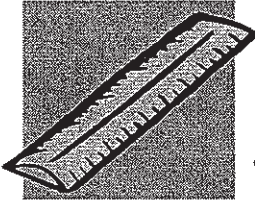


TOPIC: Health  
GRADE LEVEL: 4 - 12  
TIME: 40 - 45 min.



## YARDSTICK OF HUMAN BEHAVIOR

**OBJECTIVE:** The student will evaluate the effect that personal needs has on individual points of view and problem solving skills.

### MATERIALS NEEDED:

1. One copy of the Student Data Sheet "Where Are You Coming From" and one copy of each of the three Student Activity Sheets for each member (optional as the contents of each can be read by the teacher and student responses can be oral and/or written on a blank paper), or if the activity sheets do not seem appropriate for your grade level, use them as a model to create your own situations and/or have the students do it.
2. If copies of the data and activity sheets are not used, copy the information regarding each of the five levels printed on the data sheet on the chalkboard.

### PROCEDURE:

1. If using the sheets, distribute them.
2. If you don't use the sheets, begin a class discussion of the information found on the Student Data Sheet and refer students to the chart you have put on the chalkboard.
3. Ask students to generate examples of situations for each level.
4. Proceed with the activity by having students complete the activity sheets, if they are being used, or read them to the class and ask students to respond orally and/or by writing answers on paper.
5. If activity sheets are only being used as a model, proceed by using your own situations and/or having the students do the same.

## WHERE ARE YOU COMING FROM

People must have their needs satisfied, but your point of view is related to your needs. If you are cold, that's all you worry about. When you are trying to survive, it is difficult to worry about someone who is angry because their parents won't let them stay out late! Use this page as a yardstick. Decide where people are coming from: Level 1; Level 2, Level 3, Level 4, or Level 5.

- Level 1: Basic needs of food, drink, shelter.
- Level 2: Safety needs, protection from danger or threats.
- Level 3: Need to belong, to be loved and to be accepted.
- Level 4: The need to feel good about yourself, the need to learn, to develop self-confidence, the need to be independent.
- Level 5: The need to produce your own work, to be creative, to do what is important to you, and to understand the point of view of others.

Remember, you can't think on Level 2 if you have not had your needs satisfied at Level 1. You can't understand the point of view at Level 5 unless Levels 1, 2, 3, and 4 have been satisfied.



**WHERE ARE YOU COMING FROM?**

Read the stories. Think about the people in each story. Decide on which level that person is functioning. Give reasons for your choice.

1. Rani lives in India. He has never tasted meat. His mother tries to make sure he gets one cup of rice every day. Level \_\_\_\_\_
2. Juan lives in Mexico. He is seven years old. He works with his father on the farm. The family grows all of their own food. Often the crops are poor and the family does not get enough to eat. Level \_\_\_\_\_
3. Kambi lives in Africa. His small country is ruled by a dictator. People are often sent to jail for no reason. Most people have enough food to eat. Level \_\_\_\_\_
4. Jane is a high school student. She gets good grades. She and her family live in a nice home and go water skiing in the summer. She likes to paint. Level \_\_\_\_\_
5. Fred is a high school student. He does not do very well in school. His father is very strict. Level \_\_\_\_\_
6. Joan has no friends. She is lonely and frightened. No one talks to her. Level \_\_\_\_\_
7. Old Bill is a prospector. He often looks for gold in the mountains of the desert. He has run out of water while in the desert mountains. Level \_\_\_\_\_
8. Jacob lives in an Israeli commune. People have comfortable homes and good farms. The people of the commune must always be careful of terrorists who wish to bomb and destroy their village. Level \_\_\_\_\_
9. Farouk is a farmer in Egypt. He works very hard but there is seldom enough food for everyone. Level \_\_\_\_\_
10. Tim and Mike have been cross-country skiing. They have become lost. It will soon be dark and very cold. They must build some kind of shelter if they expect to survive. Level \_\_\_\_\_
11. Miss Smith worked in a school in a big city. She had once been stabbed by a student. She changed schools but is still very nervous every time she comes into the classroom. Level \_\_\_\_\_
12. Mr. Jones wants to work and to support his family. Yet he has no training. Any job he gets pays less than welfare. He needs enough money to support his family. So he doesn't work but continues to collect welfare. He is very unhappy. Level \_\_\_\_\_
13. Rick is 6 years old. Every day a fifth grader tells Rick he will beat him up if Rick does not give him his lunch money. Rick always gives away his lunch money. He is afraid to tell anyone about it. Level \_\_\_\_\_



### WHERE ARE YOU COMING FROM?

Now that you understand how to use the yardstick of human needs think about the point of view at each level. Try to put yourself in another person's position. Try to think as they think.

What would you expect people to say if their basic need for food, drink, or shelter were not being met?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What would you expect people to say if their needs for safety were not being met?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What would you expect people to say if their need for belonging were not being met?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What would you expect people to say if their ability to learn and feel good about themselves were not being met?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What would you expect people to say if their need to be creative and productive was not being met?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Use the back of your paper for additional ideas.

**WHERE ARE YOU COMING FROM?**

Decide what you think the other person or people might say to the comment. Try to put yourself at the proper level. React with emotion as well as logic.

COMMENT	REACTION
<p>"I don't have enough gas to go on vacation!"</p>	<p>Level 1 Person:</p> <p>Level 2 Person:</p>
<p>"I'm afraid to talk about the government. I may be arrested."</p>	<p>Level 4 Person:</p> <p>Level 3 Person:</p>
<p>"I am always hungry. I don't feel good. I don't have any energy."</p>	<p>Level 5 Person:</p> <p>Level 2 Person:</p>
<p>"I eat too much junk food. I must go on a diet!"</p>	<p>Level 1 Person:</p> <p>Level 5 Person:</p>