

UNIT 2 CREATING THE CONDITIONS FOR WELL-BEING

LEARNING OBJECTIVES

The purpose of this unit is for students to shape the conditions that will allow them to experience well-being. Students will identify how to meet the physiological basic needs of humans, discuss the need for physical and psychological (mental/emotional) safety, and explore strategies to develop more love, belonging, and connection in their relationships.



STRATEGIES

- Eat nourishing foods.
- Pack a water bottle.
- Get quality sleep.
- Exercise and stretch.
- Respect personal space.
- When in doubt, be kind.
- Listen first, speak second.
- Use eye contact and listen.
- Ask thoughtful questions.
- Apologize for mistakes.

LEARNING SUMMARY

- Students explored global challenges and solutions for meeting basic needs.
- Students heard real examples of people who found ways to meet needs.
- Students brainstormed ways to help provide for needs in the community.
- Students explained feelings of physical and psychological safety.
- Students described how they would respond to fictional scenarios.
- Students connected feelings of safety with environments or situations.
- Students discovered similarities that they share with their peers.
- Students discussed the desires and challenges of belonging.
- Students analyzed feelings of belonging and connection from school.

LESSON CONTENT

The base of Maslow's Hierarchy of Needs is the largest because it covers our most basic physiological needs for survival: air, food, water, shelter, clothing, warmth, and sleep. When our basic physiological needs are met, we can devote time, attention, and energy to satisfying higher levels of needs on Maslow's Hierarchy, which eventually leads to a thriving life.

The next level of Maslow's Hierarchy is all about safety. Physical safety means that we feel safe from harm or danger. Psychological safety is felt when we feel that we can express ideas, opinions, and feelings without being punished, embarrassed, or made fun of. Essentially, we feel comfortable being ourselves and are more willing to take risks to learn and grow.

Love, acceptance, and belonging are next. At this level of the hierarchy, the need for meaningful connection with others and genuine friendship drives our behavior. Personal relationships and connections with friends, family, and peers play an important role in our well-being, in addition to other group involvement (e.g., religious groups, sports teams, clubs).

EXTENDING THE LEARNING

- Participate in a community service project. Work alongside someone new and enjoy the shared mission that you are helping with. Ask them thoughtful questions and listen with genuine interest. Smile and use eye contact to show that you heard them and appreciate the conversation.
- Perform an informal house inspection. Walk through each room in your home and look for any physical safety hazards. Fix any problems that you find. You can also reflect on the safety and security that you feel in your home and express appreciation for the things and people that help you feel safe there.

CONVERSATION STARTERS

- How does feeling fed, hydrated, and rested impact your day?
- Who is a trusted adult that you can talk to about safety concerns?
- How can you help others feel safe enough to express themselves?
- What makes you feel connected to others?