What are the ABCDEs of Learner Needs?

The ABCDE of Learner Needs provides teachers with a simple, effective framework for understanding the foundational needs of their students and themselves, based on an adaption of the five core human needs as defined by psychologist William Glasser. Reflection tools for each need are available as printable worksheets for use in the classroom or as a self-reflection exercise. They are the first step in understanding where additional supports are needed.

Visit the ABCDE of Learner Needs website to learn more about each need and to discover practical strategies for addressing them in your classrooms.

AUTONOMY
"I want to have a say in what happens to me."

BELONGING
"I want to feel connected to and valued by those around me."

COMPETENCE
"I want to feel a sense of significance, worth, and accomplishment."

DEVELOPMENTAL APPROPRIATENESS
"I am nurtured in my continual growth."

ENGAGEMENT
"I want to be actively involved."

FUN
"I want to do something that brings me joy."
Center for Inspired Teaching provides transformative, improvisation-based professional learning for teachers that is 100% engaging – intellectually, emotionally, and physically.

Inspired Teaching creates customized experiences for groups of teachers, administrators, parents, and/or whole schools. Sessions can be done both in-person and online.

- Infuse curiosity-driven learning into the school culture
- Increase motivation through vibrant and engaging activities
- Meld social skill building with creative content instruction
- Identify and address learners’ social and emotional needs
- Rebuild communities after turnover

Inspired Teaching Rates*

$2500 for up to 3 hours
$4000 for a full day

*Rates reflect a meeting size of approx. 25 participants and may be higher if working with a larger group that requires additional facilitators. For long-term engagements, we will determine scope with your team.

Learn more or email our Director of Teaching and Learning: Jenna Fournel
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