

## NEEDS AND WANTS

### Age 4-7

#### Activity Idea

Ask your child if they can give you an example of an item that is a 'need'? Can they give you an example of an item that is a 'want'? Do they know the difference between a 'need' and a 'want'?

If they are not sure, ask the following questions to give them some clues:

- What items do you think people need to stay healthy? To stay safe?
- Do you have any items that make you happy but that you could live without?

#### Explain that:

**Needs** are items that are essential (very important) for our health and well-being

**Wants** are items that make our lives more enjoyable, but we can live without them

Ask your child to create a list of **their** NEEDS and WANTS. They can draw the items, cut pictures out of magazines, find pictures online or even take their own photos. They should ask themselves;

- What items do I need to stay healthy and safe?
- What items would I like to have to make my life more enjoyable?

This is a great opportunity for them to have fun and get creative!

Ask them to tell you about their choices. If they include items in their 'need' list that you think should probably be in the 'want' list, ask them to explain their reasoning. Avoid saying that their choice is wrong, instead lead them to a more appropriate choice through discussion.

An example would be choosing a fizzy drink as a 'need' and not a 'want'. Drinking is essential for our health but our body needs water not lemonade.

If they need support with their choices, you can provide the list below and then ask them to sort the items into 'needs' and 'wants'.

#### Needs

- Clothes
- House/ flat
- Basic food such as bread
- Water
- Medicine

#### Wants

- A toy
- A TV
- Fizzy drink
- A ball

- A chocolate bar

Ask your child if they think everyone has the same needs and wants? To find out, they could share their list with other members of the family. If you have access to video calling, you could even set up a group conversation with other children so they could all discuss and compare their needs and wants. They will probably find that their friends and family have similar needs, but their wants might be very different.