



Voicing Your Personal Needs

Goal: This exercise will help students understand what their unique combination of needs is and how to express them to others.

Materials: Room, circle of chairs, [Indigo Report](#), pencil and paper.

Step 1: Have students read the [Things You May Want From Others](#) section of their Indigo Reports and have them star the ones that resonate.



Step 2: Have students write down their own answers to the following questions:

1. What is your most important need?
2. When has a person fulfilled your most important need? How did it feel?
3. When have you not received what you needed? How did that feel?

Step 3: Divide students into pairs. Have them share their answers with each other, and brainstorm instances or places where they need to express their most important needs to people around them.

An Example: Tom's most important need could be "Public recognition of his ideas and results." He realizes he needs to express to his teacher he would like more feedback on the projects he does for the class.

TIP: If some students would feel uncomfortable sharing, they can work alone and write down places in their lives where they need to express their needs.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: *Critical Thinking; Positive Attitude.*

Career: *Overcoming Obstacles; Perseverance; Self Confidence.*

Social/Emotional: *Sense of Belonging; Self Advocacy; Coping Skills; Social Maturity.*