

Maslow's Needs Skits

Aeisha Harrington

University of the District of Columbia

Professor Hunter

Developmental Psychology

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1. Physiological Needs Skit

Title: The Last Snack

Characters: Alex (hungry student), Jamie (friend with food), Teacher (A concerned educator who noticed Alex struggling without food).

Scene 1

Jammie: (*Laughing*) Wow, Is your stomach growling or a dinosaur about to attack us? We are not safe here.

Alex: (*grumpy and holding stomach*) Ugh, I just missed lunch, and I cannot even think straight now with my empty stomach growling like a bear!

Jamie: (*drawing something from his bag*) Sorry for that... here I have an apple and a granola bar. Take this. I packed an extra one.

Alex: (*eagerly unwrapping*) You are a lifesaver! I could not focus in class at all. My stomach was becoming a persistent distractor as I tried to focus. You are just the best... Let me have it so that it can enable me to have a better moment studying.

Jamie: Food first, homework later. Even brains need fuel. Working your brain without eating is like driving a car running out of fuel.

Scene 2

(*The Teacher walks in as Alex begins to eat the apple and notices Alex eating*)

Teacher: Alex, I saw you zoning out earlier. Is everything okay?"

Alex: (*embarrassed*) "Sorry, I just... didn't have lunch. I just felt exhausted and hungry and my brain shut down."

Teacher: (*nodding*) "It happens. Even Einstein needed food to think. Next time, let me know. You need to avoid skipping meals because they are essential for providing us with the necessary energy to keep running our daily activities normally. I keep snacks in my desk for emergencies."

Jamie: (*smiling*) "See? Even the teacher is certain that food comes first."

This skit highlights how basic hunger, which is a physiological need, must be met before other tasks (Ahmad Dar & Sakthivel, 2022).

2. Esteem Needs Skit

Title: The Big Win

Characters: Taylor (shy student), Morgan (supportive friend), teacher.

Scene: A classroom after a science fair.

Teacher: Wow, congratulations, Taylor, for your outstanding research on the solar-powered model. Your project won first place.

Taylor: (*blushing*) Really? I did not think I had a chance... I felt like other students' projects were superior to mine. I just felt like mine was not that special.

Morgan: (*grinning*) I told you! You are amazing at this. Your project is an absolute promise to solve the constant energy problems.

Taylor: (*standing taller*) Thanks! Maybe I will join the next competition too. I am motivated to keep on trying and becoming better.

This skit shows how recognition, which satisfies the need for esteem, boosts confidence and motivation (Ahmad Dar & Sakthivel, 2022). Even though Taylor is a shy student, the appreciation of his efforts by the Teacher and Morgan, his fellow student, makes him feel motivated to try and participate in subsequent science fairs.

Reference

Ahmad Dar, S., & Sakthivel, Dr. P. (2022). Maslow's Hierarchy of Needs Is still Relevant in the 21st Century. *Journal of Learning and Educational Policy*, 2(25), 1–9.

<https://doi.org/10.55529/jlep25.1.9>