

THE 5 PSYCHOLOGICAL NEEDS

We all have psychological needs – these are the things we need to stay emotionally and mentally healthy.



1. PURPOSE

Having a reason to do something.
For example, the purpose of practising tennis could be to improve your skills.



2. CONNECTION

Having positive relationships with others.
For example, you may have a connection with your friends, your teacher or your tennis coach.



3. BELONGING

Being a part of something.
For example, you may be part of a tennis team or club that gives you a feeling of belonging.



4. SELF-ESTEEM

Feeling good about yourself.
For example, learning new tennis skills can make you feel good about yourself and boost your self-esteem.



5. GROWTH

When you change and develop as a person.
For example, you may have learnt new tennis skills recently that have helped you grow as a person.



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