



Parents of Preschoolers

## Teaching and Learning Session Two: What Do You Need?

### Introduction

It's rare for a preschool-aged child to stay quiet if they have an unmet need. At POP, we believe our inner selves are very much the same, telling us what they need with increasing urgency until we tend to the issue. Like a preschooler, our selves may communicate needs in ways that are hard to interpret at first, but come clear if given a little compassionate curiosity. What is your inner self trying to tell you? This week's worksheet will help you find out!

### Question

Take a look at the example below. How does your inner self tell you your needs are being met? In what ways does it try to tell you you have an unmet need?

### Invitation

Over the next few days, take a look back over the notes you took after the session on self-knowledge. Where do you see a need for nourishment, joy, or rest affecting the way that you react when things get hard? Feel free to take notes!

## Reflection: *My Inner Self*

I know the needs of  
my innwhen my  
needs are being met  
when I...

*Feel like I can  
finally relax!!!*

I can tell my inner self  
is not having their  
needs met because ...

*I feel anxious /  
get headaches*

## Session Two: Notes

Where do you see a need for nourishment, joy, or rest affecting the way you react when things get hard? Take notes here!

