



7 Innate Needs

Fun, Creative Strategies

Loved, Valued, Needed, Accepted, Belonging, Safety, and Security -
(somehow, someday, it can and will be okay)

In order to determine which "Innate Need" an individual may be lacking most, have them fill out the Self-Esteem Assessment. This will give more specific insight and help you determine which "Innate Need(s)" to target most:

-  **Magic Stethoscope:** Use a stethoscope to listen to the child's heart. This concept really applies well to the Seed Digging Strategy "Separate the Garden from the Weeds". Just as Jennifer James describes in the video, use the stethoscope to remind the child that his "heart" is good and kind. If the child is struggling behaviorally, remind him to teach his "hands, mouth, or feet" to be kind and loving "like his heart". This is building up the "emotional inner child" and helping them "love and value" themselves. It also reinforces him to not "judge" himself according to his behaviors – "separating the garden from the weeds".
-  **Fortune Cookie:** Create tiny strips of paper with a different "Innate Need" written on each. Fold it creatively or make little baggies (like birthday goodie bags) and place in a basket. At each visit, let them "grab" one. Use that "innate need" to discuss "ways" they "have or need" that specific Innate Need. For example: Suppose the child chooses "belonging"....Ask the child to think of ways he "belongs" at school, at home, etc.
-  **Capsule of Love:** Purchase large "empty vegetarian" or crafty containers/capsules and write a different Innate Need on tiny strips of paper. Place one inside each capsule. Administer the one that most appropriately fits their "need". Prior to using the capsule, give the child the quick, self-esteem assessment. Once you determine which "innate need" the child is "low" in, be intentional and give him/her a specific "capsule of love" with that Innate Need written inside. Tell them to "read" the innate need as often as possible if they start feeling "bad, angry, or stressed".
-  **Rocks of Love:** Purchase or create rocks with the 7 Innate Needs (or a variation) written on them. (Hobby Lobby, Amazon, & Dollar Tree have pebbles with loving statements prewritten on them). Have the child or adult talk about the "weight" and "heaviness" that they may be carrying on their shoulders. Ask them to identify what those heavy rocks are....For example, "I feel that I have to be perfect all the time" or

"No one listens to me." Ask them to imagine "The Wise Oak Tree" or "Unconditional Love" speaking to their heart about that "belief or heavy rock that they carry". Remind them to not listen to any thoughts of "shame". Ask them if they can "hand over" at least a tiny pebble of that "stress" and give it to "Love or the Wise Oak Tree"? If they choose to do that, ask them what "Love" or the "Wise Oak Tree" would say to them in return. When the person hears an inner thought (an Innate Need or variation), hand them a "pebble" with that Innate Need written on it. You can also purchase blank pebbles and write the Innate Need on the rock or write whatever the individual hears in that moment from "Unconditional Love."

 **Intentional Greeters:** Once you determine which "Innate Need" the child/person needs the most, ask others (caregivers, teachers, case workers, mentors, parents, nurses, counselors, therapists) to be creative and think of ways to surround that individual with that "Innate Need". For example, if the "Innate Need – Belonging" is very low, ask 2-3 teachers or others invested in that child's life to greet him first thing in the morning and use that word intentionally. "We are so glad that you are here this morning! We care so much about you - you belong here with us!" In a hospital or recovery facility, do the same thing for teens or adults who are struggling. Each morning be intentional with your words and actions! Find 2-3 people to seek out the person who is struggling and "remind" him of his purpose and that "he belongs and is accepted" just as he is.

 **Heart Messages:** Once you determine which "Innate Need" the child/person needs the most, be intentional through writing surprise sticky notes, daily reminder text messages/emails, letters, and notes.

 **7-Innate Needs Journal:** Choose a "journal or creative-writing" daily prompt based around the 7 Innate Needs or have a journal available for repeat "visits" or scheduled visits with students/clients/patients. For example, "Which of the 7 Innate Needs do you feel drawn to the most?"; "If you could choose anyone or anything in the world to represent "Unconditional Love" to you, who would that be?"; "What would that "Unconditional Loving Person or Thing" say to you? Another way to creatively use the journal is to have one specifically for each individual. Nurses – If students/patients have repeat visits for "belly aches" or "headaches" and it appears "stress" related, hand them their "journal" and allow them to take a moment to journal their feelings or "what thoughts are coming to them in that moment when the headache begins." Then have them imagine "Unconditional Love" or the Wise Oak Tree" speaking "truth" to their hearts. They can journal this or share with you aloud. This is another creative way to use the "Seed Digging ParaPRO Guide" indirectly during visits.

 **Key Chain Reminder:** Creatively write the 7 Innate Needs on small pieces of paper, laminate, and attach to a key ring. Attach special quotes or statements to each of them. Tell students/patients/clients to keep them close and read them if they begin to struggle.

 **Declaration Statement:** Use the 7 Innate Needs Form and attach a child/adult's first name to it, making a declaration of each of the innate needs: "Katie is loved. Katie is valued. Katie is needed. Katie is accepted just as she is. Katie belongs here and has a purpose. Katie is safe here and Katie has hope" (in place of security). For younger children, you can substitute statements such as "Katie is kind. Katie is special. Katie Loved" etc. You may also have several "declaration statements" made up with specific needs written on them and hand one to the individual when they are struggling. This is also a great follow up after administering the Self-Esteem Assessment, so you know which specific "Innate need" needs targeting the most. This activity can also be done by having the child verbalize the innate needs to himself by looking in the mirror or looking at you. This activity can be also used with a partner to reinforce empathy and respect by loving others as well.

 **Sorting Fun!** Laminate each of the 7 Innate Needs or create a way that the Innate Needs can be sorted from most important to least important. Typically, a person will gravitate more strongly to 1-2 specific Innate Needs; however, depending on circumstances these needs may change and sometimes the person may desperately need all 7 equally. This is a great way for children and adults to be more in "tune" with themselves and discover what inner needs they have.

 **Community Garden:** Find a large planting pot and place in your office/classroom and set blank strips of paper next to the pot. Separate the pot into 2 sides, including "Happy Seeds" and "Sad Seeds". (you can simply place a piece of paper or cardboard in between in order to separate the seeds). On the side with the "happy seeds", have several statements prewritten that are positive and wrapped around the 7 Innate Needs (see the ParaPRO Guide for specific positive statements). On the side with the sad seeds, allow students to use a blank piece of paper and write out any "stinky thoughts" or "sad seeds" that they keep hearing in their mind. After they write down the thoughts, have them "discard" the sad seeds inside the flowerpot and pull out/replace it with a "happy seed" statement instead.

 **My Emotional Heart:** Draw a full-size heart on a piece of paper. List the 7 Innate needs out to the side or verbally go over each of them. Have the child select a color for each of the Innate Needs (make sure to remember which color belongs to which need). Ask them to color their "heart" to show how much of that Innate Need is inside. For example, if the child chooses "pink" to represent "Loved", then ask her to color in "how much love" she feels inside her heart. She may only color a tiny portion with "pink" in it. This would be an indicator that she may be struggling with feeling "loved". This activity is a great one to do with younger children because many times they struggle with verbalizing their feelings.