



## BASIC NEEDS

### PROCEDURE:

1. Refer the group to "Basic Needs," and discuss. Emphasize That most disputes between people involve the attempt to meet basic needs for belonging, power, freedom, and fun.

2. Refer the group to "How We Meet Our Basic Needs." Discuss the idea that, although we all share the same basic needs, the things each of us chooses to do to meet these needs is different. For example, everyone has a need for power. However, Paul gets this need met by developing his music skills. Elizabeth gets this need met by being on the soccer team. Darrin gets this need met by being able to draw cartoon heroes.

3. Refer the group to the "How I Meet My Basic Needs" form. Give students time to record some of the things they do to get their basic needs met.

4. In small groups, have students discuss the examples they recorded and compare how they are alike and how they are different.

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### OBJECTIVES:

To learn that most conflicts between people involve the attempt to meet basic needs for belonging, power, freedom, and fun.

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### MATERIALS:

Worksheets:

- "Basic Needs"
  - "How We Meet Our Basic Needs"
  - "How I Meet My Basic Needs"
  - "Looking at My Conflicts"
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**PROCEDURE:**

(Continued)

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**NOTES:**

5. Repeat the idea that basic needs are usually the origin of conflict: For instance, suppose you are upset because your friend is going to a party you were not invited to. You might get into a conflict with this friend because you are not getting your belonging need met. Suppose someone calls you a name and you get into an argument. Name calling shows a lack of respect, which is related to the power need.

6. Refer the group to "Looking at My Conflicts." Ask students to record examples of conflicts they have experienced in each need shape.

7. Have students get back into the same small groups to talk about each need and the conflicts they have experienced.

8. Summarize that being aware of our basic needs helps identify unmet needs as the origin of conflict: When we understand the origin of a conflict, we have a better chance of resolving it.

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**BASIC NEEDS**

**BELONGING**

**POWER**

**FREEDOM**

**FUN**

Understanding how to resolve a conflict begins with identifying the origin of the conflict. Most every conflict between people involves the attempt to meet basic needs for belonging, power, freedom, or fun.

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by Richard J. Bodine, Donna K. Crawford, & Fred Schrupf, 1994, Champaign, IL: Research Press.  
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**HOW WE MEET OUR BASIC NEEDS**

- Our **BELONGING** need is met by developing relationships with others where we have the opportunity to love, share, and cooperate.
- Our **POWER** need is met by achieving, accomplishing, and being recognized and respected.
- Our **FREEDOM** need is met by making choices in our lives.
- Our **FUN** need is met by laughing and playing.

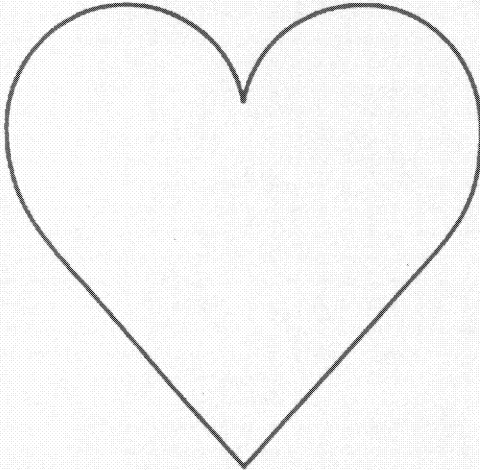
We are born with the same  
basic needs.  
However, the things we each  
choose to do to meet these needs  
may be different  
from what others choose.

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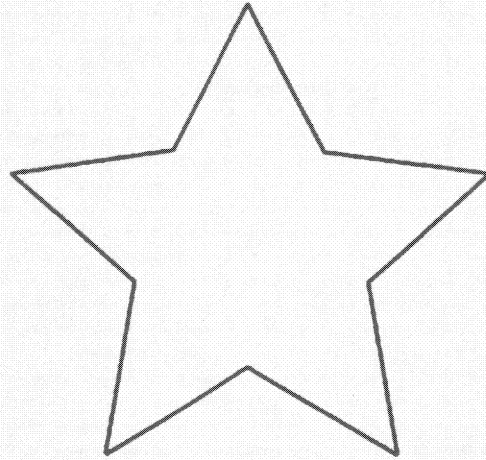
### HOW I MEET MY BASIC NEEDS

**Instructions:** In each need shape, draw or write something you do to meet your basic needs.

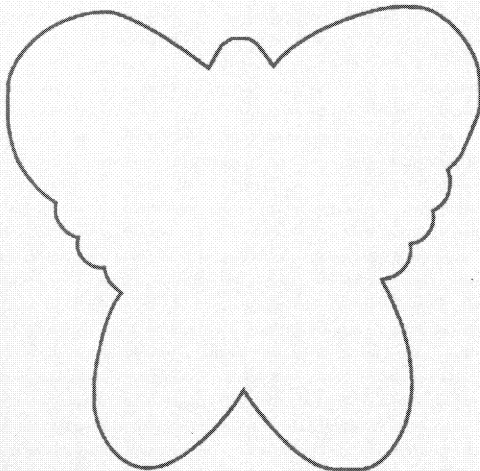
**BELONGING**



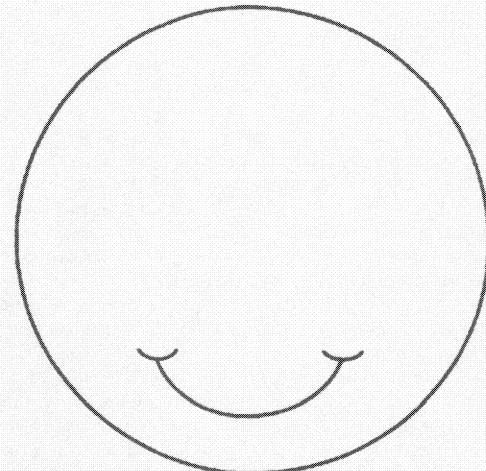
**POWER**



**FREEDOM**



**FUN**

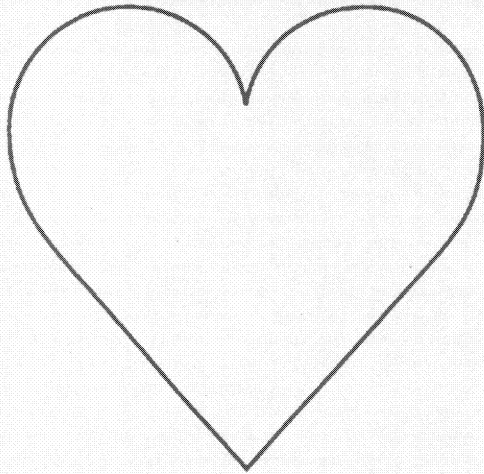


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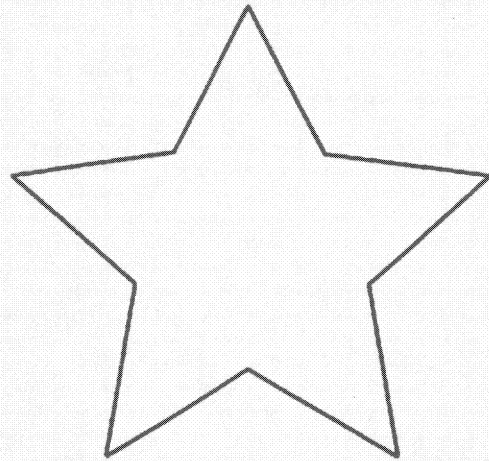
### LOOKING AT MY CONFLICTS

**Instructions:** In each need shape, draw or write examples of conflicts you have experienced.

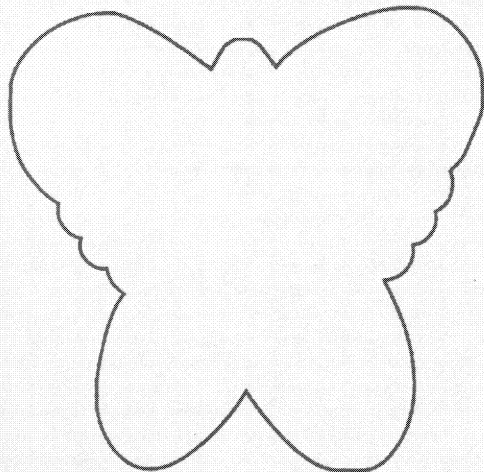
**BELONGING**



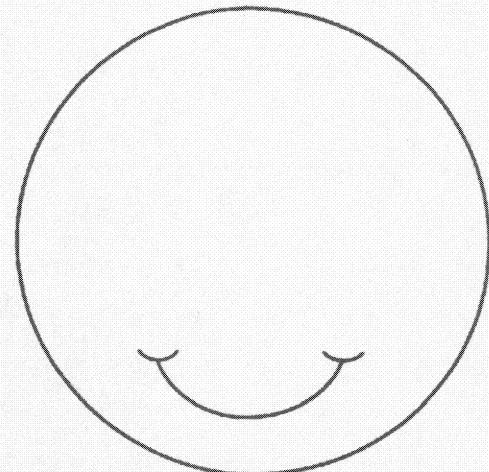
**POWER**



**FREEDOM**



**FUN**



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