

# Lesson 134

**Purpose:** To review the concept of three basic human needs (physical, intellectual, and social and emotional) and how the use of positive actions in each area results in an improved self-concept.

**Materials Needed** Pencils; crayons

**Materials Provided** Activity Sheet 134-7-2; Positive Action Envelopes

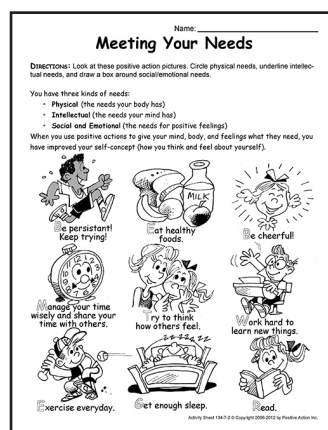
## Procedure

**Say** Does everyone remember what we learned in Unit 2? It was all about the things we do for our bodies and mind: physical and intellectual positive actions. Then we learned about social and emotional positive actions in the units after that.

**Teacher** *Through brief discussion, review these concepts with students:*

- Need is a word we use for something that everyone has and must satisfy or take care of.
- There are three basic human needs:
  - **Physical Needs:** Things your body must have.
  - **Intellectual (Mental) Needs:** Things your mind requires.
  - **Social/Emotional Needs:** Things you must have to feel good about yourself and others.
- When you use positive actions to meet the needs of your body, mind, and feelings, you have improved how you think and feel about yourself.

*Distribute Activity Sheet 134-7-2. Review instructions, and then allow students to work independently. Review answers with students, and allow them to color the pictures.*



*When they are finished, have the students keep the activity sheets in their Positive Action Envelopes. Activity Sheet 134-7-2 will be the second page in their "A Second Time Around with Positive Actions" Review Booklets.*

**Activity Sheet 134-7-2 Answer Key**

**Circle:** Eat healthy foods.  
Exercise every day.  
Get enough sleep.

**Underline:** Be persistent!  
Keep trying!  
Manage you time wisely and share your time with others.  
Work hard to learn new things.  
Read.

**Box:** Be cheerful.  
Try to think how others feel.