**What do we need in life?**

This activity leads students to analyse their needs in life, arrange them in a hierarchy of what needs should to be met first and before others. This activity is useful before working on the activity Why violence? but it also works as a standalone activity.

Duration: 60 minutes

**Focus of the learning**

* Understand your own needs in life.
* Analyse the motivation behind your own attitudes and behaviours.
* Recognise that we behave in response to feelings and needs.
* Propose effective strategies for satisfying needs.
* Evaluate the efficacy of strategies employed to satisfy needs.
* Describe your future acknowledging the satisfaction of needs to create meaning in your life.

**What you need**

* Access to [online tools](https://app.education.nsw.gov.au/digital-learning-selector/LearningActivity/Card/577)

## Activity

### What do I need in life?

This activity builds on your understanding of needs and wants from 7-10 PDHPE.

This activity requires you to mind map. To do this you could use paper and markers, or [online tools](https://app.education.nsw.gov.au/digital-learning-selector/LearningActivity/Card/577).

* Draw a representation of yourself in the middle of the mind map. Imagine three levels around the outside of you on paper. You could draw three rings or circles of varying sizes to represent the levels.
* Consider the essentials you need or appreciate in your life and would find life difficult without.
* Add the items that resonate with you personally to the first level of your mind map, around your self-representation. Essentials might include:
  + adequate standard of living – warmth, shelter, food, drink, clothing
  + health, education, employment
  + sense of self-worth, capability and identity
  + sense of recognition and belonging
  + sense of justice
  + sense of welfare, safety and security.

Grouping the needs

Maslow was an American psychologist who proposed a theory of human motivation – that people are motivated to work through stages of development to meet their needs. His work is today commonly represented as a pyramid. The most basic human needs are at the bottom half. Maslow proposes these need to be met before the individual will strongly desire the higher needs.

Research and record human needs in the next level of your mind map. Provide examples for each category of needs.

**Human needs**

* physiological needs
* safety needs
* belonging/Love
* esteem
* cognitive needs
* aesthetic needs
* self-actualisation
* transcendence

Rank the categories of human needs in terms of:

* 1 – the most basic needs
* 8 – the highest category or level of needs (which would rely on the satisfaction of each other category).

Ranking these categories of human needs creates a hierarchy.

Evaluate the effectiveness of the hierarchy in helping us understand our own motivations behind behaviour.

* How does identifying the motivation behind our behaviour help us understand why we behave the way we do?
* How could you apply this thinking in life?
* What strategies do we use as individuals and communities (e.g. young people as a community) to access what we need to satisfy needs?
* Evaluate the efficacy of these strategies in accessing what we need to satisfy needs.

Fulfilling our needs

Explain how you would feel when your needs are not satisfied. Consider whether those feelings and the impact on your life would change based on each category of needs.

Understanding our needs and having hope and vision for how we might satisfy these needs equips us for a fulfilling future.

Brainstorm different activities that could satisfy each of the human needs.

Record a description of your future self taking action to satisfy each level or category of need, e.g. volunteering for a charity might satisfy belonging or transcendence.