AGES 7–11 · JUNIOR PROGRAMME · SAMPLE CHAPTER

What is Dignity?

Unit 1 · Compassion in Action · Values · Citizenship · Mindfulness · 60 minutes

1. Learning objectives

By the end of this lesson, pupils will be able to:

- **Explain** what dignity means in their own words.
- **Describe** one event from Babasaheb's childhood and how he responded to unfairness.
- **Identify** one example of how dignity and equality are protected in modern Britain.

Curriculum link · A values-led lesson on dignity, fairness and kindness, with links to citizenship, multi-faith respect and the rule of law in modern Britain.

2. Story · A boy who loved to learn

When Bhimrao was a small boy in India, he loved reading more than anything. He would walk for hours just to find a new book. But because of an unfair rule called the caste system, his school did not want him to sit on the same bench as the other children.

On hot days, when the other children were given water from the school tap, Bhimrao was not allowed to drink. The school caretaker would not pour water into his cup. Bhimrao went home thirsty — but he never gave up on learning.

Years later, Bhimrao — now called **Babasaheb Dr. B.R. Ambedkar** — was chosen to write India's Constitution. The very first words he made sure it said? That every child, of every group, is **equal**.

3. Concept · Dignity and equality

Dignity means the value every person has, simply because they are a person. You don't have to earn dignity. You have it from the moment you are born.

Equality means treating everyone with the same care and giving them the same chances. It does not mean everyone is the same — we are all different — it means nobody should be left out, looked down on, or refused something fair just because of who they are.

4. In Britain today · Dignity in our schools

Britain has its own way of protecting dignity and equality. The law in this country says it is wrong to treat someone unfairly because of their religion, race, gender, disability, age, or other parts of who they are.

Schools are special places where dignity matters every single day. School uniforms, pupil voice, anti-bullying policies and the role of the School Council all exist so every child is heard and respected.

5. Activity · The dignity wall (25 minutes)

1. **Listen.** The teacher reads the story of Bhimrao again, slowly.
2. **Discuss in pairs.** One thing you think was unfair, and one way Bhimrao showed strength.

3. **Write.** On a sticky note, finish: *“Everyone in our class deserves dignity because…”*
4. **Build.** Place all sticky notes on a “Dignity Wall” at the front of the class.
5. **Reflect.** Read the wall together. What words appear most often?

6. Reflection · take it home

- If you could change one rule at our school to make it kinder, what would it be?
- Babasaheb said reading was his superpower. What is your superpower?
- Tell someone at home about Babasaheb. What part of his story did you find the bravest?
- Can you name one person at school who always treats others with dignity? Why?

This is one of 12 chapters in the Junior Programme Student Book of the Ambedkarite Buddhist Educational Series — UK Edition. Phase 1 prototype.