3 Evaluate How Well Your Basic Needs Are Met

TRANSITION OBJECTIVE

Students will evaluate their progress in meeting Maslow's five basic needs.

RELEVANCE TO SUCCESSFUL TRANSITION

People who have found success are often very aware of their own needs. They can quickly sense how to adjust to a situation so their needs can be met. Becoming aware of Maslow's basic needs will help students begin to assess their own current and future needs.

INSTRUCTIONAL SEQUENCE

☐ **STEP 1**: Update Journal

An important human need for me is . . .

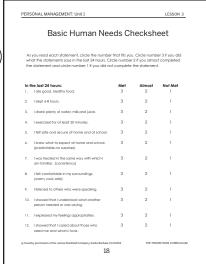
☐ **STEP 2**: Convene Roundtable

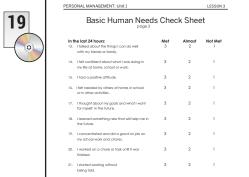
"Right now the needs I have fulfilled are _____."

☐ STEP 3: Advance Organizer

"In today's lesson, we will play a game to review the basic human needs and complete a questionnaire to evaluate how well your basic needs are met."







☐ STEP 4: Activity - 30 Minutes

Review the five needs with students by starting with a game. Students first write the five needs, one each, on 3" x 5" cards from a list of the needs on the board, starting with self-actualization at the top and physiological at the bottom. Using the cards, students play the game What's My Need? described on the next page of this lesson. After the game, talk about the importance of meeting each of the five needs and that successful and happy people have learned to meet their highest needs. Review that the highest need, self-actualization, is reached

only after all other needs are met. Also, point out that our needs will fluctuate, depending on the situation.

☐ STEP 5: Activity - 15 Minutes

Go over the Basic **Human Needs Checksheet**. Students rate themselves, showing how well they have met their needs in the last 24 hours. Have students add their scores, then explain that the higher the score, the more needs they have met. Explain that the purpose of these lessons is to increase each student's personal power. At the end of this unit, they will complete this checksheet again.

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My basic needs are met when I feel "."

☐ STEP 7: Connecting Activity

Have individuals or small groups develop a skit or role play about one of the five human

needs. As they act out the skit, the rest of the class guesses which human need they are portraying.

What's My Ne Game Directions Students will use 3x5 cards each labeled with a to play, read each statement about 6 to the sub- statement. Say "go" as a ging of a sub- statement. Say "go" as a ging of a sub- understanding as students hold up their cards. Statements: 1. If eat very cold and fred walking to school – (pc. 2. I don't have any self-confidence when I am tal. 3. My stater's boyleiend gives me the creeps' when 4. I don't havow half shad of case if want to have 5. I always feet state and solved an home—Gately. 6. Those three very cood frends—Gately. 6. Those three very cood frends—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved an home—Gately. 6. The ways feet state and solved and home—Gately. 6. The ways feet state and solved and home—Gately. 6. The way feet state and solved and home—Gately. 6. The ways feet state and solved and home—Gately. 6. The way feet state and solved and home feet	ne of the five human needs. Hents: After 20 seconds, non need that represents the old up their cards. Check for hysiological) ing a test—(self-esteen) he comes over— (safety)
Students will use 3x5 cards each labeled with a To play, read each statement aloud to the students hold up the card labeled with the fundament. Say "go" as a signal to students hold up that statement. Say "go" as a signal to students hold up their cards. Statements: 1. Heet very cold and tited walking to school—"go. 2. I don't have any self-confidence when I am toll. 3. My stater's boylend gives me the creeps when 4. I don't know what kind of career I want to have 5. I dways teel sade and iswed all notine—"godery")	sents. After 20 seconds, non need that represents the old up their cards. Check for hysiological) ing a test - (self-esteen) he comes over - (safety)
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I. I feel very cold and fired walking to school – (p I don't have any self-confidence when I am tai My sister's bayfriend gives me the creeps when I don't know what kind of career I want to have I always feel safe and loved at home – (safety)	ing a test(self-esteem) he comes over (safety)
2. I don't have any self-confidence when I am tai 3. My sister's boylfriend gives me the creeps when 4. I don't know what kind of career I want to have 5. I always feel safe and loved at home —(safety)	ing a test(self-esteem) he comes over (safety)
3. My sister's boyfriend gives me the creeps when 4. I don't know what kind of career I want to have 5. I always feel safe and loved at home —(safety)	he comes over (safety)
I don't know what kind of career I want to have I always feel safe and loved at home(safety)	
5. I always feel safe and loved at home(safety)	- (self-actualization)
6 I have three very good friends (affiliation)	
7. I'm really good at playing softball - (self-estee	n)
8. I'm working on my goal to become a lab tech	nician(self-actualization)
9. My mom and dad are always there for me - (c	ffiliation)
10. At school, I don't know who I am - (self-actual	ization)
11. I always feel out of it when I'm around a big gr	oup of kids - (affiliation)
12. I don't feel safe walking in my neighborhood a	ter dark (safety)
13. It is always hot and stuffy in my computer class	(physiological)
14. I feel really good about my grades this year – (self-esteem)
15. Everyday I think about how I can be a better p	erson –(self-actualization)
16. My friends call me all the time – (affiliation)	

KEY WORDS self-actualization self-esteem affiliation safety physiology

MATERIALS AND PREPARATION

- Student Handouts: Basic Human Needs Checksheet, page 18-19; What's My Need Game, Appendix A, page A6.
- Prepare What's My Need Game. Have five 3" x 5" cards for each student.
- Prepare to explain the Basic Human Needs Checksheet.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Listening, Speaking
- Thinking Skills: Reasoning
- Personal Qualities: Self-Esteem, Sociability