

WHAT IS DIGNITY: DIGNITY VIDEOS

In this activity, students/participants will explore what the word dignity means. Students/participants will watch a short video or read/listen to a story about dignity, have a discussion with their classmates or peers and then create a song, poem, drawing or video to show what dignity means to them.

ALL AGES | TIME 30 MIN

DISCUSS AND LEARN: Lead a discussion about what dignity means. Ask students/participants what they think it means and have them share out or think silently in their head. Teachers/facilitators may write what students say on a board or a big piece of paper.

Next, share with students/participants one or more of the following sites and videos. Ask them to think about whether or not the ideas they hear match with what they thought dignity was.

- [Dignity Song](#)
- [What is Dignity?](#)
- [What is Dignity to You?](#)
- [Dignity Animated Video](#)
- [The Dalai Lama's Message to Youth](#)
- [11-Year Olds Talk with the Dalai Lama](#)
- [The Life and Times of Nelson Mandela Part 1 \(Animated Legacy Comic Series\)](#)
- [The Life and Times of Nelson Mandela Part 2 \(Animated Legacy Comic Series\)](#)
- [Nelson Mandela: Biography](#)
- [BBC: Nelson Mandela](#)



REFLECTION: Engage students/participants in a discussion about what they learned and now believe dignity means. Ask why Nelson Mandela, the Dalai Lama, and/or Iqbal Masih are seen as very dignified. Ask students if they can think of someone else who they feel shows great dignity.

CREATE: Use the “What is Dignity” template. Ask students/participants to write or draw what they think dignity means based on their discussion and what they learned.

- **TECHNOLOGY FREE OPTION:** have students use a piece of paper, white board or their imaginations to think about what dignity means to them.

REVISIT: Ask students to share what they wrote or drew with a peer or the class.

EXTENSIONS OR GLOBAL CONNECTIONS

- Add student/participant thoughts to the [Global Dignity Padlet](#). Continue to research and investigate other dignified leaders and ask students/participants to add to their working definitions. Encourage students/participants to investigate leaders and role models from around the world and analyze how dignity can look very different depending on the person and the setting.

Connect with our Global Dignity community and explore our Teaching Dignity resources and curriculum at [GLOBALDIGNITY.ORG](https://www.globaldignity.org).