

Compassionate Comprehension with the Common Core

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Question # 5: What do you think were the character's **unmet needs?**

When we think of needs, we often think of

- * Food**
- * Clothing, and**
- * Shelter**

Yes, and there are other important needs we all have!

When our **needs are met**, we often feel
happy, content, joyful, peaceful, and thankful.

When our **needs are NOT met**, we may feel
angry, sad, scared, hurt, and/or stressed.

Here are other important needs to keep in mind:

" Acceptance	" Creativity	" Recreation/ fun
" Appreciation	" Empathy	" Respect
" Autonomy: Choosing our own dreams and plans	" Harmony	" Rest
" Belonging	" Honesty	" Safety
" Calm	" Love	" Self-Worth
" Closeness	" Peace	" Support
" Compassion	" Protection	" Understanding
	" Reassurance	

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