# LESSON: NEEDS VS. WANTS

## CHARACTER SKILLS

<table>
<thead>
<tr>
<th>Empathy</th>
<th>Kindness</th>
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<tbody>
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<td>Understand what it’s like to not have your basic needs met on a daily basis and practice empathy as they imagine what it would be like to not have food, school supplies, access to technology, and more.</td>
<td>Put others’ needs before individual wants and value generosity and compassion.</td>
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## SOCIAL CAUSE

**Meeting Basic Needs**
Understanding needs (food, shelter, clean water, transportation and literacy) versus wants.

## FEATURED NONPROFIT

**People’s Resource Center (PRC)**
People’s Resource Center is a non-profit that provides basic necessities, as well as job search skills to help people reach self-sufficiency.

## LESSON ACTIVITIES

- Discussing differences between needs and wants.
- Reading a book about needs vs. wants.
- Holding a toilet paper drive and donating to People’s Resource Center.

## OBJECTIVE & STANDARDS

**Lesson Objective**
To express one or more of the character skills and understand the social cause.

**SEL & Common Core Standards**
ISBE SEL Goal 1 Standard B, Goal 3 Standard C
ELA CCSS Speaking and Listening Standards K-5, 1-3

## DESIRED OUTCOMES

- Understand what it’s like to be in someone else’s shoes.
- Exercise empathy and kindness to people whose basic needs are not met.

[www.insideoutclub.org](http://www.insideoutclub.org)
NEEDS VS. WANTS — SUPPLY LIST

CHECK-IN / PLEDGE:
- Lesson agenda and cue cards
- List of students, how they are going home, and parent contact information
- Check-in and check-out sheet for attendance
- Name tags/pledge

DISCUSSION:
- 22 x 28-inch sheet of paper (1 per section)
- Masking tape (1 roll per section)

KINDNESS STATION – Hearts & Posters:
- Red clay (1 piece per student)
- Image page with People’s Resource Center’s logo & example clay hearts (1 per section)
- Sandwich baggie for students to take home clay heart (1 per student)
- Directions on how to bake clay heart (1 per student)
- 11x17 paper (1 per 4-5 student, with holes punched at the top)
- Crayons and markers
- Sheets with inspirational phrases on them (1 sheet cut in half per section)
- Image page with photo of shopping carts (1 per section)

EMPATHY STATION – Video & Conversation:
- Access to Play Video: download at https://insideoutclub.org/lead-volunteer or, if you have Wi-Fi access, play at https://youtu.be/dBKohnmZV00
- Roll of toilet paper (1 per section)
- Black garbage bag to collect TP donated (1 per section)

MEETING BASIC NEEDS STATION – Thousand Star Hotel Book:
- Thousand Star Hotel Book by the Okee Dokee Brothers (1 per section)

HANDOUTS & MISC.:
- Take-home sheet (1 per student)
- Timer
- Camera
[5 min] WELCOME: Please take out your snacks, put your bags to the side, pick up your name tags, and be ready to start. We’ll get going while you are eating your snack.

We’re so excited for another Inside Out Club day! Let’s start off with our pledge.

As part of the Inside Out Club, we work together; include others; keep trying if we fail; can imagine what it’s like to be someone else; know ourselves inside and out; are curious, thankful and kind; and we support the community.

Who can tell me what we talked about last month? [Briefly talk about the prior lesson and the character traits highlighted.] Can anyone share how they practiced these skills since last time?

Today we will:

- Learn about the People’s Resource Center and meeting basic needs
- Use kindness to create clay hearts and posters
- Practice empathy as we imagine what it’s like to be someone in need
- Use self-awareness to understand the difference between needs and wants

[5 min] DISCUSSION: First, let’s talk about the difference between the things we want or would like to have, and the things we need to have. [Tape large piece of paper on the wall/door where it will not interfere with the space’s wall décor. Write needs and wants across the top. Write students’ answers under the correct column.]

What sorts of things do you enjoy having or would like to have? (Toys, house, cars, vacations, eating out, education)

What things do you absolutely need to live? (Food, shelter, water, clothes, love, transportation) These are your basic human needs.

What resources or help do you need to be able to get food, shelter, water, and clothes? (Money, knowledge, skills, education, help from others)

Some people in our communities don’t have the resources they need to meet their basic needs.
[10 Min] NEEDS VS. WANTS 4 CORNERS GAME:

This game will work just like "Four Corners" except instead of numbering each corner 1, 2, 3, 4, I am going give each corner a name that is either a need or a want. When I call out the corner that must sit down, I want you to call out Need or Want based on the corner’s name. For example, if I call out “Candy” as a corner name, you call “Want” as you don’t need candy to live.

Directions:

- Using the first set of words below, call out a name for each corner and point at the corner (This corner is “Xbox Game” and that corner is “Healthy Meals” …)
- Close your eyes and ask all of the students to quietly and safely walk to a corner.
- When all students are settled in a corner, call out one of the corner names. The students should call back Need or Want based on the corner’s name. All the kids who chose that corner are out of the game and must sit down quietly.
- Close your eyes again and ask all of the students to quietly and safely walk to a new corner.
- Call out a corner name, more students sit down.
- When the game gets down to four people or fewer, each must choose a different corner. If you call out a corner where nobody is standing, you must choose again.
- The game continues until only one student is left. That student wins.

Play the game 2 times.

| X-Box Game | Love          |
| Healthy Food | Safe Place to Sleep |
| Clothes     | Eating Out    |
| Vacations   | Your Own Bedroom |

[30 min] We’re going to rotate through 3 activities to learn about needs and wants. [Divide the group into three groups and rotate through the activities. Support volunteers will use the separate cue cards for the activities below.]

- KINDNESS STATION – Hearts & Posters
- MEETING BASIC NEEDS STATION – Thousand Star Hotel Book
- EMPATHY STATION – Video & Conversation

Let’s all come back together as one group for our reflection time.
[5 min] ACTION REFLECTION:

What is the difference between what you need and what you want?

What are the basic needs everyone needs to live that we wrote up on this paper? (Food, shelter, water, transportation, etc.)

What can you do in your home, school, and community to encourage empathy and kindness to those who struggle to meet their needs?

- Donate things you don’t need to others
- Say nice things to others,
- Listen when people need help,
- Try to do things to help people when you can,
- Volunteer and give your time to help others

How did you demonstrate empathy today? (Imagined what it would be like to be someone else and go through what that person goes through).

Today we demonstrated kindness by making clay hearts to take home as a reminder to be kind and by creating posters to spread kindness to others.

How can we all use self-awareness to remember the difference between needs and wants and be grateful for everything we have? (think about whether we really need something)

[1 min] SEE YOU NEXT TIME: Thank you all for coming to Inside Out Club today. Be sure to go over the take-home sheet with your parents. Take time between now and our next lesson to use self-awareness to help you focus on needs and be kind to others that may have less than you.

[4 min] LEAVING: Clean-up and pass out the take home sheets. Have one volunteer take the afterschool-care kids to their respective programs. All others go to door ____ to wait for parent pickup.

ADDITIONAL NOTES:

If you have older kids, one of them can be it and call out the corner names and run the game.

There is an audiobook read-along version of Thousand Star Hotel read by the authors, the Okee Dokee Brothers, that you may choose to play while showing the book instead of reading aloud. https://youtu.be/N1Uq7o3ovds
NEEDS VS. WANTS — KINDNESS STATION: Clay Hearts & Posters Activity

[5 min] CLAY HEART ACTIVITY

Sometimes we all need a little bit of kindness, joy, and hope! We're going to make a clay heart to take home as a reminder to be kind to others and yourself. [Show the students the image of the People’s Resource Center’s logo that has a red heart in it and the example hearts.]

I will pass out a piece of clay to each of you to make your heart.

Please listen to the instructions:

1. Roll the clay in your hands to warm and soften.
2. Shape it into a heart.
3. When it’s ready, place it in the baggies I am handing out to take home.
4. Put this sheet of paper in the baggies as well. It has the directions for baking and tells your parents or guardian the meaning of the red heart.

[5 min] POSTERS

We're going to work together to make posters to go on the sides of the shopping carts used by the clients of the People’s Resource Center. Here is a photo of someone using a shopping cart to get food. [Show image.] We’re going to work in groups of 4-5 students to make a poster. [Count off kids to make groups.]

Let’s make these really bright, happy and feel good. I’ve brought a sheet with me that has inspirational messages on if if you want to use one. Please pass it around and share.

Examples:

- I am proud of who I am.
- I am worthy.
- When I think I can, I can!
- I turn fear and doubt into enthusiasm and belief.
- I am beautiful.
- I am courageous.
- I am thankful for each day.
- I can make my dreams come true.
- I know what want and I won’t stop until I get it.

www.behappyzone.com
NEEDS VS. WANTS – EXAMPLES OF INSPIRATIONAL PHRASES

- I am proud of who I am.
- I am needed.
- I am worthy.
- When I think I can, I can!
- I turn fear and doubt into enthusiasm and belief.
- All my hard work is paying off.
- I am beautiful.
- I am courageous.
- I go for goals with passion and pride.
- I am thankful for each day.
- I can make my dreams come true.
- I know what want and I won’t stop until I get it.
NEEDS VS. WANTS — EMPATHY STATION: Video and Conversation Activity

[5 min] VIDEO:

One organization that helps people meet their needs is called People’s Resource Center in Wheaton. Raise your hand if you’ve ever heard of that organization. We’re going to watch a video called “I am your Neighbor” showing all the ways they help people. [Briefly highlight the various services as the video is running].

[5 min] CONVERSATION

[Remind kids ahead of conversation to follow the school rules around their words and being respectful. You will remain control of the TP at all times.]

One item that the People’s Resource Center always needs is toilet paper. Did you know that many families cannot afford to buy enough toilet paper?

How much toilet paper do you think the average person uses in a day? A survey conducted by Charmin showed that the average U.S. citizen uses approximately 57 sheets/squares of toilet paper per day. Let’s count out 57 sheets from the roll I brought. [Volunteer will hold the roll and pull out the TP as the group counts the squares together. Place the pile to the side.]

On average, a regular size, two-ply toilet paper roll like this one has 500 sheets. Let’s figure out together how many squares of toilet paper one person could use if a family of four had only one roll of toilet paper for the week.

First, we need to know how many squares each person would get. Can anyone tell me what 500/4 equals? (Answer your own question if working with younger kids – 125 sheets per person in the family).

Second, we need to know how many squares per day of the week each person would have to use. If we divide 125 by 7 days in a week, we get about 16 squares a day. Let’s count out 16 squares. [Have the kids count as you pull the squares off the roll.]

We know that on average someone uses 57 squares [point to the pile], but for many kids that is more than what their family can afford. If you only had 16 squares that is about 1/3 of the average.

A past volunteer for the Inside Out Club shared that when she was a kid, she had to ask her parents for the toilet paper and they would give her 3 squares to use.
Could you imagine what it is like for a child that has to count their squares, so he or she doesn’t use too much? For a child to have to think about how much toilet paper they can afford? Let’s take a moment to think about that.

How do you think you would feel if you didn’t have the resources to have enough toilet paper, food, clothes, or any of your basic needs?

This is why we asked each of you to bring in a roll of toilet paper to donate to the People’s Resource Center in Wheaton as they told us that they are always running out of toilet paper. Wouldn’t it be nice for families to have enough toilet paper?
NEEDS VS. WANTS — MEETING BASIC NEEDS SATIATION: Thousand Star Hotel

[10 min] BOOK

We're going to read a book called *Thousand Star Hotel* by the Okee Dokee Brothers. [Read the book.]

**Discussion**

What was the difference between Mr. and Mrs. Muskrat? (Mr. Muskrat desired lots of things that he **wanted**, but Mrs. Muskrat only asked for what they **needed**.)

- When Mr. Muskrat said he wanted a big fancy house, what did Mrs. Muskrat say? (All they need is a hammer and some nails to fix their roof.)
- When Mr. Muskrat said a big mansion would be even better, what did Mrs. Muskrat say? (A new soup kettle would be nice as theirs is old.)
- When Mr. Muskrat said a five-star hotel, what did Mrs. Muskrat ask for? (A warm quilt would be nice.)

What happened when Mr. Muskrat asked for a thousand-star hotel? (The willow tree over their house was gone and they could see thousands of stars. And, Mr. Muskrat realized he had everything he needed.)

What did you learn from the story? What would you do if you had a wish?