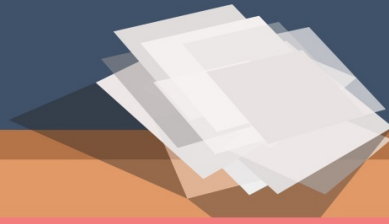
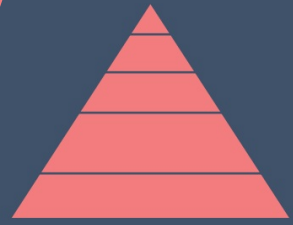


# MASLOW'S HIERARCHY OF NEEDS IN OUR CLASSROOM



Overview

## Maslow's Hierarchy Of Needs

This popular theory proposes that individuals' basic needs must be satisfied before their higher needs become motivating. In a classroom, this would suggest that before students can excel at their full potential, we must ensure that their basic needs are met. While it's important to note that this theory lacks scientific validation, Maslow's Hierarchy of Needs can serve as an important reminder to educators to support all of the needs of students.



NEED #1



## Physiological Needs

WHAT IT



Physiological Needs can include food, water, sleep, and warmth.

# MEANS

Maslow suggested that these needs are the most fundamental. If not met, students may struggle to meet their full potential.

## HOW TO HELP

-Do we allow students to have water bottles in the classroom? Research shows the many benefits of hydrated students.

-If students had not enough food, do we have sustaining nutritious snacks? Foods with complex carbs can help learners maintain energy levels.

-If needed, do we allow a sleep-deprived student a short nap in another room? Research is clear on the importance of sleep and learning.



NEED #2



## Safety Needs

# WHAT IT MEANS

Safety Needs include how secure students feel at their homes and when they come to their school.

## HOW TO HELP

-Is the student coming from a safe, stable home? If not, we need to be prepared for difficult transitions at the beginning and ends of the school day.

-Does the student feel safe from bullying in our classroom? If not, we need to be deliberate in creating a classroom culture of trust and safety.



# Love & Belonging Needs

WHAT IT  
[ MEANS ]

Love and Belonging Needs include the students' desire for strong peer relationships and acceptance.

HOW TO HELP

-Consider our classroom seating arrangements; do we deliberately sit students who lack friends w/peers who are friendly & accepting?

-Do we pick student groups randomly, or do we deliberately place students in groups that promote stronger relationships and a sense of belonging?



NEED #4



# Esteem Needs

# WHAT IT MEANS

Esteem Needs includes the ability of students to genuinely feel a sense of achievement and believe that peers see them favorably.

## HOW TO HELP

-Do we consistently provide individual students with affirmative and specific compliments?

-Do we provide students the opportunity to affirm their peers with specific compliments?



# Self-Actualization

# WHAT IT MEANS

At this final stage of Maslow's Hierarchy of Needs, the individual is reaching their full potential and utilizing their strengths.

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