


CHAPTER 4	Navigating Emotions	
LEARNING EXPERIENCE 3	Personal Needs	
PURPOSE		
<p>The purpose of this learning experience is to give students an opportunity to explore their own needs. After a brief insight activity intended to reinforce the connection between needs and emotions, students will engage in</p>		<p>a reflective practice in which they explore one of their own personal needs. They will reflect on what helps them meet this need and what it feels like for them when that need is met.</p>
LEARNING OUTCOMES		PRIMARY CORE COMPONENTS
<p>Students will:</p> <ul style="list-style-type: none">• Explore personal needs.• Explore the emotions and sensations that arise when one’s needs are met.		<div></div> <p>Attention & Self-Awareness</p>
LENGTH		MATERIALS REQUIRED
30 minutes		<ul style="list-style-type: none">• A large piece of chart paper• The Shared Needs list created earlier• 1 piece of paper• Crayons, markers, or pencils for each student

CHECK-IN | 3 minutes

- *"We're going to practice using a resource to calm our minds and relax our bodies."*
 - *Take out your resource kit. Choose one resource and place it on your desk. Remember, we've created these resources to help us feel safer and calmer whenever we need to.*
 - *Now let's pay attention to your bodies for a moment. Sit up straight and get comfortable in your chair.*
 - *Now focus on the resource in front of you. Pay close attention to the details of it. [Pause.]*
 - *What do you notice on the inside as you look at your resource? Does it make you feel pleasant, calmer, or neutral? If it does, focus your attention on that pleasant or neutral feeling inside.*
 - *But if you feel unpleasant, you can change your focus to something else. You might want to close your eyes and imagine a favorite person or thing. [Pause.]*
 - *What did you notice on the inside?"*
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INSIGHT ACTIVITY | 13 minutes

Feelings and Needs of a New Student

Overview

In this insight activity students will explore the relationship between feelings and needs by imagining how a new student might feel if he or she just joined the class, and what needs he or she might have.

Content/Insights to be Explored

- We can have different types of feelings: some are sensations (how we feel in specific parts of the body) and some are emotions (how we feel about a situation).
- People experience different sensations and emotions when their needs are met or go unmet.

Materials Required

- A copy of the Shared Needs list created earlier
- 1 piece of paper for each student
- Crayons, markers, or pencils for each student

Instructions

- Begin by asking students to remember the moments of kindness they have discussed before. Check to see if kindness is on the list of shared needs.
- Ask them how it makes them feel when they get kindness when they need it.
- Ask them how it might make someone feel if they needed something like kindness and did not get it.
- Explain what "met" and "unmet" needs are.
- Refresh students on what a sensation is and list a few.
- Refresh students on what an emotion is and list a few.

- Bring up a scenario with Nelson as a new student. Ask what needs he might have if he is shy. Ask how he would feel if those needs were met or were unmet.
- Take a moment to pause and have students silently visualize a time when they joined a new group and their need for friendship, kindness, and belonging was met. Ask them to consider what sensations or emotions they felt.
- Provide time for sharing.

Teaching Tips

Remember that students should only be prompted to visualize situations that they find pleasant or neutral, not situations that would make them feel unpleasant or uncomfortable.

Sample script

- *"We've talked about remembering moments of kindness and how it makes us feel.*
- *Do you think we all have a need for kindness and caring? Did we include that in our list of shared needs?*
- *How do we tend to feel when we get what we need? Like if I need kindness because maybe I'm feeling sad and I get kindness—how might that make me feel?*
- *When we get what we need, we say that the need is "met."*
- *And what if I needed kindness or needed friendship because I am feeling a bit lonely, but I don't get it. Does that happen*

sometimes—that we don't get what we need? How might I feel then?

- *When we don't get what we need, we say the need is "unmet." That means we didn't get what we needed.*
- *Now let's think about our friend Nelson. What if Nelson had just joined our class and was a new student here with us. Nelson is a bit shy and he doesn't know anyone at the school. What needs might he have? [Ask for suggestions.]*
- *How might he feel if that need was met? That means, if he got what he needed?*
- *How might he feel if that need was not met? That means, if he didn't get what he needed?*
- *Now some of the things Nelson is feeling could be sensations. Does anyone remember what a sensation is that we can feel in our bodies? [Show your list of sensation words or prompt them.]*
- *Sensations are things we feel in parts of our bodies: like feeling cold, feeling warm, feeling our heart pounding, feeling our breathing coming fast, feeling tingling, feeling tight, or loose. What else might we feel in our bodies?*
- *Nelson could also be feeling emotions. What about emotions? Does anyone know any emotion words? [Show your list of suggested emotion words or prompt them.]*
- *Emotions are words for how we feel about a situation: like feeling happy, feeling sad,*

feeling mad, or feeling scared. Can anyone think of other emotion words?

- *Let's think of more things Nelson might need as a new student and how he might feel if he got what he needed. [Ask for suggestions as above.]*
- *Now we're going to try to think about ourselves. Let's think of a time when we had a need and it was met. It might be a need on our list or one not on our list.*
- *Would anyone like to share?*
- *What was your need and how was it met?*
- *How did you feel when your need was met? Did you feel any sensations or emotions?"*

REFLECTIVE PRACTICE | 12 minutes

My Needs

Overview

In this reflective practice, students will do a brief reflective practice on what need they feel is most important to them right now and what is helping them meet it. They will combine this with the tracking of sensations in the body.

Content/Insights to be Explored

- What needs are most important can vary from person to person, or from time to time.
- Thinking about our needs being met or unmet affects our emotional state and our nervous system.

Materials Required

- The Shared Needs list created earlier.
- A piece of paper and a crayons, markers, or pencils for each student.

Instructions

- Ask students to put their name on the sheet of paper.
 - Read through the Shared Needs list and ask students to pick one need that they want to draw a picture about. Ask them to write that need at the top of their paper.
 - Explain this is a private practice and they won't have to share what they draw with anyone, unless they want to.
 - Ask them to draw a picture that shows themselves and other people helping them meet their need.
 - Once their pictures are drawn, ask them to imagine what it feels like to have their need met completely. Then ask them to notice what this feels like on the inside (tracking). Give them the opportunity to ground or resource if they notice unpleasant sensations.
 - Invite anyone who wants to share to do so.
 - Invite them to put their drawing in their resource kit.
- #### **Teaching Tips**
- Observe students as they complete their drawings to ensure that they are depicting a time when their need was met. If they have

trouble thinking of a time, remind them of the way that the other students and you welcomed them into the class this year.

- Note that the needs that your students share with you can be important sources of information about them. Be careful to respect their privacy, while also recognizing that they may choose to share things that can help you to know more about them and their needs.

Sample script

- *"Everyone should have a piece of paper and markers. Write your name on the paper, please.*
- *Now choose a need that you feel is really important for you right now. We can look at the needs list we made if we need ideas.*
- *Write down that one need on your paper.*
- *Now let's take a moment to think. What are things or people in your life that help you meet this need?*
- *Draw a picture of your need being met. You can include other people in your drawing. If your need hasn't been met yet, you could still imagine other people helping you. (Allow time for drawing.)*
- *Now let's take a moment to think: What would it feel like to have this need completely met? Take a moment to imagine this. [Pause 30 seconds.]*
- *Now take a moment to check what you notice on the inside. [Pause 30 seconds.]*

- *Thank you. Would anyone like to share? You don't have to.*
- *Now you can place your drawing in your resource kit. Or if you want to share it with me, you can hand it to me. I will keep them private."*

DEBRIEF | 2 minutes

- *"When we see other people, how might we come to know what they need?*
- *When we see other people having strong feelings, could we think about what it is they need?"*