9 Health and happiness

Reading

1 Read the text on page 61. Circle the best description of Maslow's hierarchy of needs.

a a theory about the basic things people need to live

b a theory about the order that people have to do things to succeed

2 Read the text again. Find two examples of each need in the text.

Physical needs: *food, water, a place to live*

1 Safety needs: _____

_____

2 Social needs: _____

_____

3 Esteem needs: _____

_____

4 Self-actualization needs: _____

_____

3 Read the text again. Are the sentences true (T) or false (F)?

1 Abraham Maslow was a psychologist. T F

2 His hierarchy puts people's needs in order. T F

3 Maslow said you must have your basic needs met before you can progress to other needs. T F

4 Self-actualization is when you set new goals. T F

5 Some psychologists disagree with Maslow's hierarchy. T F

4 Read the statements about the text (1–4). How much do you agree with them? Mark your opinion on the scale with an ✗.

1 Self-actualization is important for everyone.

Disagree ←——→ Agree

2 Social needs are more important than esteem needs.

Disagree ←——→ Agree

3 Receiving praise is important to me.

Disagree ←——→ Agree

4 I think Maslow's theory is correct.

Disagree ←——→ Agree

5 Choose two statements from Exercise 4. Write two or three sentences that explain your answers in Exercise 4. Say why you agree or disagree with the statements.

I agree with Statement 2 because my friends are very important to me.

I disagree with Statement 3. A lot of praise isn't important to me. It's more important to me that I feel good about myself.

1 _____

_____

_____

_____

2 _____

_____

_____

_____

LIVEWORKSHEETS