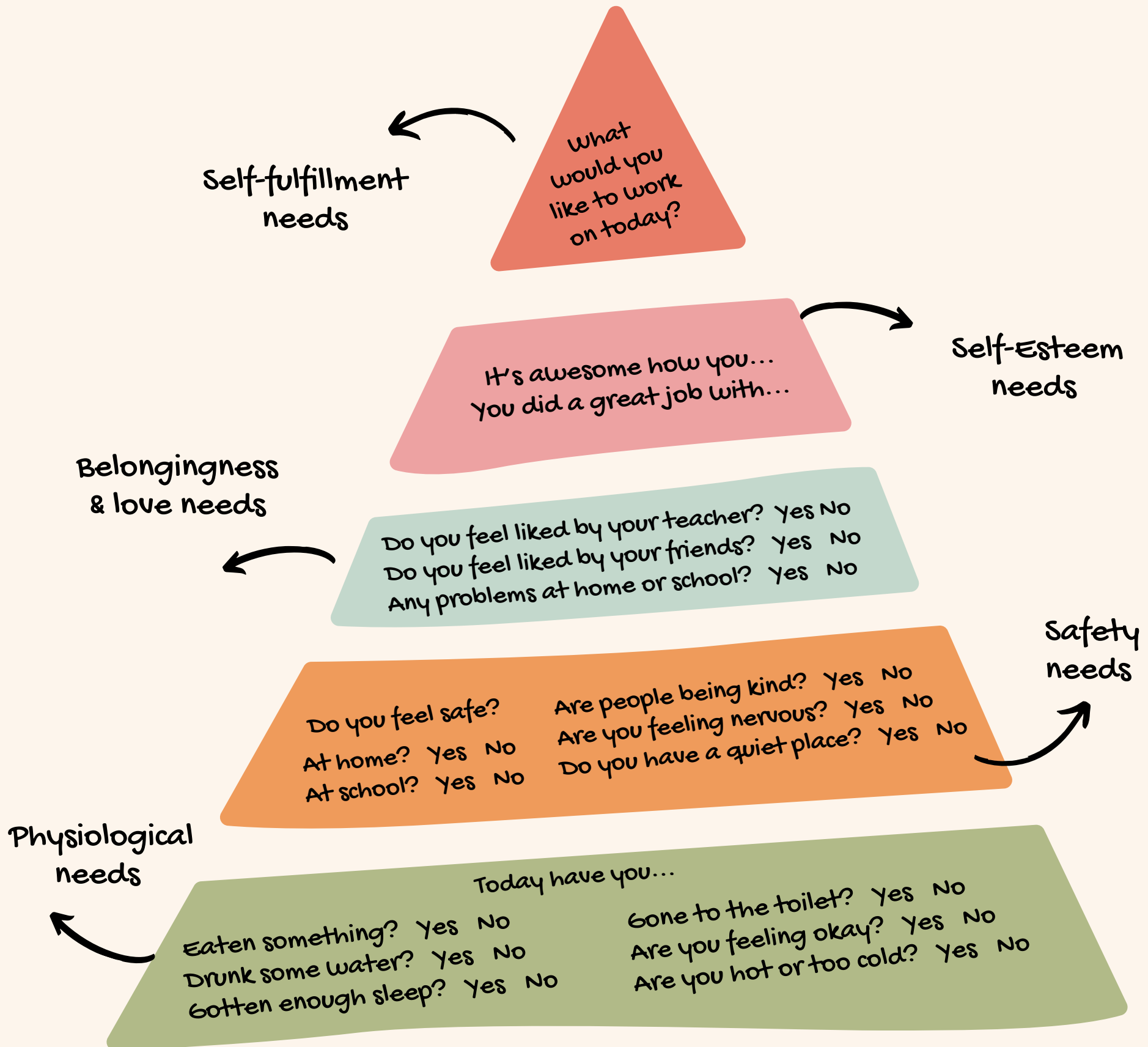


DAILY NEEDS CHECK IN

Start at the bottom & answer the questioning moving up



DAILY NEEDS CHECK IN

How to Use This Resource

Purpose

This worksheet helps children and adults develop self-awareness, self-monitoring, and identify factors affecting their sense of calm, safety, and support. It's particularly helpful for recognising unmet needs that may lead to feelings of dysregulation.

Who Can Use This Resource?

Ideal for ages 5 and up, this tool is useful at school, home, or in therapy settings. Younger users may need guidance, while older ones can use it independently.

When to Use This Worksheet

- **Daily Check-In:** Use at the start or end of the day to encourage regular self-reflection.
- **During Dysregulation:** If the individual seems upset or overwhelmed, the worksheet can help identify unmet needs.
- **For Goal Setting:** It supports personal goal setting, particularly in areas of growth and self-actualisation.

Using the Worksheet

The worksheet covers categories such as physiological needs, safety, belonging, esteem, and self-actualisation, each with simple, checkable questions. This structure supports self-reflection in manageable steps, helping identify needs that may require extra attention.

Be ready for sensitive discussions. Here are some tips:

- **Encourage Sharing:** Use prompts like, “Can you tell me more about that?” or “How did that make you feel?”
- **Offer Support:** Respond with phrases like, “That sounds difficult” to validate their feelings.
- **Probe Gently:** e.g. “What might help you feel safer?” to explore solutions.
- **Respect Comfort Levels:** Let them know it's okay if they're not ready to discuss something.

Using this resource consistently fosters self-awareness, resilience, and confidence in identifying and expressing needs.