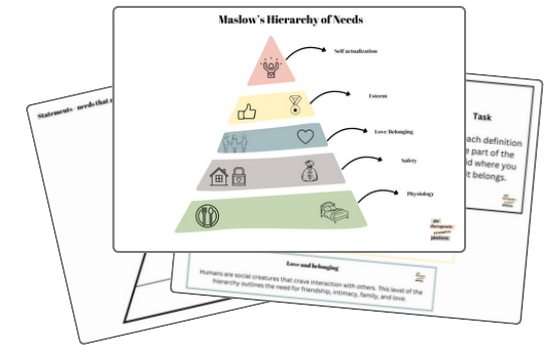


Maslow's Hierarchy of Needs - Needs & Wants.

Instruction page



1

Activity Type

Theme:
Explorative
Conversation tool

Challenge Level
MODERATE

Resource Format:

Interactive activity
Talking tool
PDF print and cut

Participation Style:

1-1 activity
Team activity

Age: 10-18+

2

General Activity Info

This activity is designed to help participants explore and understand the core concept of Maslow's Hierarchy of Needs— a theory that outlines the five basic levels of human need, from survival to self-fulfilment. Through a mix of guessing, discussion, and real-life scenario sorting, participants will learn what motivates human behaviour and how unmet needs can affect thoughts, emotions and actions. It also supports critical thinking and emotional insight.

3

Materials Needed

- Print and cut out the resource. For repeated use, consider laminating the pieces. Use Blu Tack to allow participants to stick and sort the statements into each section easily.

4

Step by Step Instructions

1. Introduction (5–10 mins)

Briefly explain Maslow's Hierarchy of Needs:

- It's a pyramid of five levels: Physiological, Safety, Love/Belonging, Esteem, and Self-Actualisation.
- Lower levels must generally be met before a person can focus on higher needs.
- Display or draw the pyramid visually.

2. Guess the Pyramid (5–10 mins) - (optional)

- Give participants the blank pyramid and ask them to guess what types of needs go into each level of the pyramid.
- Discuss and reveal the correct answers after the group has attempted.

3. Scenario Sorting (15–20 mins)

Distribute the printed scenario cards.

Participants can work individually, 1-1 with a practitioner or in small groups to:

- Read each scenario.
- Decide which level(s) of Maslow's pyramid are being **challenged or fulfilled**.
- Place or write them in the correct section of the pyramid.
- Note: Some scenarios may connect to more than one need – encourage open discussion.

4. Group Reflection / Discussion (Optional, 10 mins)

Use prompts like:

- "Which needs are most often unmet in the scenarios?"
- "What happens when lower needs are ignored?"
- "Did anything surprise you about where a scenario fit?"

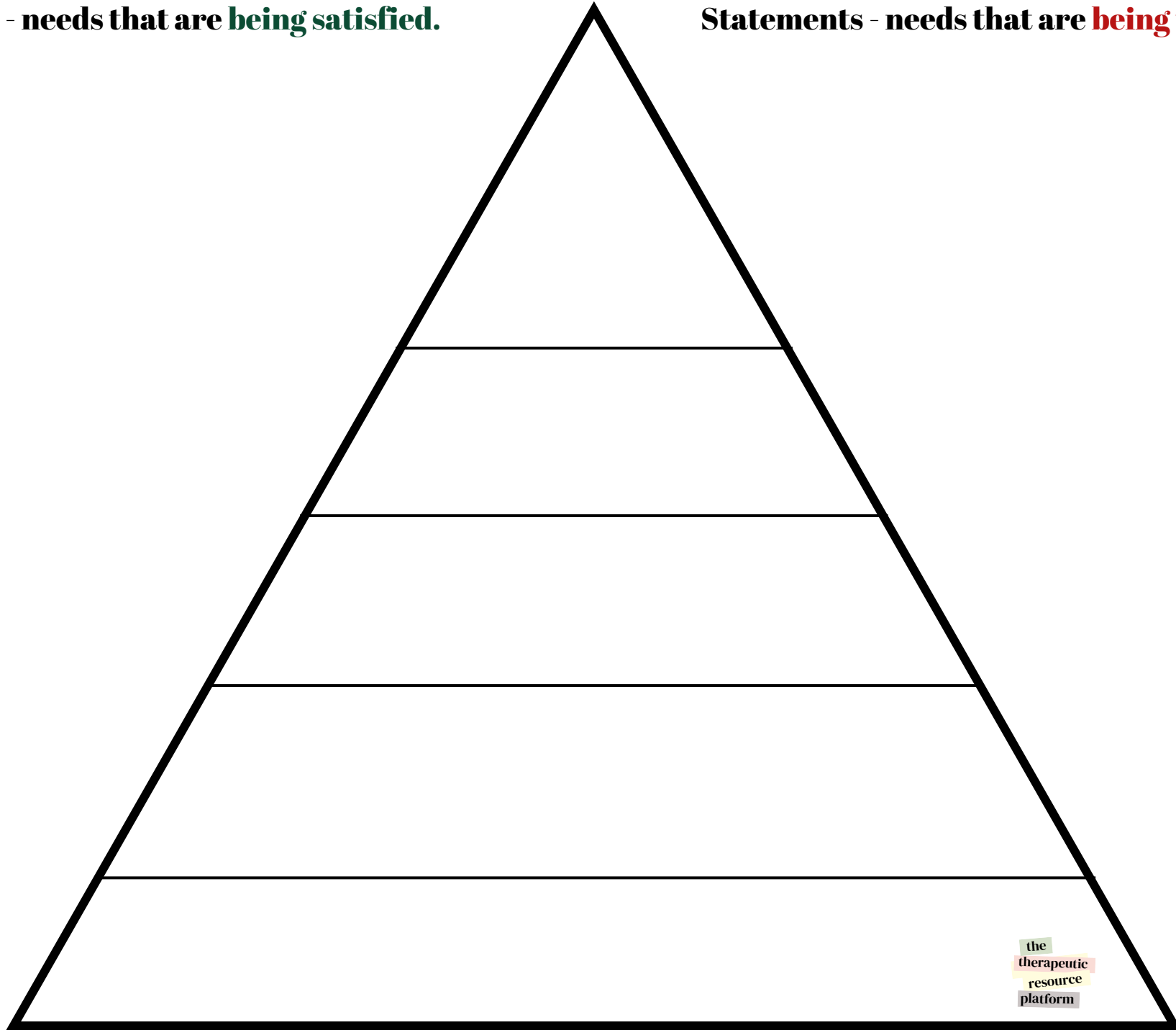
5. Closing (5 mins)

Reinforce the idea that everyone shares the same basic needs, and behaviours are often attempts (healthy or unhealthy) to meet them.

the
therapeutic
resource
platform

Statements - needs that are **being satisfied.**

Statements - needs that are **being threatened**



Self-Actualisation

the
therapeutic
resource
platform

Self-actualization is the complete realisation of one's potential, and the full development of one's abilities and appreciation for life.

Physiological needs

the
therapeutic
resource
platform

These are biological requirements for human survival, e.g. air, food, drink, shelter, clothing, warmth, sex, sleep. If these needs are not satisfied the human body cannot function optimally.

Safety

the
therapeutic
resource
platform

Safety needs include the security of body, of employment, of resources, of morality of family, and of health.

Esteem

the
therapeutic
resource
platform

Esteem needs encompass confidence, strength, self-belief, personal and social acceptance, and respect from others.

Love and belonging

the
therapeutic
resource
platform

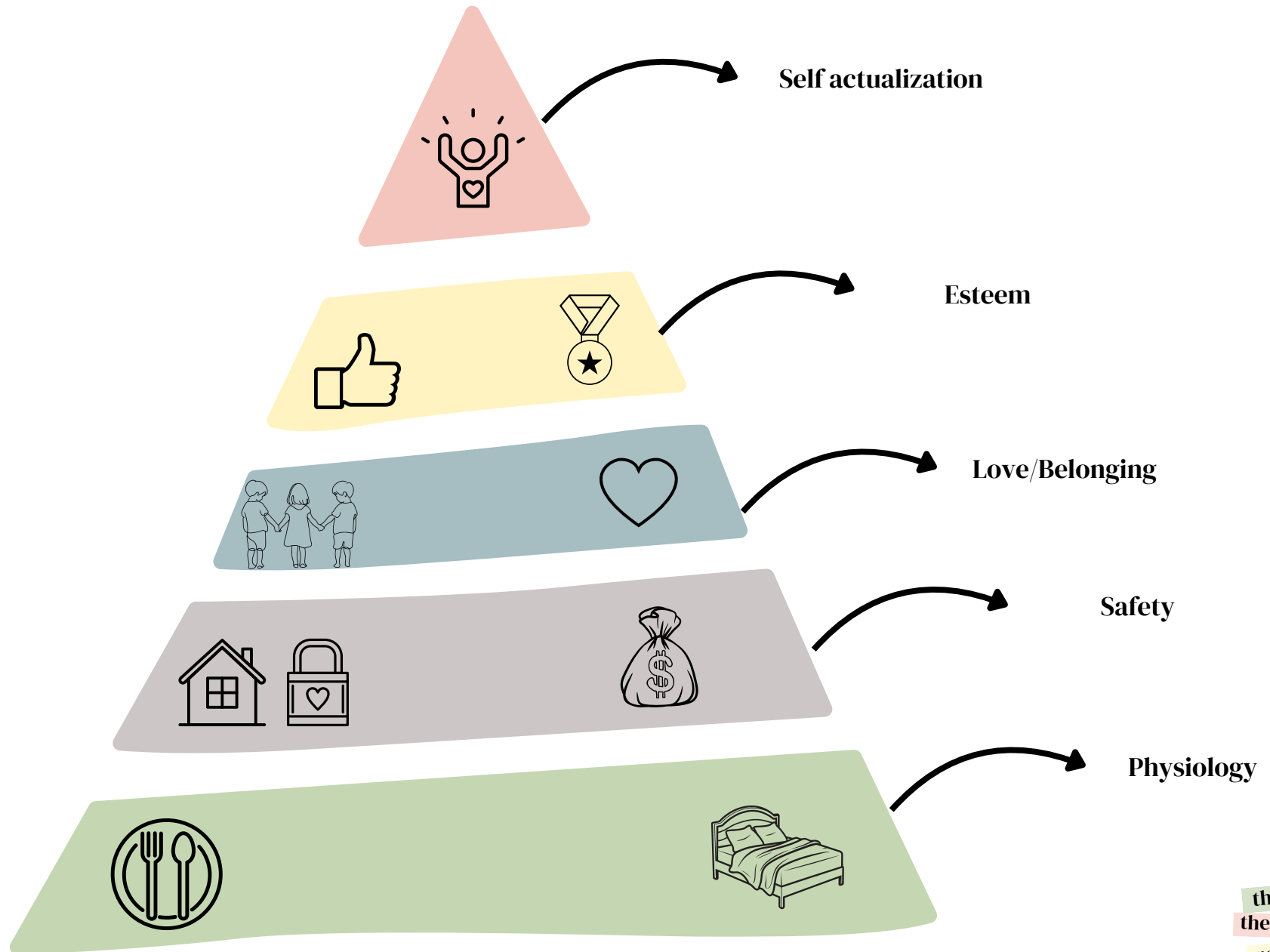
Humans are social creatures that crave interaction with others. This level of the hierarchy outlines the need for friendship, intimacy, family, and love.

Task

Place each definition on the part of the pyramid where you think it belongs.

the
therapeutic
resource
platform

Maslow's Hierarchy of Needs



Maslow's hierarchy of needs - Needs & Wants - Scenarios!

For each scenario, cut it out and place it on the pyramid grid under the level of need you believe is being challenged or fulfilled – this could be on either side of the pyramid, depending on your interpretation. More than one need may apply.

Alternatively, you can write your answers directly onto the worksheet instead of using the cut-outs.

1. A teenager joins a gang.	2. After many years, a person becomes prime minister.	3. Their boyfriend/girlfriend dumps them.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform
4. A person 'snitches' on another person.	5. A person steals from a friend.	6. A child is physically abused.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform
7. An adult is physically assaulted.	8. A teenager goes on an extreme diet.	9. A person gets a Brazilian butt lift (BBL) to look better.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform
10. A person is made homeless.	11. A person wins an award at school	12. A person wins an award at the MOBO.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform
13. A person graduates from university.	14. A person passes English and maths GCSE.	15. A person takes the blame for a crime that was committed by a friend.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform
16. A person does not have legal rights to remain in the UK	17. A person volunteers to help others and feels deeply fulfilled by doing so.	18. Someone refuses to report a crime for fear of losing their community's respect.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform
19. A student receives praise and recognition for their school project.	20. A young adult feels isolated and has no close friends or support system.	21. A person regularly skips meals because they cannot afford food.
the therapeutic resource platform	the therapeutic resource platform	the therapeutic resource platform