

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 about the difference between wants and needs. A need is something we must have to live. Needs include air, water, food, shelter, sleep, safety, and belonging. Wants are things that we would like but do not need to live. Wants may include toys, computers, pets, or sweets.

Here are some activities you can do with your child to help him or her better understand his or her wants and needs:

- Take a walk around the house or your child's room. Help your child identify the objects that are needs and which ones are wants. There is nothing wrong with getting things we want when we can afford them, but children need to see that wants are not necessary for life.
- When you notice an ad in a magazine or a commercial on TV, ask your child to determine if a need or a want is being advertised.
- Your child may have created a Balancing Wants and Needs in class. If so, read through your child's book with him or her. If not, consider creating a book with your child, having him or her draw pictures of things he or she wants and needs.

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

Sincerely,

Your Child's Teacher