

Pyramid of Happiness Poem

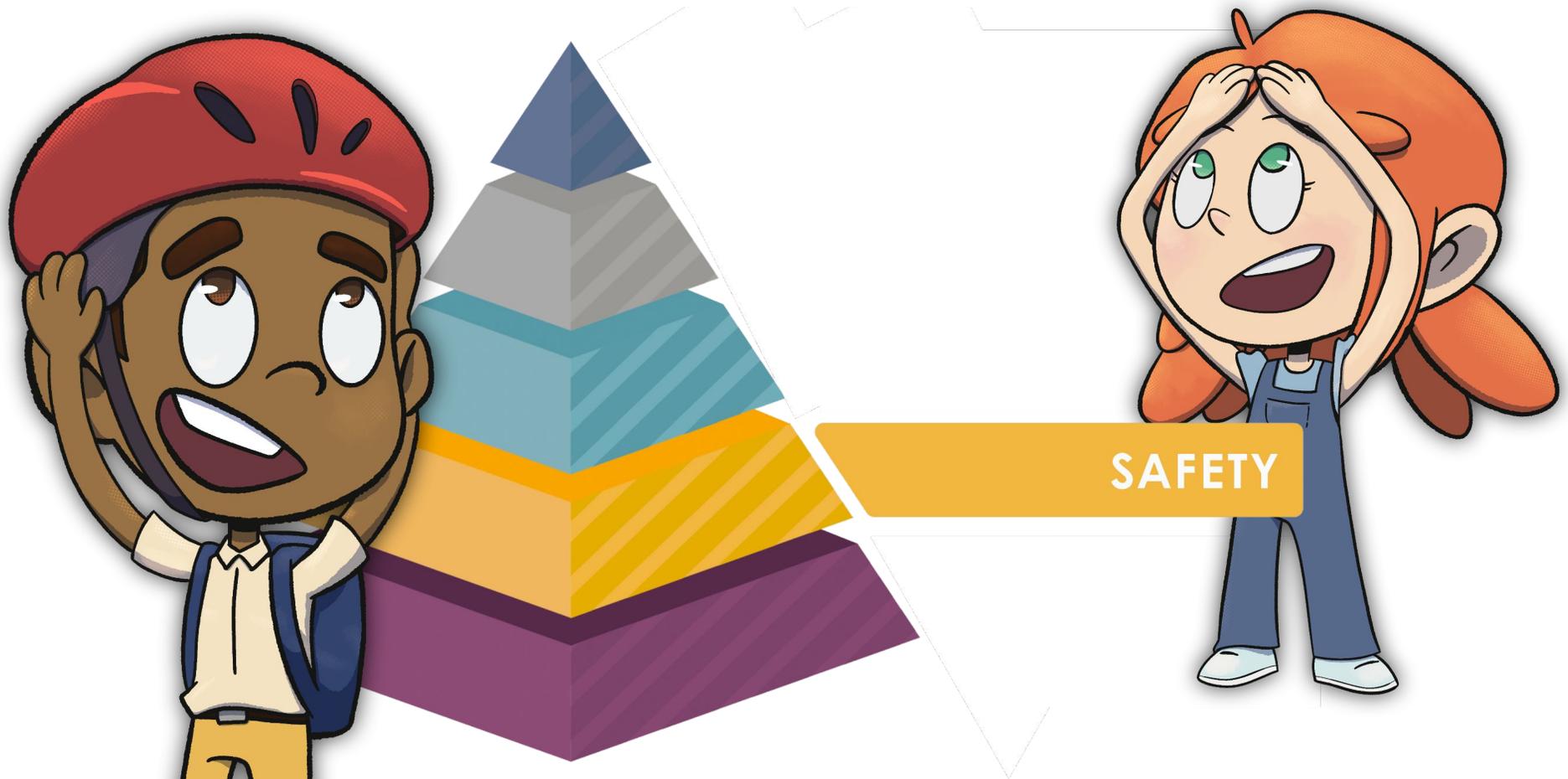


**Climb the pyramid, nice and slow,
From bottom to top, you start to grow.
Reach the top and you will shine,
Meet your needs and feel just fine.**



BASIC NEEDS

**Rub your tummy, take a drink,
Food and water help us think.
Shelters with a nice, warm bed.
To sleep at night and rest your head.**



**Follow rules and play with care.
And you'll stay safe most everywhere.
Wear a helmet when you ride.
And help your friends feel safe inside.**



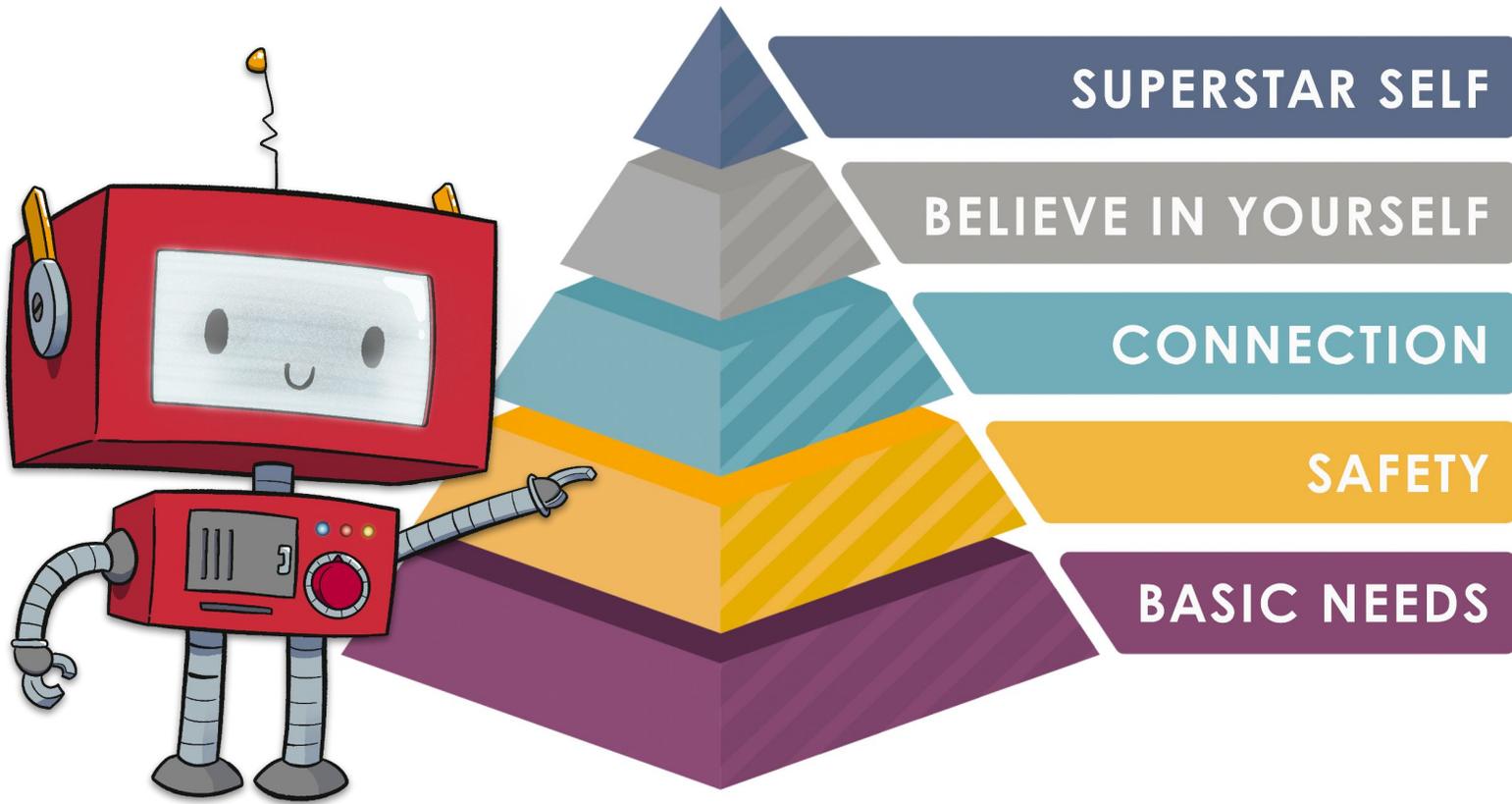
**Hug yourself, now wave hello,
We all need love to help us grow.
Family, friends, connections strong,
They help us feel like we belong.**



**Thumbs up high, use your skills,
Try new things, see how it feels.
Believe in yourself, and others will too,
Work hard each day, be proud of you!**



**Jump up high, strike your pose,
Happy, healthy, strong—it shows!
Dream so big and show you care,
Be your best self everywhere.**



**We made it to the very top.
Needs are met, we'll never stop.
Now we know the Maslow chart,
Needs for body, mind, and heart!**