

Session Plan (2 Hours)

Objectives of the Session:

- Explore what messages our children get about money and where from
- Look at what and when we would like our children to learn about money
- Look at ways to help our children learn about money
- To look at the pressure to spend—practical ways to deal with it

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

No.	Activity	Materials	Time (mins)	Notes
1	Welcome and Taste Test 1 item (e.g. Coco-pops)	- <i>Taste test item</i> - <i>Bowls/cups</i> -A&B cards	10 (10)	
2	Discussion on Take Home Activity How did it go talking to children about money? Did you have any good discussions?		10 (20)	
3	Introduction Exercise What did we learn about money from our parents? Go around circle. Now think – what would <i>our</i> children say about what they are learning from us?		15 (35)	
4 <i>Leave out if done week 1</i>	Where Children Get Messages About Money? Use <i>Where Do Children Get Messages About Money?</i> discussion cards. Split into two groups and get groups to order which has the greatest to the least impact on what their children think, feel and know about money. Is this the order you would like?	- 'Where Do Children Get Messages About Money?' discussion cards	15 (50)	
5	Timeline Exercise (in one or two groups) Use ' <i>Timeline Exercise</i> '. Spread the footprints timeline across the floor/table. If needs be, split into two groups, and give groups a set of discussion cards. Cards have suggestions of things that may teach children about money. Get the groups to discuss at what age (or never) they would do these things with their children and put them on the timeline. Stress there is no right or wrong answer!	- Timeline Exercise Footprints - Timeline Exercise discussion cards you will need to cut these	15 (1h 5)	

Break 10 mins - do sooner if you need it (1h 15)				
6	<p>Passing Values to Our Children</p> <p>Give everyone the handout to complete. Ask them to identify <u>one</u> value they would like to pass onto their children around money - then think of a few ways they can do this. They then could identify one thing they could start TODAY to do this!</p> <p>Share the value & action if they would like / if time.</p>	‘Passing Values to Our Children’ handouts	10 (1hr 25)	
7	<p>Why Do We Buy Things For Our Children?</p> <p>Ask the group why we buy things for our children. Is it always about need, or is sometimes about guilt/pacifying behavior/giving what we didn’t have as children etc? Brainstorm with group, writing thoughts on flipchart.</p> <p>What happens when we do / do not buy something?</p>	-Flipchart -Markers -‘Why Do We Buy Things For Our Children?’ cheatsheet	10 (1h 35)	
8	<p>Alternatives To Buying</p> <p><i>In two small groups – identify alternatives to buying things for children- to meet the needs expressed above. Feedback to the group- use the cheat sheet for ideas if needed.</i></p>	-‘Alternatives To Buying’ cheat sheet	10	
Optional				
9	<p>Finishing & Group Reflections</p> <p>Explain this is the last session- we will take time in group to reflect on where we have come.</p> <p>If useful, use ‘Head Heart Bag Bin’ tool- either through individual handouts, or as a group reflection, sticking post-it notes onto flipchart under each category.</p> <p>Help group reflect:</p> <ul style="list-style-type: none"> -what have you learnt? (<i>Head</i>) -how has it made you feel? (<i>Heart</i>) -what do you want to take away from this? (<i>Bag</i>) -what would you leave behind or get rid of? (<i>Bin</i>) 	-‘Head, Heart, Bag, Bin’ handouts OR -‘Head Heart, Bag, Bin’ headings <i>blu tack, flipchart & post-it notes</i>	10 (1h 45)	
	<p>Evaluation</p> <p>Get group to fill in <i>Evaluation Post-Course</i> handouts and collect in. If you are able to run a 6 week later evaluation, set the date now.</p>	- Evaluation Post-Course handouts	10 (1hr 55)	
11	<p>Wrap up</p> <p>and either say goodbye or remind them about family learning session if that is still to come.</p>		5 (2hr)	

What you need for this session:

Provided in this pack:

- Taste Test A& B cards (from session 1 pack)
- 'Where Do Children Get Messages About Money?' cards (from session 1 pack)
- 'Timeline Exercise'- Footprints and discussion cards **you will need to cut these 1st time around**
- 'Passing Values to Our Children' sheets
- 'Why Do We Buy Things For Our Children?' cheat sheet
- 'Alternatives To Buying' cheat sheet
- 'Head, Heart, Bag, Bin' handout sheets
- 'Head Heart Bag Bin' pictures + post it notes
- 'Evaluation Post-Course' handouts

Not Provided:

- Name Labels
- Flip Chart paper
- Flip Chart pens
- Biro & Colouring pens
- Blu tack
- Post in notes
- Item to taste test: supermarket own-brand & branded
- Coloured plates / bowls / cups for taste test
- Tea / Coffee / Herbal tea / sugar/ milk & refreshments