



## Take What You Need Poster

This resource is suitable for primary and secondary classrooms. Teachers can create a Take What You Need poster for their classroom containing a variety of needs that students may have. Students use the poster to name and acknowledge what they need in the moment; this process can be affirming for students. For this resource to be the most successful, the teacher needs to introduce the resource to the classroom and explicitly teach students how to use the poster and advocate for their needs.

The resource can be created easily with poster paper and a few sticky notes. Alternatively, there are several free and paid Take What You Need Posters available for download. The poster linked below is available for free download from Teachers Pay Teachers.

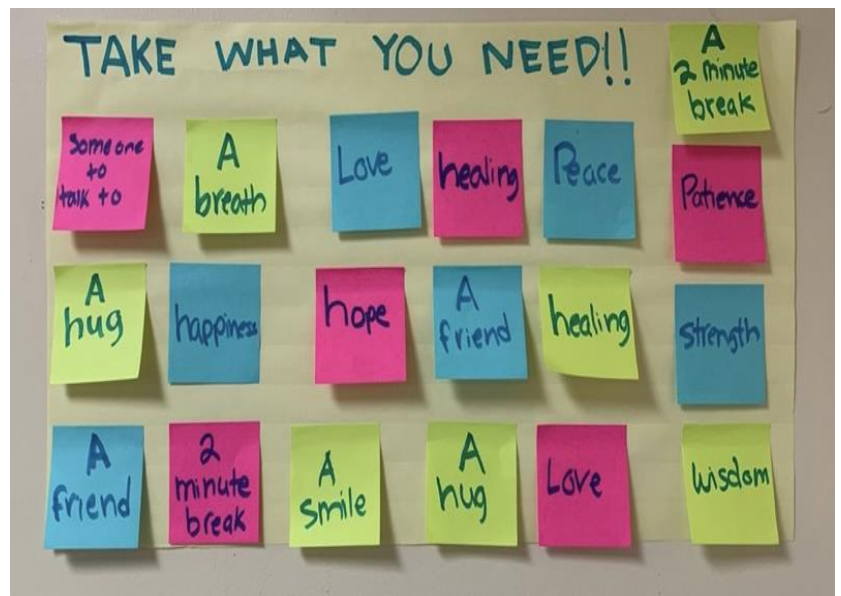
Select needs that suit your classroom. Some sample prompts are listed below:

### Socioemotional Needs

Compassion, change, understanding, help, courage, joy, laughter, patience, a friend, encouragement, support

### Physical Needs

Someone to talk, a breath, a break, a hug, a smile



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