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Know Your Basic Human Needs

TRANSITION OBJECTIVE

Students will understand the five basic needs and how these needs relate to each other.

RELEVANCE TO SUCCESSFUL TRANSITION

Without strong mental health, physical health is at risk. Building and maintaining strong mental health is a lifelong growth process.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I have control over my thoughts when . . .

❑ STEP 2: Convene Roundtable

"One way I am healthy is ____."

❑ STEP 3: Advance Organizer

"Today you will learn to build your mental health."



LIFE MANAGEMENT: Unit 1 LESSON 5

Basic Human Needs

| | |
|--------------------|-----------------------------|
| Self-Actualization | knowing yourself |
| Self-Esteem | how you feel about yourself |
| Affiliation | connection to other people |
| Safety | feeling secure |
| Physiological | basic physical needs |

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- The first need is **PHYSIOLOGICAL**. This is your need to stay alive. What do you need to survive? Air, water, food, sleep and exercise are essential. These maintain your physical needs and help you stay healthy.
- SAFETY** is the second need. It is necessary to feel safe and secure. You need to feel safe in your home and the places in which you spend most of your time. You also need to know the rules and what is expected of you.
- The third basic need is **AFFILIATION**. This is the need to be connected and cared for by other people, such as family, friends, church and neighbors. This need includes being a good listener, communicating clearly with others, caring about others and having friends who care about you.
- The fourth level of need is **SELF-ESTEEM**. This is your need to feel good about yourself. Self-esteem includes knowing what you do well, believing in yourself, looking for the positive instead of the negative, feeling needed and important and setting the dreams and goals you want to accomplish.
- The final and highest need is called **SELF-ACTUALIZATION**. This means becoming the best you can be. At this level, you develop your talents more each day. You work towards your goals without giving up or being told. You are independent and want to do things to help other people. You want to help make the world a better place.

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❑ STEP 4: Activity - 10 Minutes

Ask students to make a list of 10 things they need that make them feel safe and comfortable. Tell them this list could include things such how they like their room to be, the people they want to be with and something they feel they need to have.

Provide assistance and give examples if needed.

LIFE MANAGEMENT: Appendix A UNIT 1: LESSON 5

What's My Need?

Game Directions

Students will use 3" x 5" cards each labeled with one of the five human needs. To play, read each statement aloud to the students. After 30 seconds, students hold up the card labeled with the human need that represents the statement. Say "go" as a signal to students to hold up their cards. Check for understanding as the students hold up their cards.

Statements:

- I feel very cold and tired while walking to school -- (*physiological*)
- I don't have any self-confidence when I am taking a test -- (*self-esteem*)
- My sister's boyfriend gives me the creeps when he comes over -- (*safety*)
- I don't know what kind of career I want to have -- (*self-actualization*)
- I always feel safe and loved at home -- (*safety*)
- I have three very good friends -- (*affiliation*)
- I'm really good at playing softball -- (*self-esteem*)
- I'm working on my goal to become a lab technician -- (*self-actualization*)
- My mom and dad are always there for me -- (*affiliation*)
- At school, I don't know who I am -- (*self-actualization*)
- I always feel out of it when I'm around a large group of kids -- (*affiliation*)
- I don't feel safe walking in my neighborhood after dark -- (*safety*)
- It is always hot and stuffy in my computer class -- (*physiological*)
- I feel really good about my grades this year -- (*self-esteem*)
- Every day I think about how I can improve -- (*self-actualization*)
- My friends call me all the time -- (*affiliation*)

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❑ STEP 5: Activity - 25 Minutes

From the handout **Basic Human Needs** write the five *human needs* across the top of the board to use as headings for five columns. Go over the handout with students, explaining each of the five needs. Point out the double-sided arrow on the left of the list of *human needs*. Explain that we go up and down the list of needs, depending on the situation. For example, "If we are cold, we are at the physiological level and our greatest need is to get warm. Once we are warm we can concentrate on other needs. When we are

afraid, it is very hard for us to think about anything else until we feel safe."

Have each student share one item from the *safe* and *comfortable* list they developed at the beginning of class. As they share, have them categorize their ideas into one of the five basic needs. Continue to add to the appropriate category as each student shares at least five needs from their list. Review the definition of each of the five basic needs and brainstorm more examples until each column has seven to 10 items.

□ STEP 6: Activity - 10 Minutes

Play the game **What's My Need?** to test students' understanding of the five human needs. Students make and use a set of human needs cards by writing each of the five needs as a label on five 3" x 5" cards.

As you read the statements from the game **What's My Need?** have students hold up the correct card with the label of that human need. To help students think for themselves, have them choose their card and keep it face down. When you give the signal, everyone holds their cards up for you to see. Check for understanding. Review as needed.

□ STEP 7: Evaluate Outcomes

One way I will work toward self-actualization is "_____."

□ STEP 8: Connecting Activity

Have students make a collage or graphic image on the computer showing the five basic human needs.

KEY WORDS

physiological

safely

self-actualization

affiliation

self-esteem

MATERIALS AND PREPARATION

- Student Handouts: **Basic Human Needs**, page 22; **What's My Need?**, Appendix A, page A6.
- Prepare to explain the five basic human needs.
- Have five 3" x 5" cards for each student. Prepare for the game, **What's My Need?**.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Speaking
- Thinking Skills: Creative Thinking, Decision Making, Problem Solving, Knowing How to Learn, Reasoning
- Personal Qualities: Self-Esteem, Integrity/Honesty