

Dear Families/Caregivers,

Psychologist Abraham Maslow studied what motivates people to achieve and determined that certain basic needs for survival, safety, and belonging must be met for students to reach their full potential.

We learned that our basic physical needs include air, food, water, sleep, shelter, and security. We also learned we all have a need to belong and discussed the groups to which we belong. Our belonging needs are met through family, school, and other groups such as teams, church, clubs, and neighborhood.

Here are some ideas to help your child better understand his or her importance in the groups to which he or she belongs:

- Talk about the groups your child belongs to. Are the relationships in the groups helping him or her feel more secure or less? Are there other groups your child would like to be a part of?
- What is your child's role in the groups to which he or she belongs? Why is he or she important to the group? Why is the group important to him or her?

Belonging is an important need that helps children understand themselves and others. The feeling of belonging helps children feel confident, happy and safe. When they feel confident, happy and safe, they are better able to learn, make good decisions, and set goals.

Sincerely,

Your Child's Teacher