Peer Counseling 1

Heart Smarts

Emergency Needs Kit

In a perfect world, we would meet all our needs every day, but life is often unpredictable. Thinking about an emergency needs kit is a way to explore how we can support our well-being by identifying the items that are most essential to meeting our needs. By choosing one item for each level of Maslow's Hierarchy of Needs, you will create a personal and meaningful collection that illustrates the items that are critical for your emotional and physical health.

Step One: Create your emergency needs kit. Choose one item (something tangible that would fit in a box) for each level of Maslow's hierarchy that would help meet each need. You will:

- Choose five items that would help meet different levels of needs based on Maslow's hierarchy. These should be tangible items that would fit in a box.
- Write a sentence or two explaining how your item meets that specific need level and why it's meaningful.

Maslow's Hierarchy Level	Item	Explanation
Example: Physiological	A granola bar	A granola bar is a good item for physiological needs because it provides necessary food energy. It can be easily stored in an emergency kit and offers a quick way to meet your need for energy.
Physiological		
Safety and Security		

Love and Belonging	
Esteem	
Self-Actualization	

Step Two: Using a credible health or expert resource, provide a recommendation for a strategy to support your peers in meeting at least one level of their needs daily.

Strategy	Source
Identify the recommended strategy here.	Provide the URL, text, or other source of choice.

Step Three: Select and answer **one** of the following reflection questions:

- How did this project demonstrate your understanding of basic needs?
- What did you learn about yourself (the emotions, needs, or patterns) through this process?
- How might the skills developed in this project help you or others in peer counseling situations?
- How did you find this information beneficial to your life?