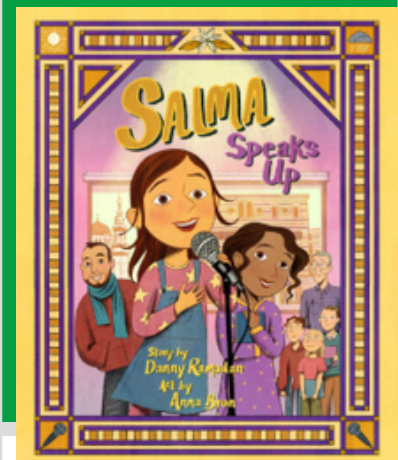
You do something to help or cheer them up, even if they say "no thanks."

Salma's Example with Khalou Dawood:

Salma found out what might be wrong and brought the whole family together for a meal.



“Salma Speaks Up” by Danny Ramadan



Speaking Up for Wellness: Making Care Cards

The
Observation 🧐

You notice a change in their normal routine or behavior.

The Gentle
Speak Up 💬

You ask a kind, caring question without judgment.

The Proactive
Action 🎁

You do something to help or cheer them up, even if they say "no thanks."

