

Session Plan (2 Hours)

Objectives of the Session:

For participants to:

- Examine spending habits & household finances and look at money saving
- Look at our emotions around money
- Introducing doing a Money Plan: how and why?
- Introduce ideas around helping children to understand about spending
- Introduce idea of saving money

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

| | Activity | Delivery Notes |
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| 1 | Welcome & Taste Test 2 (e.g. Hula Hoops) | As per week 1 |
| 2 | Group Contract review Put up on the wall, discuss if needed- is everyone OK with what we agreed last week? | As is |
| 3 | Spending Diary Review Has anyone used it – if so, how is it going? If not, why did you not use it? Share experiences/feelings in the group | As is |
| 4 | Budgeting Discussion Use 'What is a Budget?' cheat sheet- work through & 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. | <p>Instead of, or in addition, this can be used to review key vocabulary around budgeting. (Cards can be downloaded on our website)</p> <ul style="list-style-type: none"> • <i>Budget</i> • <i>Save</i> • <i>Spend</i> • <i>Shop</i> • <i>Bank Statement</i> • <i>Income</i> • <i>Expenditure</i> • <i>Benefits</i> • <i>Salary</i> <p>The Essential / Non Essential cards from the family learning session can also be used as vocabulary cards. These also work very well for having the group rank what they spend the</p> |

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| | | most on down to what they spend the least on. The group can also use these for prompts in discussing a budget. |
| 5 | <p>Starting a Money Plan (Budget) Explain that we're going to build up our own Money Plans- week by week. Talk through how to begin. Give out 'Getting started' and 'Doing A Money Plan' (1) & (2) & go through:</p> <ul style="list-style-type: none"> • Getting paper work together • Income • Household bill summary | How you approach will depend upon the group. For some doing this in small steps is ideal. For others this may be too much written work, and skipping to Step 8—the final budget may work better. Some groups also work through sample budgets all together, and have found that to work well if time allows. |
| 6 | <p>Money Saving Tips Use 'Money Saving Tips' discussion cards & 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 & Share cards' & share with each other.</p> | These work well with most groups as written and spoken. Simplify as needed. |
| 7 | <p>What if I want to Save? Discuss in the group: would people like to save some money? Are there barriers to this? Perhaps we feel we don't have any money extra left over, or we don't know how to, or where we could save appropriately. Use this discussion to introduce 'How Can I Save?' exercise. Split into 2 or 3 groups, and use cheat sheet. At the end, feed back as a big group. <i>NB: people may want to get advice on best form of saving—stress that we cannot provide individual advice</i></p> | The saving option cards can be used as vocabulary cards to discuss different saving options. Instead of using the speech bubbles you can talk about why they would or wouldn't use different saving products. |
| 8a | <p>How Do We Bring Children Into Spending? In 1 or 2 groups, fill in a flipchart sheet with ideas of ways to bring children of different ages into spending. (3-5, 6-10, 11-15, 16+) See 'Bringing Children Into Spending' cheat sheet Group to feed back ideas & discussions</p> | This can be done as a discussion, or have the group dictate and the facilitator writes this down. |
| 8b | <p>Budgeting Scenario- Salma & Hamid How do we bring up planning money with a partner or other family member? Split into pairs & hand out the budgeting scenario. Ask pairs to come up with advice for Salma. See Budgeting Scenario cheat sheet for ideas if stuck.</p> | This could be read out to the group depending upon English level (or translated) and discussed as a whole group or in pairs. |

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| 9 | Take Home Activity Week 2: Children's Spending Chart and/or Meal Planner Give out 'A Week In The Life Of Your Money' children's spending chart and talk through and/or meal planner | As is |
| 10 | Wrap up Questions, thoughts reflections from group if needed Talk about next time – session will cover credit | As is |