



Needs versus Wants

Summary: Teach your child about the importance of Needs and Wants by preparing a grocery list.

Age Group: Grades Kindergarten through 2nd

Materials: A piece of notebook paper

Instructions:

Set aside time to make a grocery list with your child.

1. Talk about the needs of the next few days – how many people will be eating breakfast? How many people are drinking coffee? How many days do we need to prepare for with the next grocery order?
2. Now, brainstorm with your child a list of things your family should plan to purchase.
3. After you've created the list, talk about needs and wants. Ask your child to explain what they think a "need" is, and what is a "want".
4. Revisit the list, marking the "wants" with stars – are there more wants than needs on the list?
5. Make any edits to make sure the needs are taken care of first.
6. If you have the time, maybe look in the cupboards, fridge or pantry to see if there are items there to help narrow down the grocery list.
7. Wrap up by making a plan to use those items that you already own so you can make the best choices when buying new items.

Extension: Help your child write "need" on five sticky notes and "want" on another five. Ask them to walk around their room, or somewhere in the house and label the needs versus the wants. You need the sink, but you may want the box of crayons. Ask them to explain their thinking.