

Understanding Our Needs

Below is a list using the SPICES acronym (adapted from the Nurturing Parenting Curriculum). Going through the SPICES below, work to identify what you have been neglecting, what you are doing well, and what you might want to pay more attention to in the future. Use the blank space to make notes about your findings. What is your recipe? What helps you stay in your Nurture Zones?

Social	Need for group belonging, friendship	
Physical	Need for sleep, activity, nutrition, H2O, breathing, sex	
Intellectual	Need to be challenged, to learn new ideas	
Creative	Need for self expression	
Emotional	Need for security and trust	
Spiritual	Need for connection, belief in a greater good, sense of purpose	



Adapted from Nurturing Parent Curriculum

