

Activity Sheet #1: Human Needs

Directions: What do you need to live? Be safe? Cherished? Valued? Look at each column. The "Level" tell you what you need to survive, thrive, and lead a fulfilled life. Consider each level individually. In the first column, write each need. [Example: Drink=Water.] In the second column write from whom or how exactly you have or received this basic need. [Example: Water=city, town.]

HUMAN NEEDS WHAT DO I NEED, WHAT DO I REALLY HAVE?

LEVEL I: Food, Drink, Shelter, Oxygen, Sleep

I have these basics

- 1.
- 2.
- 3.
- 4.
- 5.

Who gives me these basics? *

- 1.
- 2.
- 3.
- 4.
- 5.

LEVEL II: Order, Law, Limits, Stability

I have these basics

- 1.
- 2.
- 3.
- 4.

Who gives me these basics? *

- 1.
- 2.
- 3.
- 4.

LEVEL III: The ability to give and receive love; being part of a group

Have I reached this level yet?

- 1.
- 2.

Who gives me these basics? *

- 1.
- 2.

LEVEL IV: Self-respect; the ability to earn the respect of others

Have I reached this level yet?

- 1.
- 2.

Who gives me these basics? *

- 1.
- 2.

LEVEL V: Fulfillment

Have I reached this level yet?

- 1.

Who gives me these basics? *

- 1.

* Examples: parents, guardians, state government, goal setting, my own morals, working hard, nature