

Dear Families/Caregivers,

Psychologist Abraham Maslow studied what motivates people to achieve and determined that certain needs must be met in order to reach one's potential. Without our basic physical needs met, it is impossible to reach our full cognitive potential.

We learned how to identify our basic needs and things that we need to grow. A need is something we must have to live. Needs include air, water, food, shelter, and sleep.

Here are some activities you can do with your child to help them better understand their basic needs:

- Set up a bedtime routine for your child that ensures that they get enough sleep every night.
- When your child gets exercise or when it's hot outside, remind your child to drink water.
- When your child is spending a lot of time indoors, encourage them to go outside and get some fresh air.
- Set up times for your child to exercise on a regular basis. Go for a walk together or take a bike ride.

Identifying basic needs is an important part of self-awareness. When your child's basic needs are met, they can better focus on learning throughout the school day.

Sincerely,

Your Child's Teacher