

# MADE OF MONEY

## Session Plan (2 Hours)

### Objectives of the Session:

#### For participants to:

- Explore their own financial situations and the emotional impact of these
- Identify areas around their finances which are currently causing them problems
- Examine spending habits & money saving
- Introducing doing a Money Plan: how and why?

NB: Materials in *italics* are things that are NOT provided in your resource box and you will need to get yourself

	Activity	Materials	Time (mins)	Notes
1	<b>Welcome</b> If you are using name badges or registration forms hand them out now.	- <i>your own registration forms if using</i>		
2	<b>Introductions &amp; Ice Breaker</b> Introduce yourself & make any housekeeping announcements Ask group to introduce themselves & to talk about their first memory of money. Introduce the aim of the course and explain to people that the course will be run on the basis of respect ie respect for each other when talking, respect for the group in use of mobile phones etc <i>you might wish to write up some suggestions of how we respect each other and ask people to add more</i>	- <i>Flip chart</i> - <i>Markers</i> - <i>Blu Tack</i>	15 (15)	
3	<b>Taste Test 1</b> (e.g. Jaffa cakes) See cheat sheet for how to run	- A&B cards - Taste test cheat sheet - <i>Taste test items</i> - <i>Plates/cups</i>	15 (30)	
4	<b>Jelly-Bear Money Trees</b> Give out 'Jelly-Bear Money Tree' sheets, & ask people to identify which jelly-bear best represents (1) how they currently feel about their financial situation and (2) how they would like to feel. People can share their answers & reasons, if they would like but no pressure to. If time, this can be used to lead into a discussion about realistic steps towards a better financial situation.	- 'Jelly Bear Money Tree' handouts - <i>Coloured pencils /pens</i>	10 (40)	

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5	<p><b>What Influences our Spending?</b>            What impacts on our financial situation? Is it just money coming in and then going out- or are there forces &amp; habits that influence how, when and where we spend? Use 'What Influences our Spending?' discussion cards. Go through each one and have people say if this rings true. If time, choose the top three cards, that people identify with, and ask the group to think of solutions for them.</p>	<p>- 'What Influences our Spending?' discussion cards</p>	<p>10 (50)</p>	
<p><b>Break</b> 10 minutes (1hr)            may be good time to get latecomers to fill in registration forms etc!</p>				
6	<p><b>Make a money plan</b>  <b>Why do a budget?</b>            Use 'What is a Budget?' cheat sheet- work through &amp; make notes on flipchart. Aim is to overcome people's fears, preconceptions and misunderstandings of budgeting. Try to get group to discuss both 'how to' <u>and</u> emotions of doing a budget. Explain a budget is just really a money plan- so this is what we will call it.  <b>Money Plans</b>            Give out money plan sheets. You can talk through them here, or use them in 1:1 sessions. Explain that the plan builds up step by step.</p>	<p>- Flip chart            - Flip chart pens            - 'What is a Budget?' cheat sheet            - Money plans</p>	<p>25 (1h 25)</p>	
7	<p><b>Money Saving Tips</b>            Use 'Money Saving Tips' discussion cards &amp; go through with the group. Are they realistic or not? Does the group have its own tips to share? If so, use the 'Money Saving Tips- Fill In &amp; Share cards' or post-it notes to create a money saving tree</p>	<p>- 'Money Saving Tips' cards            - 'Money Saving Tips- Fill In &amp; Share' cards            - Pens/post-its</p>	<p>10 (1h 35)</p>	
8	<p><b>Budgeting Scenario- Salma &amp; Hamid</b>            How do we bring up planning money with a partner or other family member? Split into pairs &amp; hand out the budgeting scenario. Ask pairs to come up with advice for Salma.            See Budgeting Scenario cheat sheet for ideas if stuck.</p>	<p>- 'Budgeting Scenario' handout            - 'Budgeting Scenario' cheat sheet</p>	<p>10 (1h 45)</p>	

9	<p><b>Take Home Activity: Spending Diaries &amp; meal planner</b>          Give everyone a spending diary and a meal planner and explain the principles. Use the 'Spending Diary Cheat Sheet' for tips.          If you have done your own spending diary or used the planner, you may want to share some of your own experiences.  <b>Wrap up</b> Questions, thoughts, reflections from group.          Talk about next time – session will cover credit</p>	<ul style="list-style-type: none"> <li>- Spending Diaries</li> <li>- 'Spending Diaries' cheat sheet</li> <li>- Meal planner</li> </ul>	<p>15 (2h)</p>	
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## What you need for this session:

### Provided in this pack:

- Taste Test A& B cards x 2 sets
- Taste Test cheat sheet
- Jelly-Bear Money Tree Handouts
- 'What Influences Our Spending?' discussion cards
- 'What is a budget?' cheat sheet
- Money plans
- 'Money Saving Tips' - discussion cards
- 'Money Saving Tips – Fill in & Share' cards
- 'Budgeting Scenario' handouts
- 'Budgeting Scenario' cheat sheet
- Meal planner
- Spending Diaries
- Spending Diaries cheat sheet

### Not Provided:

- Registration Forms (if using them)
- Name Labels (if using them)
- Flip Chart paper
- Flip Chart pens
- Coloured plates / bowls / cups for taste test
- Item to taste test: supermarket own-brand & branded
- Biro / colouring pens & pencils
- Blu-Tack
- Post-it notes
- Refreshments (if offering them)
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