



The Expression of Needs

Tue, 03/10/2017 - 14:43 -- Mathias Mellaerts

Type of tool:

Activity

Duration:

60-90 min

Topics addressed:

Communication

Conflict management

Personal development

An educational and playful tool designed as a medium for the identification, expression and reflection of human needs.

Methodology:

The tool can be used in a multitude of different ways. For example, it is an excellent support as part of a lesson on nonviolent communication (where it is recommended that we express our own needs instead of what another person “has done to us”).

Step by step process:

The tool can be used for many lessons or games. Here is an overview of the possibilities;

What is a need?

Do we need emotions?

Is it a need or desire?

Connecting to ourselves and getting into action

How to reconcile our own needs with the needs of others?

Nonviolent communication

Do I answer to my need, myself, or society’s dictate?

The classification of needs.

Materials and resources:

The “Expression of needs” cards only.

Evaluation:

We have evaluated this tool and it has been a general success with the public.

Advantages : Easy to use, adaptable to a single person or to groups of different sizes. Very affordable price!

Limitations : We would like to integrate more lessons and games.

Rating:

No votes yet

Documents/handouts:

 [L'Expression des besoins.pdf](#) [1]

Source URL: <https://educationaltoolsportal.eu/educationaltoolsportal/en/tools/expression-needs>

Links

[1]
<https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/L%27Expression%20des%20besoins.pdf>