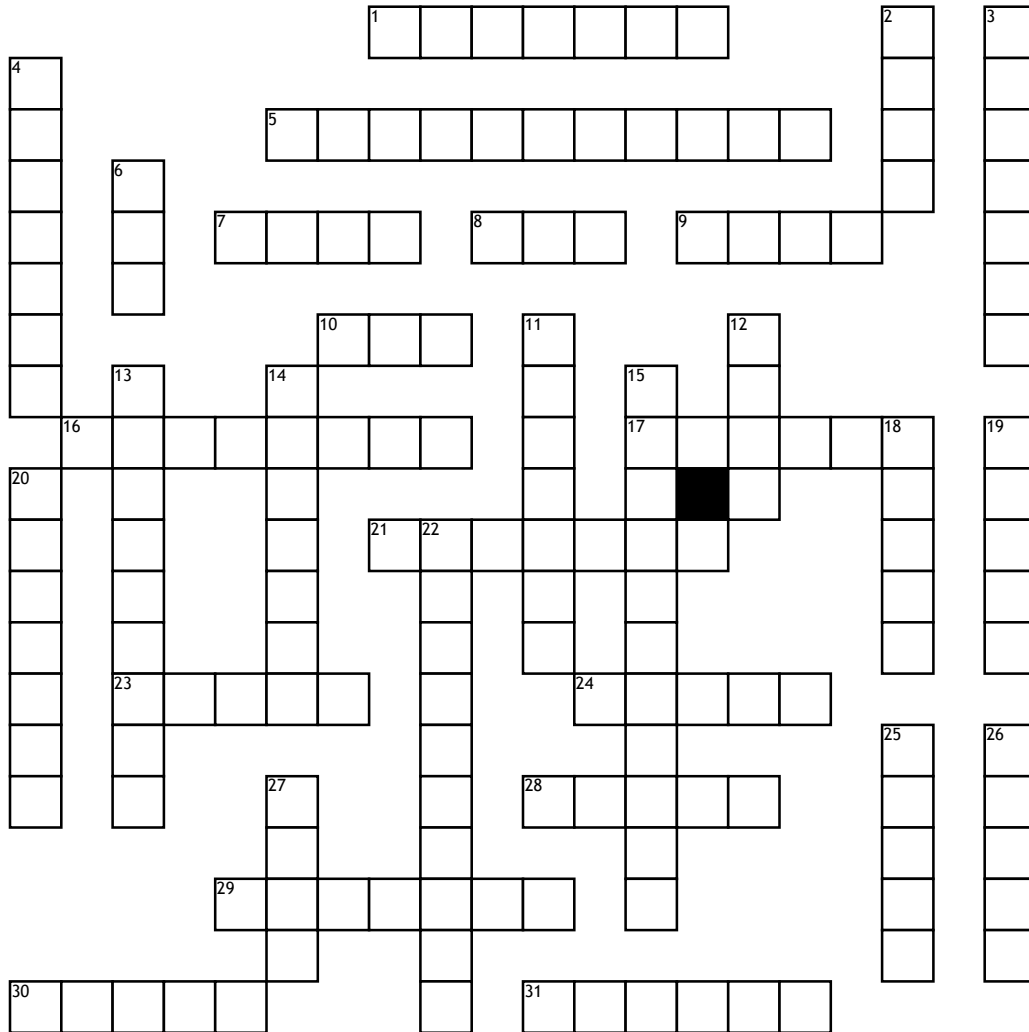


# Maslow's Hierarchy



- Across**
1. "Are you thinking of hurting yourself?" is the \_\_\_\_\_ question you **MUST** ask.
  5. \_\_\_\_\_ tests are only as accurate as you answered the questions.
  7. You must feel \_\_\_\_\_ and secure before you can move on to Steps 3-6.
  8. Having a \_\_\_\_\_ is an example of being productive.
  9. If you ask someone if she's going to hurt herself, you are not going to put the \_\_\_\_\_ in her head.
  10. Mexico tried to raise the amount of \_\_\_\_\_ on sugary drinks.
  16. The bottom two steps in Maslow's Hierarchy are \_\_\_\_\_ needs.
  17. The top 4 steps in the Hierarchy are \_\_\_\_\_ needs.
  21. How long does "suicide" last?
  23. Being "over fat" to the point you are unhealthy.
  24. Shelter, air, food, water, clothing are examples of \_\_\_\_\_ needs.
  28. Act- \_\_\_\_\_ - Tell
  29. If someone takes their own life, it's called...
  30. \_\_\_\_\_ based protein companies are getting larger and making more money.
  31. This country has the highest obesity rate.
- Down**
2. The 3 parts of Wellness are: body, spirit and \_\_\_\_\_.
  3. Pictures of these, on plant based protein packages, confuse consumers.
  4. In Step 5, you will \_\_\_\_\_, know, understand.
  6. How many steps are in Maslow's Hierarchy?
  11. This builds muscle in our bodies and provides fuel for our brains.
  12. People who are thinking of hurting themselves have been thinking about it for a \_\_\_\_\_ time.
  13. Our personalities begin being formed in early \_\_\_\_\_.
  14. Being active, having energy, clear skin/eyes, healthy weight...these are examples of:
  15. When should you tell a trusted adult that someone is going to hurt himself?
  18. Belonging, being \_\_\_\_\_; these are examples of the third step.
  19. The \_\_\_\_\_ of the Hierarchy, is reached by most adults: true or false.
  20. A measurement of heat or energy in food.
  22. Healthy, small snacks can keep us from \_\_\_\_\_ at meal time.
  25. We do more of this, all day long, at school/home/at work/in the car...
  26. Names like "chicky nuggets" and "\_\_\_\_\_ crumbles" are meant to describe the product inside
  27. People can move up and down the Hierarchy, depending on their life situations. true or false

**Word Bank**

- |         |           |             |            |         |         |             |
|---------|-----------|-------------|------------|---------|---------|-------------|
| long    | plant     | protein     | basic      | false   | mental  | beefy       |
| animals | suicide   | obese       | overeating | forever | true    | idea        |
| Mexico  | calorie   | physical    | six        | mind    | hardest | Personality |
| tax     | job       | immediately | snack      | Check   | loved   | safe        |
| fitness | childhood | explore     |            |         |         |             |