

**PSHE**

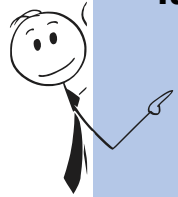
PSHE



**Human needs**

Life necessities

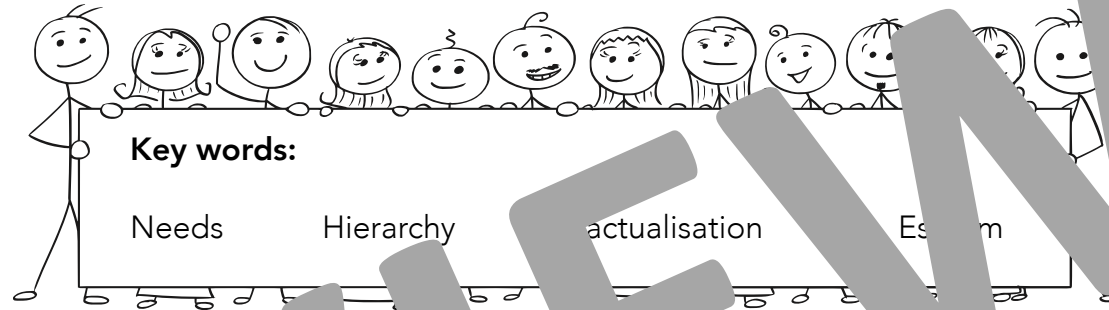
# Human needs: Maslow's hierarchy of needs



## Task 1

In pairs define the key words.

Use a dictionary to help you.



Share your definitions with the class



Self-actualisation

Hierarchy

Esteem

Needs

# Human needs: Maslow's hierarchy of needs



## Task 2

Read the information about Maslow's idea, called the **hierarchy of needs**.

### Maslow's hierarchy of needs

Abraham Maslow was an American psychologist who developed the idea of human needs in the 1940s. He said everyone has the potential to move up the hierarchy. Events can help to move people up and down.



# Human needs: Maslow's hierarchy of needs



## Task 3: Maslow's hierarchy of needs

**Complete the questions below**, using your own experiences of the different stages of Maslow's hierarchy.  
. Sport . Friends. Home. Family . Exercise . Food . Water . School . Community . House . Clothes . Trust . Independence

How are your basic needs met? .....

5

Physiological needs

How are your safety needs met? .....

4

Safety needs

# Human needs: Maslow's hierarchy of needs



## Task 3: Maslow's hierarchy of needs

**Complete the questions below**, using your own experiences of the different stages of Maslow's hierarchy. Start with the top 3 basic Needs  
. Sport . Friends. Home. Family . Exercise . Food . Water . School . Community . House . Clothes . Trust . Independence

Who do you have relationships with? .....

What sort of problems do you solve? .....

What makes you feel good about yourself? .....

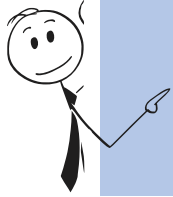
In what ways are you creative? .....

**3** Love & belonging

**2** Esteem

**1** Self-actualisation

# Human needs: Maslow's hierarchy of needs



## Task 4: Basic needs

Unfortunately many people in the world do not have their basic needs met. Sometimes this is a temporary situation, but sometimes it is more permanent.  
**Research examples of natural disasters and charities and list them below.**

**Natural and man made disasters** can create a situation where people no longer have the basic needs.

**Research current natural disasters and list examples.**



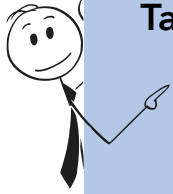
**Charities** provide help to countries and people so they can have their basic needs met. You can support these charities.

**Research charities and list examples**

PREVIEW

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

# Human needs: Maslow's hierarchy of needs



## Task 5: Life necessities: needs v wants

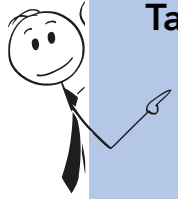
Nomadic tribes are good examples of people who focus on needs rather than wants. As nomads move around they only take things that are not a necessary part of their life. People on low incomes also prioritise needs over wants.

Imagine you are going camping in a remote area for one week. List all your needs and wants. Everything must fit into a 4x4 and there is no phone signal. **List your needs and wants for the trip.**

Things you need to take

Things you want to take

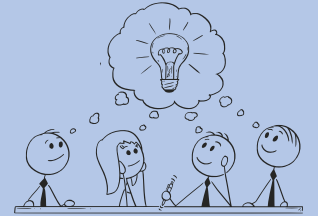
# Human needs: Maslow's hierarchy of needs



## Task 6: Discussion

In small groups prepare for a discussion on:

1. Why meeting the basic needs for people is important
2. What will happen if the basic needs of people are not met?
3. Whose responsible for providing the basic needs of people?

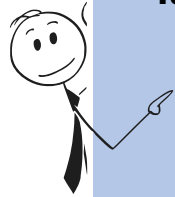


PREVIEW





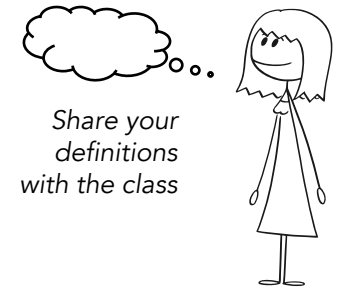
# Human needs: Maslow's hierarchy of needs



## Task 7

In pairs define the key words and give an example

Use a dictionary to help you.



Self-esteem

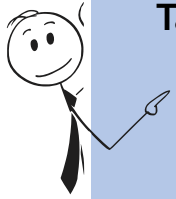
Example

Security

Example

LO Identify basic human needs and explain why meeting these needs is important

## Human needs: Maslow's hierarchy of needs



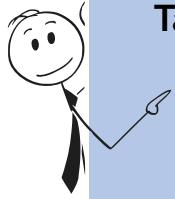
### Task 8: Basic needs

The basic needs – according to Maslow's Hierarchy of Needs – include: food; water; shelter; safety; security; sleep etc. The pictures below show people who lack one or more of the basic needs.

***In pairs, list what basic need(s) they lack.***



# Human needs: Maslow's hierarchy of needs

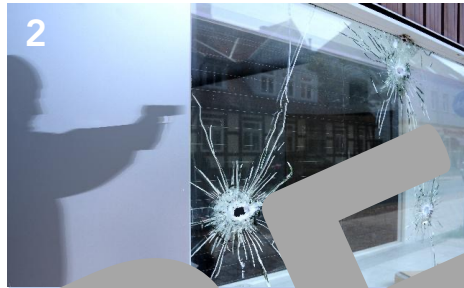


## Task 9: Basic needs

When we think of basic needs we tend to think of people in poor countries- like in Task 2- struggling to get access to clean water or perhaps not having decent house, in which to shelter.

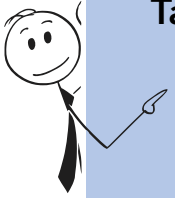
However, for different reasons many people in some of the world's richest countries lack the basic needs.

**Look at the pictures below, and explain what basic need(s) they are lacking.**



LO Identify basic human needs and explain why meeting these needs is important

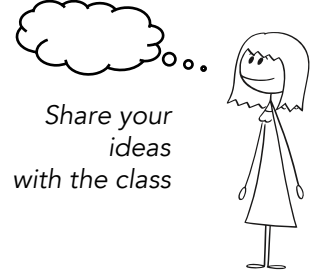
# Human needs: Maslow's hierarchy of needs



## Task 10: Basic needs: safety

The coronavirus pandemic that began in 2020, meant governments all around the world had to protect their people and keep them safe.

**List the actions the government took to keep people safe.**



Share your  
ideas  
with the class



COVID information



Personal hygiene



Travel

37.5

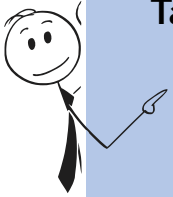
Schools



Vaccinations

LO Identify basic human needs and explain why meeting these needs is important

# Human needs: Maslow's hierarchy of needs



## Task 11: Needs: Self-esteem

One of Maslow's needs is self-esteem – feeling good about yourself. Below is a list of the advantages and disadvantages of having self-esteem.  
**Read the list and answer the questions.**

### Kids with self-esteem:

- feel liked and accepted
- feel confident
- feel proud of what they can do
- think good things about themselves
- believe in themselves

### Kids with low self-esteem:

- are self-critical and hard on themselves
- feel they're not as good as other kids
- think about things more than succeeding
- lack confidence
- doubt they can do things well

Taken from: [www.kidshealth.org](http://www.kidshealth.org)

What are the advantages of having high self-esteem for children?

---

---

---

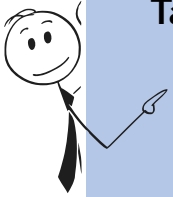
Suggest how we can help others with low self-esteem to increase it.

---

---

---

# Human needs: Maslow's hierarchy of needs



## Task 12: Extension task: basic needs

Maslow's hierarchy covers a large range of needs.

**List three needs and explain what can happen if the need is not met.**



Share your  
ideas  
with the class

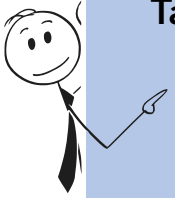


Need:

Need:

Need:

## Human needs: Maslow's hierarchy of needs



### Task 13: Extension task: Discussion

Is it the government's job or the individual who should provide the basic needs?

*Prepare for the discussion by brainstorming ideas for both sides of the argument*



Share your  
ideas  
with the class



Reasons why it is the government's responsibility

Reasons why individuals should be responsible