

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 that it is important to have fun, play, and laughter in our lives. Having fun includes doing things we enjoy, challenging ourselves, learning new things, and laughing and playing with friends.

Here are some ideas to help your child find more ways to incorporate fun, play, and laughter into his or her life:

- Help your child plan something fun to do over the weekend.
- Watch a funny movie with your child.
- Exchange funny stories about your day with your child.
- Encourage your child to try a new activity (e.g. sports, music, arts, etc.).
- Encourage your child to invite a friend to do something fun after school.

While our basic needs are important, having fun in life is important too. People who find time to enjoy life are happier, more confident, less stressed, and have better relationships with others.

Sincerely,

Your Child's Teacher