



Needs: are words that describe the life-serving energy that motivates and sustains us. All of our actions and words are attempts to meet our needs/values.

Children's Needs Inventory

(Modified Adult version for simpler wording)

COMMUNITY

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Consideration
Consistency
Friendship
Inclusion
Love
Intimacy
Mutuality
Nurturing
Reassurance
Respect/self-respect
Support
Trust
Understanding
Warmth

PLAY

Joy
Humor
Spontaneity

CARE FOR MY BODY

Air/Sunlight
Body Respect
Body Awareness
Body Confidence
Food/Water
Movement/Exercise
Protection/Safety
Rest/Sleep
Shelter
Touch (kind, loving, present)

PEACE

Beauty
Ease
Equality
Harmony
Inspiration
Order

HONESTY

Authenticity
Integrity
Presence

MEANING/ Celebration

Celebration of the creation of life or Mourning losses
Competence
Contribution
Creativity
Discovery
Effectiveness
Growth
Learning
Participation
Purpose
Self-expression

CHOICE

Choosing dreams, goals, values & choosing plans for fulfilling ones dreams, goals & values.
Freedom
Space.