

# Celebrating Needs Embers

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**Theme:** Identifying and gaining comfort with our needs

**Age of campers:** 10+

**Time allotted/actual:** 40 minutes +

**Location:** Anywhere quiet, with a table to work on

**Props/Materials/Symbols:** A piece of paper for everyone, colored pens, the needs sheet from counselor packet (on website, under “Compassionate Communication”)

**Prep done:** Get all the materials ready and lay them out for everyone.

**Opening/Mood set:** Begin by showing everyone the needs sheet and going over it in detail. Spend some time talking about the different needs that are outlined and what they mean---there are bound to be a few that tip everyone’s interest enough to discuss what it is like to have that need or what it means.

**Questions/Activities:** Transition into a discussion of individual/personal needs by asking questions such as: “Which of these needs speaks loudest to you?” “Are there several?”

**1<sup>st</sup> activity:** When everyone has zeroed in on a need that they identify with, have them write largely on one sheet of their paper: I NEED \_\_\_\_\_. They can then decorate and draw around it if they like.

**2<sup>nd</sup> activity:** Transition the discussion into the realm of the opposite. What do the campers NOT need? These items are not limited to what is on the paper; they can be anything.

**3<sup>rd</sup> activity:** Next, have everyone turn the paper over and write the phrase: I DO NOT NEED \_\_\_\_\_. The idea with each of these is that the blank is filled with a single, simple word or phrase.

**Closing:** Give each person a chance to share what they have written, and discuss specific details of how they need and do not need what they wrote about. At the end, each paper can be pinned up above each camper’s bed with the NEED side out to remind them of the discussion.

**Were other people involved?** None needed.

**Thoughts on pacing?** There will be some “Hmmm....” moments. Work with them and allow them to happen. Refer back to the needs sheet and help campers to identify and label whatever their descriptions best refer to.

**What would you change next time / what did you learn / how would you enhance it?** Talk about commitments each person is willing to make to be more aware of other’s needs as well as their own. It could work to have each camper write a statement like “I will help \_\_\_ meet his need for \_\_\_ by \_\_\_ this week.”

**Camper feedback:** 4 out of 5 kept their needs sheets and took them home at the end of the session. Good sign.

# Needs

## Subsistence

Clean Air & Water

Food

Rest

Shelter

Sustenance

Creation

Creativity

Expression

Inspiration

Affection

Companionship

Friends

Intimacy

Kindness

To Matter to Someone

Touch

## Protection/Security

Fairness

Honesty

Justice

Keeping Agreements

Nurturance

Openness

Order

Safety

Space

Trust

## Leisure

Adventure

Celebration

Comfort & Ease

Play & Fun

Recreation

Spontaneity

## Participation

Accomplishment

Acceptance

Belonging

Capacity

Community

Competence

Connection

Dependability

Encouragement

Harmony

Interdependence

Opportunities To Help

Others

Recognition

Respect

Support

To Enrich Life

To Serve Life

To Share Life's Joys

and Sorrows

Freedom

Autonomy

Choices

To Speak One's Mind

## Understanding

Balance

Consideration

Empathy

Peace of mind

To be heard/known

Transcendence

Beauty

Goodness

Love

Peace

Rhythm

Identity/Meaning

## Acknowledgement

Appreciation

Challenges

Clarity

Completion

Dignity

Integrity

Learning New Skills

Privacy

Resolution

Self-Development

Self-Mastery

Solitude

To Make Sense of

One's World