


# HUMAN NEEDS-BASED CURRICULUM



Integrating  
Empathic Connection  
and Academia

CATHERINE CADDEN

A group of people are sitting on a patterned rug in a room with bookshelves. A woman in a black hoodie and pink pants is pointing at a map on the floor. The map shows a landscape with pink, purple, and yellow areas. The text "Belonging To Matter Meaning" is overlaid on the image.

Belonging

To Matter

Meaning

Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)



Self-  
Connection

Presence

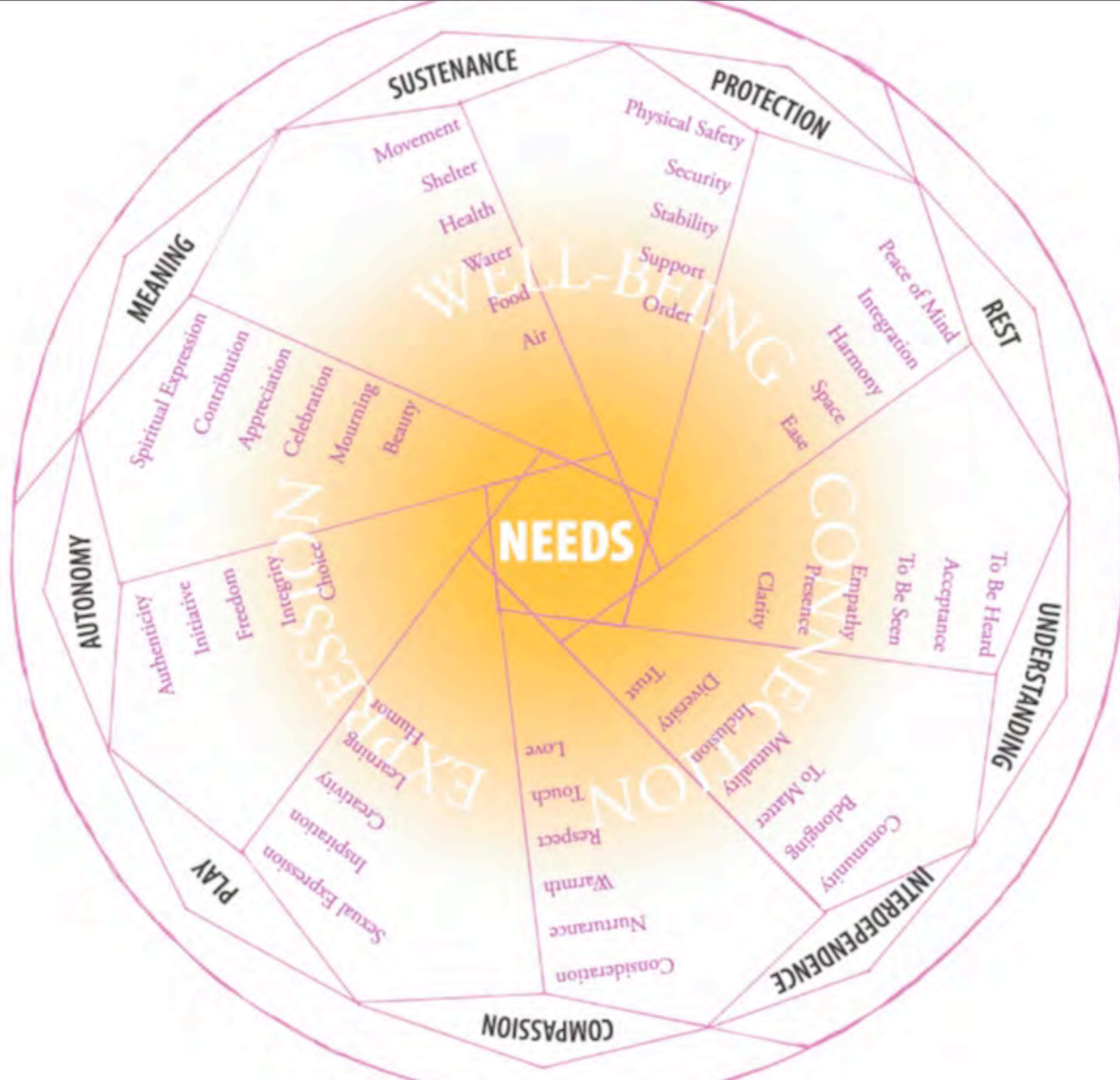
Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)



Curiosity

Intention to  
Connect

Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)

共感

EMPATII

KUMVA

倾听

EMPATÍA

EMPATHIE

EMPATIA

همدلی

동정심

EMPATIA

parhit chinta, samanubhuti

परहित चिंता , समानुभूति

HURUMA

EMPATIYA, KALO'OY

EMPAATIA

אמפתיה

empathy

“Play is the only way the highest intelligence  
of human kind can unfold.”

—Joseph Chilton Pearce



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)

“If we remove play from learning, we remove curiosity.  
If we remove curiosity, we begin to eliminate the  
first two components of true empathy and mutual  
understanding.”

– Catherine Cadden



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)



“Labels  
block  
compassion.”

– Marshall B.  
Rosenberg, PhD



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)



**“Every interaction is a chance to build a foundation in peace and nonviolence. Every moment is a moment to engage learning.”**

**– Catherine Cadden**

# True multi-age learning environments

- Support intrinsic choice to learn
- Reflect real world dynamics
- Cultivate empathic connection, responses, & actions



Peaceable Revolution Through Education • [zenvc.org](http://zenvc.org)



# Safety

# Trust

# Respect

Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)

# The Three R's:

- Respect Self
- Respect Others
- Responsibility for all your thoughts, feelings, needs, and actions.



“At every moment, children are developing their ability to decide how to best meet their own needs, including how meeting their needs affects meeting the needs of others.”

– Catherine Cadden



Peaceable Revolution Through Education • [zenvc.org](http://zenvc.org)

# Community



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)

Community

Interdependence

Diversity



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)

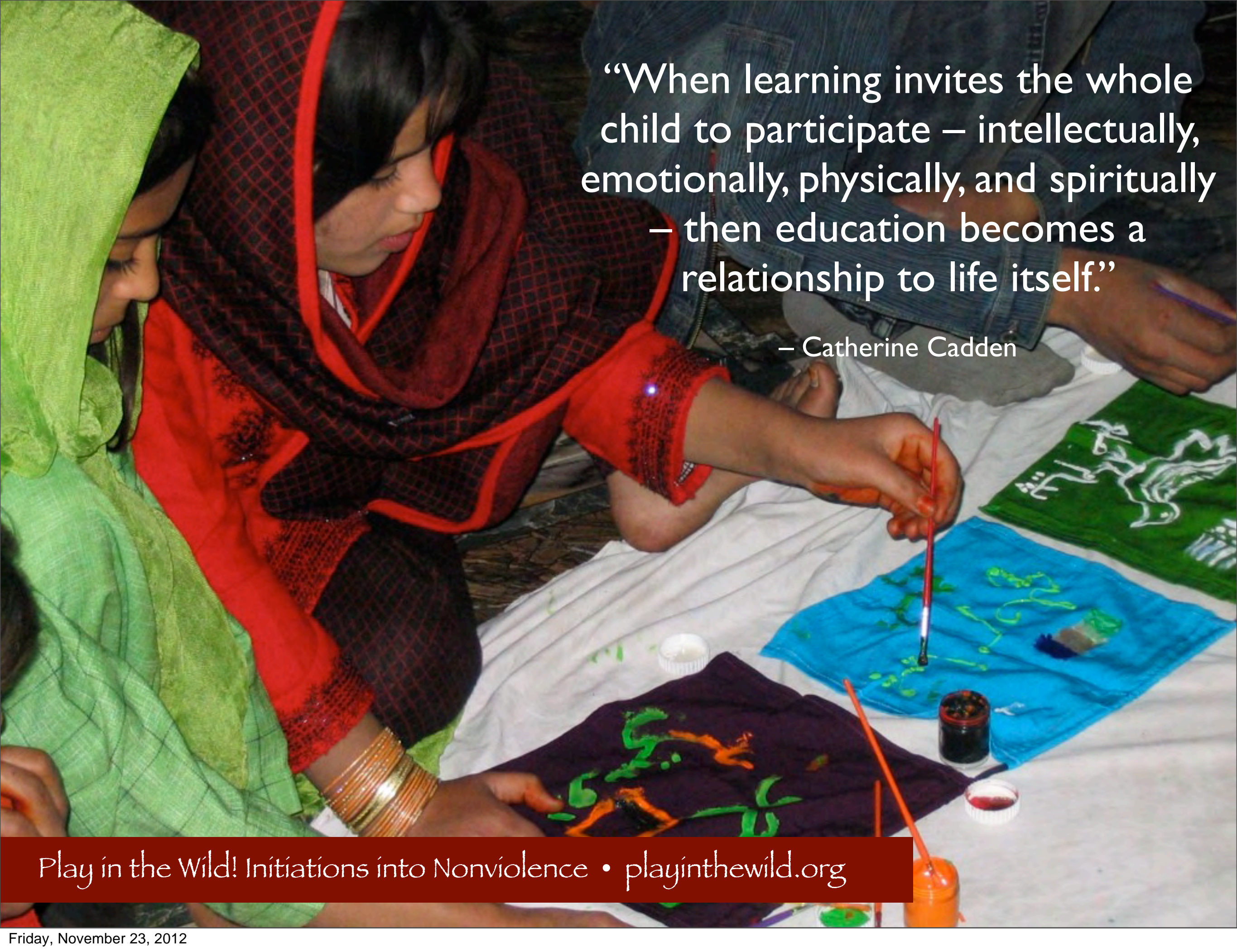




“We, humans, are in constant motion to meet our needs.

What strategies we choose will be defined by how connected we are to the needs that motivate that choice.”

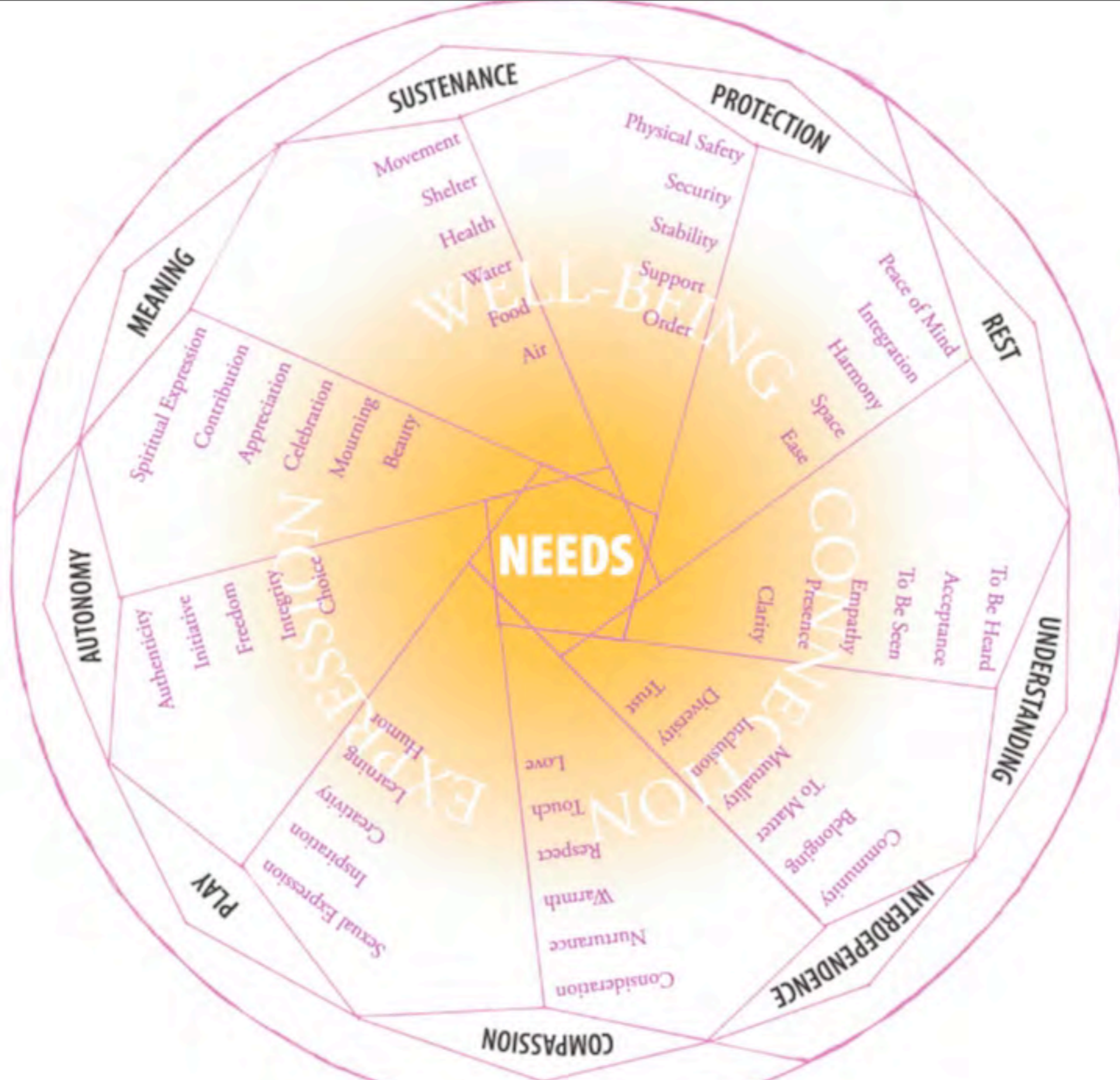
– Catherine Cadden



“When learning invites the whole child to participate – intellectually, emotionally, physically, and spiritually – then education becomes a relationship to life itself.”

– Catherine Cadden

Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)



Play in the Wild! Initiations into Nonviolence • [playinthewild.org](http://playinthewild.org)

# CATHERINE CADDEN



[info@playinthewild.org](mailto:info@playinthewild.org)