

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 needs and how to get our needs met. 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 him or her better understand how to get his or her needs met:

- Help your child create a schedule that includes time for homework, exercise, meals, and allows for enough time to get a good night's sleep.
- When your child exercises or when it is hot outside, remind him or her to drink water. Build your child's independence by giving him or her a water bottle and telling them to refill it throughout the day. If needed, they can ask someone where they can refill their water bottle.
- When your child is spending time outdoors, have them apply sunscreen. If outdoors for longer periods of time, tell them to reapply later in the day.
- When you are in new places and your child needs to use the restroom, teach him or her to ask someone where the restroom is.

Identifying basic needs and how to get those needs met 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