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## Understand a Hierarchy of Human Needs

### TRANSITION OBJECTIVE

Students will learn Maslow's hierarchy of needs and apply it to real-life examples.

### RELEVANCE TO SUCCESSFUL TRANSITION

Learning to meet our own needs in appropriate ways is an important aspect of growing up. A necessary step toward this skill is first to identify these needs and then to understand ways in which they may influence our behavior. This lesson focuses the students' attention on what human needs are and how they might be fulfilled.

## INSTRUCTIONAL SEQUENCE

### ❑ STEP 1: Update Journal

One thing I need to have in my life is . . .

### ❑ STEP 2: Convene Roundtable

"One thing I think I need is \_\_\_\_\_."

### ❑ STEP 3: Advance Organizer

"In today's lesson we will discuss our basic human needs and how these needs affect what we think and do."

### ❑ STEP 4: Activity - One class period

On the board, write the five basic needs based on Maslow's Hierarchy (from the **Basic Human Needs** handout in the student Guidebook). Discuss each of the needs, using personal examples for each category. To check for understanding, ask students to give their own personal examples for each need.

As you go over the handout emphasize "We all work on these needs every day. None of us can meet all of these 100% of the time but we all become better at meeting our needs. This personal growth continues throughout our lives, not just while we're in school. All of us take care of the first two needs automatically. Sometimes even meeting these two basic needs may be difficult when there has been a big change in our lives."

For two minutes, using the five examples below, have pairs of students discuss how their five needs would be affected by each

situation. Guide responses. For example, on the first situation use this model: "Everything is disorganized so there is only junk food to eat. You are not sure what to expect and you don't feel secure."



PERSONAL MANAGEMENT: Unit 1

LESSON 2

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Basic Human Needs

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

- The first need is **PHYSIOLOGICAL**. This is your need to stay alive. What do you need to stay alive? Air, water, food, sleep, and exercise. These are important for you to stay healthy and ready to be your personal best.
- **SAFETY** is the second need. This is the need to feel safe and secure. You need to feel safe in your home and the places 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 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 last and highest need is called **SELF-ACTUALIZATION**. This is becoming the best you can be. At this level you develop your talents more each day by working toward your goals without giving up and without being told to do so. You are independent and want to do things to help other people and make the world a better place.

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THE TRANSITION CURRICULUM

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"Because you are insecure, you are worried and not sleeping well. You do not feel like making new friends. You feel bad about yourself. You feel like you will have to fit into a new situation and maybe lose part of yourself."

- 1) You've just moved to a new city.
- 2) There are bullies in the neighborhood and at school and you feel threatened when they are around.
- 3) Your best friend just moved and you don't

have anyone with whom you can talk.

- 4) You feel like you're not very smart or good looking.
- 5) You don't know who you are anymore.

After pairs discuss each example, ask for volunteers to share with the class. Encourage a short discussion for each example. Help students understand that we all have the five needs and that reaching and fulfilling the highest need could be a lifetime goal.

#### ☐ **STEP 5: Activity - One class period**

In groups of two or three, have students make a collage that represents all five of

the basic human needs. Students must label the areas in their collage, indicating each of the five needs.

#### ☐ **STEP 6: Evaluate Outcomes**

The easiest basic needs to meet are "\_\_\_\_\_."

#### ☐ **STEP 7: Connecting Activity**

Have students describe a scene from a TV show, movie or book that illustrates one of the human needs.

## KEY WORDS

**physiological**

**affiliation**

**self-actualization**

**safety**

**self-esteem**

### **MATERIALS AND PREPARATION**

- Student Handout: **Basic Human Needs**, page 17.
- Prepare to spend more than one day on this lesson.
- Prepare an overhead/screen image of the handout.

Prepare examples to illustrate each of the five human needs. Use personal examples, comics, excerpts from movies or books or develop a collage of magazine pictures to show the five human needs. Become familiar with the handout **Basic Human Needs**.

- Prepare materials for collage activity.

### **SCANS FOUNDATION SKILLS**

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