

This term we will be focussing in school on the value DIGNITY.
We hope your family will find these ideas helpful as you explore
the value and have fun together.

TALK TOGETHER ABOUT DIGNITY...

One dictionary definition of dignity is: 'being worthy of honour or respect'

The Bible teaches that every human being is made in the image of God, therefore every human being is worthy of dignity and respect.

Jesus taught his followers to treat others as they would want to be treated. Look at the Bible verse opposite.

Talk together about:

- Times when you have been treated in a way that made you feel especially valued and loved.
- An occasion when you do not think that you were treated with dignity. How did this make you feel?
- An occasion when, looking back, you know that you did not show proper respect to another person.



READ TOGETHER...

Treat everyone with dignity
(Matthew 7.12)

Do to others as you would have them do to you.

THINK TOGETHER Words of Wisdom

Things have a price and can be for sale, but people have a **dignity** that is priceless.

Pope Francis

What do you think Pope Francis means when he says a person's **dignity** is priceless?



QUIZ Understanding Dignity

Dignity is a word that was once used a great deal in the English language but is not as common today. Eight words which are linked to the meaning of dignity have been split in two. Draw lines to reunite them with their partner. One is done for you...

res
hon
import
est
wor
signif
val
recogn

ued
thy
pect
ition
eem
our
icant
ance



FAMILY FOCUS

What would our world be like if everyone treated one another with **dignity** and kindness?

The ideas from 2 children are shown below.
Think of some of your own.

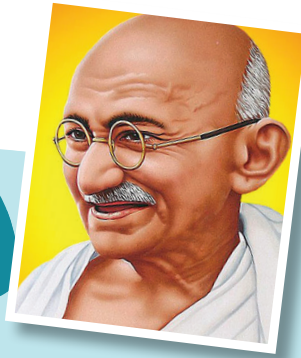
Listening carefully
to one another.
Charlotte. Aged 8.

No arguments or
fighting.
Ahmed. Aged 10.





HALL OF FAME



Mahandas Gandhi

Mohandas K Gandhi was born in 1869 into a Hindu family in Porbandar, India. He was a quiet, shy boy and absolutely no-one would have guessed that he would become one of the most famous and respected leaders of all time!

After studying for a law degree in London, Mohandas went to South Africa to practice as a lawyer. There, he experienced the injustice of racial segregation (apartheid) which meant that people were treated differently simply because of the colour of their skin. On one occasion Mohandas was told to get off a train just because he was not white. He was so angry that he began to organise protests against the apartheid laws. Despite these demonstrations being peaceful and orderly, Mohandas was imprisoned several times for daring to speak out against the authorities.

In 1915, Mohandas returned to India, a country governed, at that time, by the British. Indians were often treated without respect or dignity by their colonial rulers. In many ways they were like second class citizens in their own country! Mohandas knew that he had to work for change. Once again, he began to organise peaceful protests.

In 1930 Gandhi led one of the most famous marches ever. The British had decided that they needed more funds and introduced a law that levied a tax on salt. Salt had always been freely available and cheap in India. It was needed by everyone for cooking and many other things and now, due to the tax, salt was too expensive for ordinary people. Mohandas organised a march to protest, walking 240 miles west to the coast. Many people joined in along the route to show their anger at the injustice of the salt tax. When, finally, the marchers reached the sea, they made their own salt from the sea water, an act that was banned under the new salt law. The marchers were punished and so many were imprisoned that all the gaols became completely overcrowded.

Despite the danger and hardships of his eventful life, Mohandas who later became known simply by his last name, Gandhi, lived to be an old man. He continued to work for reform in his country and lived long enough to see British rule in India come to an end.



HOME-SCHOOL CHALLENGE

Mahatma Gandhi could have settled down to become a well-paid lawyer with a comfortable lifestyle. Instead, so shocked was he about the lack of **dignity** with which some people were treated in South Africa and India, that he devoted himself to working for change.

There are lots more fascinating facts about Gandhi that we were not able to include in the Hall of Fame. Find out some more and make a Fascinating Facts sheet about him.



FASCINATING FACTS

Salt occurs naturally in sea water. It is also mined from below the earth's surface in many parts of the world. In England the biggest salt mine is in Winsford in Cheshire, where salt is mined from 200m below ground.

At the time Gandhi was alive the British colonial rulers of India knew that salt was an essential item but still put a tax on it.

Why is salt so important?

- Every cell in the body contains salt. An adult body contains 250 grams of it.
- The body needs salt (sodium) to conduct nerve impulses, move muscles and keep the correct levels of water and minerals in the body.
- Adding small amounts of salt to our food during cooking can bring out the flavours and make it much tastier.
- Too much salt however, is very bad for us. It increases blood pressure and can contribute to causing heart disease.

