

**Lesson Focus:** What do you need to be healthy and safe?

**Materials:**

- Internet access for videos
- Notebook and art supplies or camera app or computer

**Invitation to Learn:**

In this lesson you are going to learn about needs and wants (causes) and how meeting your needs and wants keeps you healthy and safe (consequences).

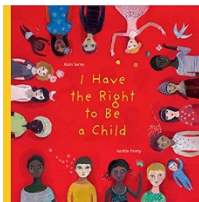
**Watch these videos:**

**Needs Versus Wants**

[https://www.youtube.com/watch\\_popup?v=J8P3sCooGg0](https://www.youtube.com/watch_popup?v=J8P3sCooGg0)

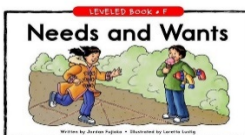
**I Have the Right to be a Child. By Alain Serres**

[https://www.youtube.com/watch\\_popup?v=kjtF-5Xk9d4](https://www.youtube.com/watch_popup?v=kjtF-5Xk9d4)



**Needs and Wants. By Jordan Fujioka**

<https://www.youtube.com/watch?v=hrbTJx3S34I>



**What are Child Rights?**

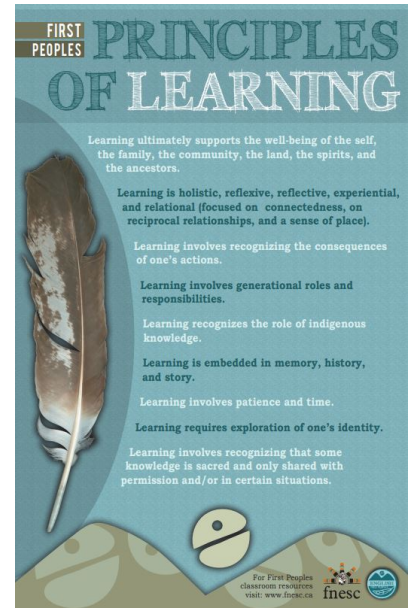
<https://www.youtube.com/watch?v=V1BFLitBkco>

**Have a Discussion:**

- What do the words "needs" and "wants" mean?
  - a need is something that people need in order to survive/live
  - a want is something that people would like to have but do not need in order to survive
    - every person shares the same basic needs, but not everyone shares the same wants
      - wants are individual to a person/not the same for everyone
        - sometimes people want more than they need and it is important that everyone learns how to make good choices about what they need

## Learning from First Peoples

Needs and wants change according to the cultures in which we are raised. In First Peoples cultures, this means understanding the need for community, the role of supportive adults outside the immediate family, and the importance of a connection to one's history and ancestry



Look at these pictures.



**Kindergarten Social Studies: December 7 – December 11, 2020**

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**Ask:**

- What do you think is happening?
- What things do you see that people need?
  - **A need is something people have in order to live. In the past, air, water, food, and shelter were the four basic needs. Today, education, healthcare, and exercise are also “needs” because they help people to have a better life.**
- How are these needs being met?
  - **air, water (in cups), food, and shelter (apartment buildings or houses, clothing, blanket).**
- Which of these needs keep people healthy?
  - **air, food, water, exercise**
- Which of these needs keep people safe?
  - **shelter: blanket, clothing, apartment building or house**
- What might happen if these needs are not met?

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- What things do you see that people want?
  - **A want is something people would like to have, but they do not need it in order to live.**
    - **wants can also be activities such as having a picnic at a park or playing soccer or bike riding**
- Which of these wants keep people healthy?
  - **spending time together with family**
- How are these wants being met?
  - **Bikes, camera, sunglasses, thermos, soccer ball, soft drink, straws, plates...**
- What might happen if these wants are not met?

### Notebook Time:

Think of at least 2 needs and 2 wants that would make you feel healthy and safe at home.

- **choose** a way to show/represent your 2 needs and 2 wants
  - EG. illustration, collage, model, painting, recycled materials
- describe each need and want in terms of cause and consequence
  - **Example:**
    - Need: If I eat an apple (cause) then I will feel full of energy and no longer be hungry (consequence).
    - Want: If I go to the movies with my family (cause) I will feel healthy, happy, and connected to my family.
- Create a video of you discussing your needs and wants representations in terms of causes and consequences.