



This article and lesson discuss people who don't have reliable access to food: a sensitive topic if there are people in the community you're serving who experience food insecurity. Feeding America provides tools to help you find local hunger resources. Visit [ti.me/foodbanks](https://ti.me/foodbanks) for more information.

## HUMAN NEEDS

In this lesson, students will think about human needs and come up with ways to help people in their community get their needs met.

### Grade Levels 3-6

Note: Lessons are designed to support multiple grade levels.

### Standards

#### Common Core State Standards (CCSS)

CCSS.ELA-LITERACY.CCRA.R.1  
CCSS.ELA-LITERACY.CCRA.R.3  
CCSS.ELA-LITERACY.CCRA.R.7  
CCSS.ELA-LITERACY.CCRA.SL.1

#### Collaborative for Academic, Social, and Emotional Learning (CASEL)

SOCIAL AWARENESS  
RELATIONSHIP SKILLS

#### Social Studies Standards (NCSS)

Individual Development and Identity  
Individuals, Groups, and Institutions

### Essential Question(s)

- What are the basic human needs?
- What other needs do people have?
- How can you help others reach their full potential?

### Learning Objectives

- I can list human needs.
- I can explain the impact of not having some needs met.
- I can come up with ways to help make sure that others get their needs met.

### What You'll Need

"Feeding Others" article from TIME for Kids; "Human Needs" worksheet

## INSTRUCTIONAL PLAN

### Introduce It

Pass out copies of “Human Needs” and read the box aloud. Ask the class or students in small groups to do research so they can add examples to each section of the pyramid.

- You can watch the Khan Academy video explaining Maslow’s hierarchy of needs at [ti.me/needsHierarchy](https://www.khanacademy.com/a/maslows-hierarchy-of-needs/a/maslows-hierarchy-of-needs/a/maslows-hierarchy-of-needs) as a starting point.

Ask students to consider what it would be like to not have their basic needs met. You may allow them to journal privately, or open it up to a class discussion.

### Read About It

Have students read the article “Feeding Others.” As they do, have them take note of which need Elaina Johnson is helping people meet.

### Discuss It

Bring the class back together and discuss the following:

- What need(s) is Elaina working to help people meet?
- How can hunger affect people?
- Who is Elaina impacting with her work?
- Why is hunger relief an important cause?

### Act on It

Bring the class together and discuss why each level of needs is important. Do students agree that needs fall into a hierarchy? Can people reach the higher levels without their lower needs being met? Why or why not?

Show students the Get Started page on the Service Stars website ([timeforkids.com/service-stars](https://timeforkids.com/service-stars)) and point out the themes of the different missions. Which needs, if any, do the missions help people meet? Invite students to brainstorm some ways they can help meet others’ needs, specifically their basic and belonging needs. Some examples are below.

- Physiological needs: Start a food drive, donate money to a homeless shelter.
- Safety and security: Make bags of hygiene products to donate, make ads for local career fairs or community centers.
- Love and belonging: Start a club at your school, invite someone new to join your lunch table.

Make a list of possible class projects. Which are most attainable for your class? If you can, set a service goal for your class. When you’ve accomplished your goal, share it with TIME for Kids at [timeforkids.com/service-stars/tell-us-your-story](https://timeforkids.com/service-stars/tell-us-your-story).

Name \_\_\_\_\_ Date \_\_\_\_\_



# Human Needs

**Directions:** Learn about Maslow’s hierarchy of needs. Research to add examples of needs at each level, and consider how needs might affect human behavior. Then read “Feeding Others” (October 4, 2024).

## Maslow’s Heirarchy of Needs

According to psychologist Abraham Maslow, people have a hierarchy of needs. The five levels must be fulfilled in a specific order. The bottom needs must be met for people to focus time and energy on the upper ones.

