

**NAME:**

# Hierarchy of Needs

Read the 'Hierarchy of needs' (page 13) section of the homelessness fact book and complete the following activities.

1. Why do you think the needs at the bottom (physiological needs and safety needs) must be met before any other needs can be met?

2. For each of the five groups of needs, explain why people experiencing homelessness would be struggling to meet them.

Physiological needs:

Safety needs:

Love/belonging needs:

Esteem needs:

Self-actualisation:

NAME:

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3. If you became homeless, what would be your most important need? What would you do first? Write this need in the bottom block of the blank pyramid. Then write what your second most important need would be in the next block. Repeat until the pyramid is full.

