

WE ARE ALL CONNECTED

Students/participants will complete an activity that helps them visually see their connection to one another as human beings.

AGES 5 - 9 | TIME 30 MIN

PREPARATION

Draw a circle in the middle of a large piece of paper. If using paint for this exercise, cover tables or the floor with newspaper or scrap paper to protect the surface of tables or floor.

MATERIALS

Large piece of paper
Finger paints, pen, pencil, crayons, or markers

DIRECTIONS

LEARN: Read the child-friendly version of [Global Dignity Dignity Definition](#) and [Global Dignity Dignity Principles](#) for the class. To help the students/participants understand this Dignity Definition, engage them in a series of movements:

- Stand up if you have ever said sorry for something you did wrong.
- Knock in the desk if you like it when people thank you for something you did.
- Stomp your feet if you deserve to have food, shelter, and love.
- Clap your hands if you have ever treated someone nicely.

PONDER, DISCUSS: Ask students/participants to think about ways they can make sure that we protect and honor dignity in ourselves and others. You may want to give your students/participants ideas such as: we can respect one another, we can be kind to one another, we can sit with someone who is alone, etc.



Photo courtesy of Reza Deghati

CREATE AND SHARE: Tell students/participants that we are going to create a circle of friendship to show that while we are each different, we are still connected as human beings.

- **DIRECTIONS FOR USING PAINT:** Have each student/participant paint their hand and then have them stamp their hand print around the circle on the piece of paper.
- **DIRECTIONS FOR CRAYONS/MARKERS:** Have each student/participant trace, and color in, their hand print on the piece of paper.

REFLECTION, DISCUSS: Once the students/participants are finished creating their circle of friendship, ask them:

- Are all of your hand prints the same? How are they different?
- Even though all of our hand prints are different, how do you think we are still connected as a class/group?
- How can we treat each other with kindness?
- How can we make new friends?

To end this activity, have the students hold hands in a circle. Have every other child sit or lie down. Ask the students/participants:

- What happens to the circle? Does it stay strong? Can we easily move around?

EXPLAIN: If all people are treated with dignity they stand tall and can stay connected and reach their goals. Just like our circle of friendship, we are all connected. But, if someone isn't treated with dignity, they sink down and can't participate.

Have the students that are standing treat those that are sitting/lying down with dignity and help them stand again, i.e. they are recognizing their dignity. They all stand tall and proud in the circle. This is what dignity looks like.

EXTENSIONS OR GLOBAL CONNECTIONS

- Join the iEARN project [Hands for Peace](#) and create and share artwork with an international classroom.

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