

LEARNING OBJECTIVES

The purpose of this lesson is for students to understand how basic needs such as food, water, shelter, and clothing are different than wants.



LESSON CONTENT

We all have basic needs that must be met in order for us to survive. These things include food, water, shelter, clothing, and sleep. These needs are different from things that we want such as delicious desserts or fancy clothes. It is important to ask for help so we can get the things that we need.

STRATEGIES

- Eat breakfast every day.
- Drink lots of water.
- Get 10-13 hours of sleep nightly.

CONVERSATION STARTERS

- What are the things you need to survive and thrive?
- Where can you find snacks or food if you are hungry?
- Who are the people that love you that can help you get what you want or need?
- What is one way you can help someone else with a need?

EXTENDING THE LEARNING

- Find some plants that have not had enough water. Point out how you can tell they are thirsty. Water these plants and observe what happens after 1 day.
- Learn how to prepare a healthy snack for yourself (e.g., peanut butter and apple slices). Make sure to ask an adult for help if you are using sharp knives.