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Identify 3 needs you have on a day to day basis

What are 3 common 'negative' emotions and associated unmet needs that teachers / children experience in class?

Identify one that may cause behaviour issues in your classroom

Needs

 fun / humour entertainment/ friendship	 more to do/ a challenge	 freedom / choice	 to be listened to and understood	 respect	 justice/ fairness/ equality	 help/ support	 consistency/ stability
 self-expression	 physical wellbeing food/water/ safety	 cooperation/ consideration	 rest/ sleep/ a break / space	 peace / quiet / focus	 ease / harmony / comfort	 order / control	 other

Feelings



bored / impatient



silly / giddy



angry



frustrated



sad



confused



troubled / a lot on
my mind



embarrassed



guilty



tired



anxious



stressed



jealous



hungry



scared



other



interested



hopeful



confident



empowered



proud



safe



excited /
enthusiastic



energetic /
eager



grateful



touched



happy



calm



comfortable



relaxed/
rested



relieved



satisfied

Adapted from Centre for Nonviolent Communication.