

NEEDS CARDS ACTIVITY

AIM:

The activity aims to get to know a variety of human needs, to try to discuss a neutral topic to reflect these needs, and simultaneously to build vocabulary that we can use to describe our inner experience better.

TYPE OF ACTIVITY:

opening activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

- ▶ work with a set of Needs Cards: 20 minutes

ACCESSIBILITY:

- ▶ reading Needs cards
- ▶ introspection

MATERIALS:

- ▶ a set of Needs Cards

PROCESS:

Hand out a set of Needs Cards to each participant. They will find a spot where they would not disturb each other and with enough space to spread all cards out. Next, they should think about which of their needs were fulfilled recently and which were not. Based on this assignment, participants sort each card into one category: (1) the needs they feel are satisfied, (2) the unsatisfied needs, (3) the needs they have mixed feelings about, or (4) the needs they cannot relate to now. Next, ask the group to think about these questions: “Why do you think some of your needs are unfulfilled?”, and, “Does it personally bother you (or not) that these needs are not satisfied?”.

REFLECTIVE QUESTIONS:

- ▶ What it has been like for us to participate in this activity?
- ▶ How did we feel when we saw — in front of us — all our needs that to a certain degree resonated with us?
- ▶ Have some of our needs surprised us? For instance, the realization which of our needs are (un)fulfilled or even the very existence of some of our needs, etc.