



HEROES RECOGNIZE NEEDS & TAKE ACTION

LESSON EIGHT

Summary

In this lesson, students will learn about needs and start to recognize the different needs people have. They will also learn what can happen when people's needs aren't met. And they will learn how they can be a hero who recognizes people's unmet needs and steps up to help!

FACILITATOR TIPS

Students may mention some human needs not mentioned in the video, such as food or shelter. They may also use different words for needs described in the video, such as saying "caring" instead of love, or "acceptance" instead of belonging. This is OK! If the students answers are a little different, nudge them in the right direction. For example, if a student says we have a need to "be a hero," you might say, "Yes, good answer! And the need to be a hero is the need for contribution."

DISCUSSION QUESTIONS

What human needs do you remember from the video? Let's name them!

A: Safety & belonging, friendship & social connections, learning & growing, feeling loved & loving others, contributing & that their contributions are valuable.

What are some negative things that can happen when people's needs aren't met?

A: They aren't able to grow and be healthy and happy. They may become anxious, sad or depressed. Their health and well-being can be negatively affected, and it can interfere with their learning and education. It can lead to acting-out behavior, disruptive behavior, unkind behavior, and bullying.

What are some things you can do to help others get their needs met?

A: Be a friend to someone, show them that you are there for them and that you care, include them, and help them feel like they belong. Accept them for who they are, and for the differences that make them unique. Help them when they are struggling to carry something or when they are having trouble figuring something out. Encourage others, reach out to them if they seem sad or troubled. Genuinely listen to others so that they feel "heard."

In the story about Jerome, what needs weren't getting met, how did the "hero" help him get those needs met, and what positive result came from that?

A: Jerome's needs that were not being met were friendship, belonging, social connections, safety (from being teased), contributing and feeling that his contributions are valuable. The hero helped Jerome feel a sense of belonging, contribution, safety, social connection, friendship, and a sense of feeling loved. The positive result is that Jerome actually had a great day at school, had new opportunities (like starting a new band), he's looking forward to school and feeling happier and on his way to making new friends.



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CLASS ACTIVITY:

Recognizing Opportunities to Take Action As a Hero

FACILITATOR TIPS

Have the class work together to list the five human needs. Consider saying them out loud and/or writing them on the board. Next, set aside some time for them to write their own examples. Per your discretion, you can do the exercise with all five needs (with a few minutes allocated to each need), or have the students select one need, do the exercise, share, and repeat as desired. We recommend doing at least 2-3 examples, as we will be using the answers for the home activity.

FACILITATOR NOTE: The instructions and questions below are also on the student handout. Your role is to explain the instructions clearly and make sure all students understand. Your goal is to support the students as they complete the activity, and to keep them on track.

Practice identifying opportunities to be a hero in your daily life. Examples are things like: eating lunch with someone who looks lonely, helping someone carry their books, recognizing bullying behavior and getting an adult involved, sharing notes with a student who missed class, or cheering someone up when you see they are sad.

1. List the five fundamental human needs you learned in the video.
2. For each one, think of a real-life example.
3. Then write down one way you could help someone meet that need.
4. Take turns sharing your answers with the class.

Human Need	Real-life Example	How You Could Help Someone Meet That Need
1. Safety & Belonging		
2. Friends & Social Connections		
3. Learning & Growing		
4. Be Loved & Loving		
5. Contributing & Providing Value		



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HOME ACTIVITY

Taking Action to Meet the Needs of Others

FACILITATOR TIPS

At the end of the class, go over this activity with the students. Make sure they understand the instructions, and encourage them to do it at home. Our intention is not that students be required to turn it in, but rather that they have an opportunity to think about and internalize the main ideas learned in class.

We can all choose to engage in small acts of kindness that help others meet their needs and contribute to creating an environment where everyone feels safer and feels like they belong. For this assignment, you will be on the lookout for someone who has a need, then do something that helps that person meet that need.

1. Think about your answers from the in-class activity.
2. This week, find an opportunity to take action on your ideas.
3. Come prepared to share your experience with the class.

Note: This is not something you just do one time! This is something you can practice until it becomes a habit. Eventually it will become a habit for you to always be on the lookout to be helpful and kind. And this habit will also support all the other lessons and skills that you are learning in this course.