



Maslow's Hierarchy of Needs

- **Water/hydration** - Ensure everyone starts the day carrying a bottle of water. Take hydration breaks—tell everyone to take out their water and drink, and you model doing so. Every couple of hours, if not every.
- **Nutrition** - Ensure adequate time for meals, including breakfast. Ensure everyone has healthy snacks with them each day, for whenever they need. Try to ensure healthy meals, with everyone's dietary needs/preferences.
- **Bathroom breaks** - Ensure adequate access to & time for bathroom breaks. Assume someone in the group is having gastrointestinal distress or menstruating and needs frequent bathroom breaks, then build that in for all. Assume someone will need gender-neutral bathrooms, and research the availability of those.
- **Sleep** - Remember our bodies need 6-8 hours of sleep to function properly. Schedule adequate time for sleep. When there's transit-time, encourage napping.
- **Clothing** – Remind students to have the layers they need, each day. Remind them to bundle up when it gets cooler, and shed layers when it gets warmer. Remind them to wear proper footwear.
- **Physical activity** – Getting physical activity really decreases stress levels. Build in walks. Or use waits as moments to encourage those who can, to do a few jumping jacks or to stretch. You model it. Back in their rooms, encourage students to do a little yoga, or a few sit-ups or push-ups. On a day with much physical exertion, take time for breaks/resting.
- **Safety/security** – A psychological sense of physical safety/security is important. Talk openly about this, especially if there are concerns. While being in an unfamiliar place may be uncomfortable for many, and feel unsafe, explicitly talking about the ways in which safety *is* being addressed, and the remaining ways in which they don't feel safe, is better than ignoring it.
- **Emotional need for belonging** – Facilitate bonding amongst the students, and a sense of inclusivity. Allow time for debriefing in pairs or small groups. Encourage a community of care, with boundaries. Allow time for students to connect with family & friends back home. (Or to take a *disconnecting* break from fam/friends if that's more helpful.) Also remember some students are introverts and need time alone to process their experiences.

**Focusing on academic needs (higher up on the pyramid) at the expense of foundational physiological and psychological needs may compromise student wellness. When students' basic needs are met, they're able to focus on higher-level activities like learning and cultural adjustment.**

**Sleep, nutrition, and activity also have a big impact on mood, so can help prevent mood-related mental health issues.**