

Learning Activity

Wants vs. Needs vs. Addictions

Time: 40 minutes

Materials

- [Wants vs. Needs vs. Addiction Worksheet](#)
- [Vape-Free Crossword Puzzle](#)
- [Vape-Free Word Search](#)
- Large post-it sheet or poster paper

Instructions

Brainstorm

- Divide students into groups of 3-5 and give each group a large post-it sheet or poster paper
- Instruct each group to generate a definition of the words "want," "need," and "addiction" and write them on the post-it or poster paper
- Once complete, combine the group definitions for each word to create one generic definition. Write each new combined definition on the board.

4-corners

- Move the desks to the perimeter of the classroom and hang the four posters found in the Needs vs. Wants vs. Addictions Worksheet on the walls
- Read each of the statements found on the Needs vs. Wants vs. Addictions Worksheet aloud to the students
- After each question, have students move to the area of the room that matches their feelings about what you read (either want, need, addiction, or unsure)
- Likely students will feel differently about each statement. When there are differences being voiced by students as to what they consider "wants," "needs," or "addictions," have a few students to discuss why they have taken that position
- This is a great opportunity to reinforce want vs. need vs. addiction definitions and to acknowledge the differences in opinion

- Since there will likely be a divergence of opinions, remind the participants that each of them must allow for disagreement in a respectful manner

Class Discussion

- Why do you think it is important to identify the differences between these three terms?
- Can you think of any other "needs, wants or addictions" in your life that you could begin to eliminate?
 - How do you think this will make you feel?
- How could you help a family member or friend who is having a difficult time managing their "needs, wants or addictions" involving the use of e-cigarettes?

Variations

- Students can complete the Vape-Free Crossword Puzzle (hard) or the Vape-Free Word Search (easier)