



## Activity sheet

### Rat Park for humans?

Look at the following emotional needs that we have as humans and discuss the questions below each one – make a note of your thoughts.

I need to feel that I am good at some things

- What strengths and talents do you have?
- Where do you use these strengths and talents?
- How do you feel about the things you are good at?
- Who are the people who recognise your strengths and talents?

I need to have friends

- Why is it important to have friends?
- What do friends do for us?
- How do friends make us feel?

I need to feel part of a group

- What sort of groups can people belong to?
- Why is it important to feel like you belong to a group?
- How does being part of a group make you feel?

I need to try new things

- What would life be like if you never tried anything new?
- Who are the people who support you with trying new things?
- How does it feel when you have tried something and mastered it?

I need to have some choice over what I do

- What sort of choices do you have control over?
- What sort of choices do you give other people?
- How does having a sense of control over your life make you feel?

I need to give and receive attention

- How do you feel when people *don't* give you attention?
- What about when they *do*?
- What sort of things do you like showing or sharing with other people?
- Who are the people who give you most attention?
- How do you give other people attention?

I need some time on my own

- What would it be like if you never had time on your own?
- Where are the places where you can be by yourself and have some privacy?
- Why is it important to have some time to yourself?
- What would it be like if you were always by yourself (like the caged rats in the Rat Park story)

I need to feel safe and secure

- How do people feel if they're not safe or secure?
- What sort of things make us feel safe and secure?
- Who are the people who make us feel safe and secure?
- What sort of things do you feel safe and secure in doing?