

WELLBEING Methods



Handout 1 – Reward, Need, Escape or Depends? Sorting Cards

Cut out or read the cards.

Sort them into four columns:

REWARD;

BASIC NEED / CARE;

ESCAPE / AVOIDANCE;

DEPENDS ON FIT.

More than one answer may be defensible.

Explain what information would change your decision.

Card	Situation	Your classification + reason
A	After finishing a difficult section, Sam listens to one favourite song before starting the next task.	Classification: _____ Reason / missing information: _____
B	After PE, Inez drinks water because she is thirsty.	Classification: _____ Reason / missing information: _____
C	After completing homework, Alex keeps gaming until 2 a.m., although school starts early.	Classification: _____ Reason / missing information: _____
D	Mara finishes a week of revision and spends 20 minutes drawing because she enjoys it.	Classification: _____ Reason / missing information: _____
E	After a small task, Ben wants to buy an expensive item he cannot really afford.	Classification: _____ Reason / missing information: _____
F	After speaking in front of the class, Jo sends a message to a friend who knows this was a challenge.	Classification: _____ Reason / missing information: _____
G	Taylor skips lunch so the meal can be used as a “reward” only after all work is finished.	Classification: _____ Reason / missing information: _____
H	After finishing a project, Noor chooses one planned episode of a series and stops when it ends.	Classification: _____ Reason / missing information: _____
I	A student takes a five-minute quiet break because the classroom has become overwhelming.	Classification: _____ Reason / missing information: _____
J	After meeting a personal goal, Eli spends time on a hobby but cancels an essential commitment to keep doing it.	Classification: _____ Reason / missing information: _____
K	After completing a difficult practice session, Dani writes “I kept going even when it was hard” and takes a short walk.	Classification: _____ Reason / missing information: _____
L	After an achievement, a student does something kind for another person because that feels meaningful and enjoyable.	Classification: _____ Reason / missing information: _____

Key idea: A basic need does not become a reward simply because it happens after effort.

A pleasant activity can be a good reward in one context and a poor fit in another.

Look at safety, access, proportion, stopping point and later effects.