

Student K–2 Well-Being
Unit 1: Innate Needs

Lesson 1: MASLOW'S HIERARCHY

Parents: These are the student check-in prompts for this lesson. Please reach out to your child's teacher if you want to see how your student responded to any of these prompts.

- I know what my body needs.
- I know what my mind needs.
- I know what makes me happy.
- I feel like I belong with my family and friends.
- I like who I am.



A great way to follow up is to ask your child the following questions:

- What are your needs?
- What makes you happy?
- How do you feel about your relationships with your friends?
- How do you feel about your relationships with your family?
- What do you like about yourself?

Learning Objectives:

The purpose of this lesson is to help students understand the difference between a want and a need and help them gain an awareness of the levels in Maslow's Hierarchy and connect them to the students' lives.

Lesson Content:

Our **well-being** is how happy and healthy we are. This includes our body, mind, and heart. There is a difference between what we want and what we need.

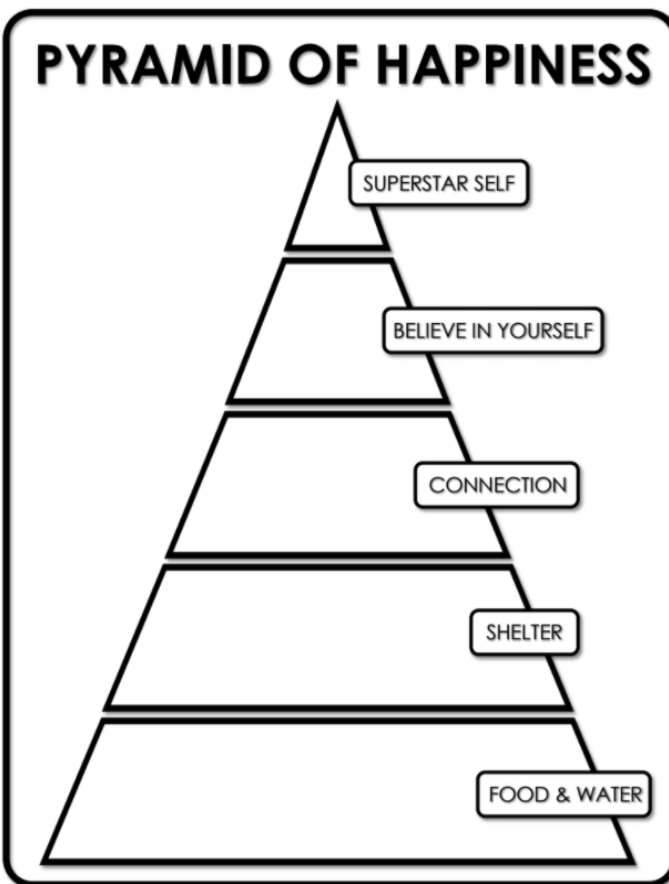
Wants and Needs:

Have a discussion around what wants and needs were talked about in class and what stood out to your child.

- What is the difference between a want and need?
- Can you think of some examples of needs at home?
- Can you think of some examples of wants?

This is a great time to talk with your child about what we want vs. what we need. Talk about special occasions, traditions, birthdays, and holidays and how we celebrate those with various wants and needs.

Maslow's Hierarchy or the Pyramid of Happiness:



Ask your child to describe the Pyramid of Happiness, or show you their paper from school, and what they learned about it. Talk about the different levels (basic needs, safety, love, esteem, self-actualization) and what your student remembers from each one. Ask your student where they feel they are at, what they drew or wrote about in each section, and why it is important to move up to the higher levels.

Review these strategies that your child learned about in class.

- What are we already doing?
- What can we work on together?

STRATEGIES WE USE FOR **MEETING OUR NEEDS**

- Eat breakfast everyday
- Look outside or ask a family member how to dress for the weather
- Drink lots of water every day
- Be a friend
- Say kind words
- Invite others to play with you
- Share toys
- Say sorry
- Give your family member a hug, or tell them you love them
- Write a kind note to friends or family members
- Try new things
- Practice new activities
- Don't give up
- Think about things you want to do someday

Extending the Learning:

- Write kind notes to deliver to friends and family members.
- Set realistic, age-appropriate goals to work towards. Consider setting family goals to work towards as a family.
- Invite students and all family members to create a self-portrait and write at least 5 things they like about themselves around their picture.
- Gather as a family and take turns sharing what they drew and wrote on their self-portrait.