

basic medicine  
care

more free time  
good food  
more sleep  
good friends  
health

water and  
food

What do I need?

I need clothes that were not  
fabricated by child.

friendship

KNOWLEDGE



HEALTH



What do I need?



FOOD / WATER



LOVE

Home

Essential  
clothes

What do I need?

Food  
and  
medical  
care

Love

# Discussing

- Health -> sick X

↳ We don't need to be healthy to be "happy"  
↳ Happy for what we have

- Love and Friendship -> Reason to stay alive

Self Love  
↓  
Be happy with yourself  
Sacrifice  
Helps  
↳ Protection  
↳ Motivation -> Emotionally  
↳ Physically

- Food

- Knowledge

- Success -> Be good at something

Known  
↳ from something a person likes  
↳ that gives us money so we can give well in the future  
↳ A goal / -> Purpose  
↳ Individual

- Meaning & Purpose → Evolution
- Future - Happiness
- Family
- Sharing ideas
- Don't need so many things → Material things are not as important as abstract ones.
- ↳ "The less things we have the happier we are"
- Courage
- Part of team → Clothes → "Because they have it"

Keep thinking

about your needs



# What do we need?

- Health

↓  
Sick → You don't need to be 100% healthy

~~Alive~~ to be happy.

- Love → (people who cares about you)

→ Reason to live, → Friendship → Self love

- Food and water :

- know ledge → job for the money

- Motivation - school

- Shaming Ideas → Success

- Don't need <sup>so</sup> ~~so~~ many things. → Be your ~~own~~ purpose

→ The less things we have the happier we are, the more things we have the happier we are, the more things we have the happier we are.

# Human needs.

- health → sick X  
↳ You don't need to be 100% healthy to be happy.

- Love → reason to live.

↳ ~~protect~~ you can protect you.  
↳ self love.

- Food →

↳ Knowledge

- Success → A Future in your life

↳ Purpose.      ↳ A goal  
↳ Achievement of the purpose

- Revolution

- Sharing ideas

Philosophical  
world café

# 1. Group work

First you will do a thought experiment - If there was a rush, what would you bring? <sup>Give and draw them!</sup>

What do we need? <sup>really</sup>?

Make a list of ten things you believe you need  
5 abstract 5 concrete

- Compare
- Then throw away so you are left with four
- Try to agree - write down
- change tables one by seated
- all members + add

Aristotle  
exist  
↓  
live a good life  
human flourishing

*explanatory*

- Why philosophy?

4 C's of thinking

# 2. Two circles

Give reasons why in the dialogue

Philosophy  
- is often about asking why

- Did you choose the same things, or not?
- Do humans have the same basic needs, or not?
- What do you think we have in common?
- What is different?
- What do you think influences our perceptions about what we need? <sup>thoughts</sup>
- Is there a difference between what we really need and what we think we need?
- Can we make ourselves unhappy by thinking that we need a lot of things we don't really need?
- Can things make us happy? <sup>What about our lifestyle?</sup>
- Compare. Can we avoid to compare <sup>Do we focus too much on mat. needs or not?</sup> the things we have with others and set our own standards?