

# Activity

## Want vs Need Activity Sheet

Sometimes we want something because it brings us joy. Sometimes we want something because everyone else has it. This activity is designed to help children think about the difference.

### Part 1: Think About It

- What is something you really want right now?
- Why do you want it?
- Would you still want it if none of your friends had one?
- How do you think it would make you feel?
- How long do you think you would enjoy it for?

### Part 2: Want or Need?

Write W for Want or N for Need beside each item:

- \_\_\_ Food
- \_\_\_ Water
- \_\_\_ A favourite toy
- \_\_\_ A warm coat
- \_\_\_ A squishy
- \_\_\_ A bed
- \_\_\_ A new game
- \_\_\_ School shoes

### Part 3: My Reflection

Something that genuinely brings me joy is: \_\_\_\_\_

Something I wanted because other people had it is: \_\_\_\_\_

One thing that makes me special is: \_\_\_\_\_



## A Note for Families

There is nothing wrong with wanting things. The goal is not to stop children wanting things, but to help them understand why they want them. The more children understand themselves, the more confident they become in making choices that feel right for them.

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