

Do Now

How do I know what are wants, needs and real priorities?

Klara's dad has been trying to get her a PS5 for a month now. 'They're sold out everywhere,' he complains. 'This is impossible, Klara. Can't you choose something else for your birthday? You already have a PS4. What's the difference?' 'But dad,' Klara starts to moan. 'I NEED ONE!'

Discuss: Does Klara actually need a PS5? Why has she said she does, do you think?



What do you think the differences are between 'wants' and 'needs'?

Explain in your own words, giving an example of each.

I think the differences are...

An example of each would be...

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Learning outcomes:

Describe where particular needs and wants fall on Maslow's Hierarchy of need.

Explain why we need to learn about wants and needs and priorities.

Needs - things we can't live without, meaning we will die if we don't have them.

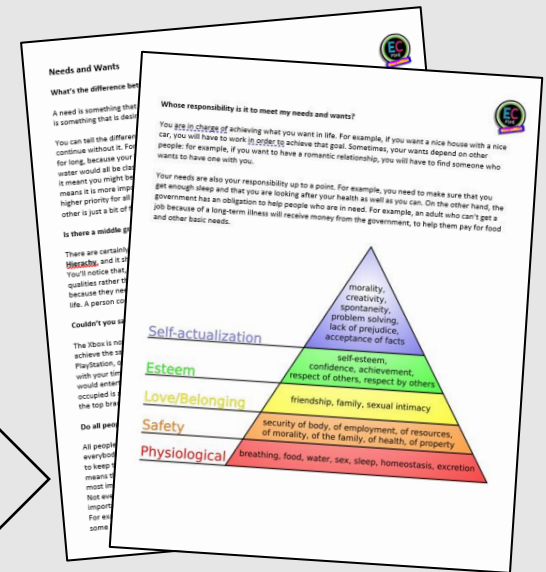
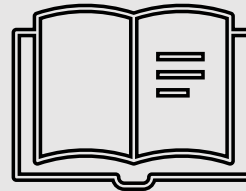
Wants – things which we would like, or would make life easier, but we don't have to have in order to survive.

Priority - a thing that is regarded as more important than other things.

How do I know what are wants, needs and real priorities?

We will now find out a little more about wants, needs and priorities, as well as something we will also meet in our self-esteem lessons, called Maslow's Hierarchy.

THORNDEN THREE READING!
Follow the text in your booklet closely



Needs and Wants



A *need* is something that a person must have in order to live and stay healthy. Examples of needs include food, water, sleep and shelter. Without these things, the body cannot work properly. A *want* is something a person would like to have because it is fun, enjoyable or makes life more comfortable. For example, an Xbox is a want because you can live without it, even if you might be bored.

There are different levels of needs. Some needs help us survive, such as food and water, while others help us live a happy and confident life. Maslow's Hierarchy of Needs is a pyramid that shows these different types of needs. At the bottom are the basic needs we must have to stay alive. Higher up the pyramid are needs like self-esteem, friendship and feeling good about ourselves. A person can survive without these higher needs, but their life may not feel as happy or fulfilling.

An Xbox is not a need because there are many other ways to have fun or stay entertained. You could use a PlayStation, a PC, or take part in activities such as football or skateboarding. The real need is the need to relax or enjoy yourself, not the specific object.

All people share the same basic needs. Everyone needs food, water, sleep, warmth and a safe place to stay. Everyone needs to go to the toilet and stay healthy. However, different people have different priorities. One person might think that friendship is the most important thing in their life, while someone else might think creativity or learning is more important. Some people also have additional needs because of physical or medical conditions. For example, a wheelchair user might need ramps to get into a building, or someone with diabetes might need insulin.

People are responsible for meeting many of their own needs and wants. For example, you need to look after your health by sleeping enough and eating well. You are also responsible for working towards the things you want in life, such as a nice house or a job you enjoy. However, the government also has a responsibility to help people who cannot meet their basic needs. For example, adults who cannot work because of a long-term illness may receive money to help them pay for essentials like food and housing.

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Examples of **Needs** and **Wants**

Food

Shelter

Clothing

Healthcare

Basic Transportation

Needs

Wants

Entertainment

Dining Out

Vacations

Luxury Items

Hobbies and Leisure Activities

How do I know what are wants, needs and real priorities?

Differentiating between our wants and needs and recognising our true priorities.

Study the statements in each of the bubbles. They are from students speaking about their **wants and needs** – but which are they talking about exactly?

Cut out and place in your books where you think each statement should go on. Afterwards, number each column 1-4 (1 being top priority). These will be based on your opinion – but be prepared to justify this.

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Task Two:

Wants	Needs
A trip to Universal Studios, Florida.	The realisation that I am worthy of love.
To express myself, what I like, and how I'm feeling.	A planet with oxygen in its atmosphere to live on.
Family and friends to spend time with.	A stable job or means of income.
A home to live in, which I own myself, not rented.	Two tickets to see the Barbie Movie.

Before we delve into our priorities deeper, in pairs now spend three minutes correcting the wants and needs table.



How do I know what are wants, needs and real priorities?

Wants

A trip to Universal Studios, Florida.

Being able to express myself, what I'm thinking and how I'm feeling.

Family and friends to spend time with.

A home to live in, which I own myself, not rented.

Needs

The realisation that I am worthy of love.

A planet with oxygen in its atmosphere to live on

A stable job or means of income.

Two tickets to see the Barbie Movie.

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Being able to express myself, what I'm thinking and how I'm feeling.

Reporting a Concern at Thornden School

- Speak to a member of staff or parent / carer
 - Visit the Well Being Den or Head of Year area
 - On Satchel each week you will be sent a link to a form to share any worries you have
 - On our school website homepage there is a 'Report a Concern' link.
 - In the Student Bulletin there is a 'Report a Concern' link
 - On all school desktops there is a 'Report a Concern' logo to click and report anything
- It is important to us that all of you feel safe, happy and belong at Thornden.
 - We also know that sometimes it is not as easy as simply telling a member of staff
 - It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>