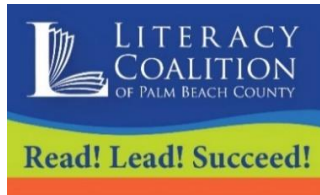


READ and THINK before you ACT.



Leading through Reading

Needs vs. Wants (6-8)

READ

Paying for what you *need* before buying what you *want* can be like a battle of your mature brain vs. your inner child.



Street Team Video
[Needs vs. Wants](#)

Defining what you consider a 'need' and a 'want' is an important part of growing up.

Most people say:

A *need* is something you cannot live without. It is usually something you and your family use every day. It is part of survival, such as water, food, and shelter.

A *want* is something that you desire but you could live (survive) without. Examples could be a sweet treat, a video game, or a smart phone.

Needs and wants can be slightly different for some families than for other families. Some need medicine, others do not. Some need heat in their homes, others do not. What do you think your family's needs are? All families have bills to pay. If you want something, it is important to remember that your family first must pay their bills for rent, utilities, and groceries.

Paying for *needs* comes before purchasing *wants*. Being clear on needs vs. wants is a way to be a reasonable member of your family. It also helps you to understand budgeting which will help to keep you from getting into debt as you get older. As we mature, we define our needs vs. wants and accept the importance of healthy financial choices. We accept that we cannot always have what we want. We learn that, most of the time, we are lucky to have what we need. For example, mature teens realize and accept that although they need clothes, they do not need to have the best name brand.

THINK

References: [Teaching Teens Needs vs. Wants](#) and Forbes magazine's [Finding the Balance between 'Needs' Vs. 'Wants'](#)



If people do not have everything they want, how could gratitude be a part of their happiness?

Why is gratitude an important part of happiness for all of us?

Why might working on your attitude of gratitude be a good decision for you?

Why can't someone force you to be a grateful person? Why does gratitude come from within?

Why might an attitude of gratitude help you to accept that you do not always get what you want?

ACT

Find a gratitude buddy. This could be a member of your family or a peer. A peer is a person who has similar interests, is about the same age, from the same background and is similar financially. Explain that you are looking for support to be grateful for the people and things that you have in your life. Ask them if they will work with you to do the same. For example, maybe you will both discover that you are grateful for the sunny weather or something simple in nature. Maybe you feel thankful for the music you listened to or the fun you had with your family pet. Did you have a good meal or comfortable sleep? You can talk about these things in person or through technology.



Schedule at least five times to chat. Limit your subjects to things that you each are grateful about. Ask your buddy to give you three events, people, or things that makes them feel grateful. After five chats, repeat this activity with another family member or peer. Always keep it positive! Hint: Before each chat, make a list of three reasons you are grateful.

Bonus Activity: Try the expression of gratitude activity in the experiment shown in this video and feel the joy!

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

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Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org