



Human  
Dignity  
Curriculum

Have a family round of shoulder massages.



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Open the door for people entering a shop or restaurant.



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Make a phone call to a friend or family member far away.



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Feed some birds or ducks – or animals at your local zoo.



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Bring hot cocoa to a neighbor.



Make "Be Happy" notes and put them in mailboxes.



Visit (or call) family or friends and help them with anything.



Hug your parents without a word for a reason.



Write "have a nice day" to your neighbor and put it into his mailbox.



Leave your friend secretly a candy on his/her school desk.



Leave a chocolate to your teacher on his/her desk  
with a note "for my teacher".



Clean your living room without  
saying anything to your parents.



Say something nice to your friend.



Say something nice to your brother/sister.



Say something nice to your parents.



Share a snack with a friend.



Let another go first in the grocery store or in the classroom.



Talk or play with a lonely friend or classmate.



Help an older person cross the street.



Draw a flower and leave it for the school principal.