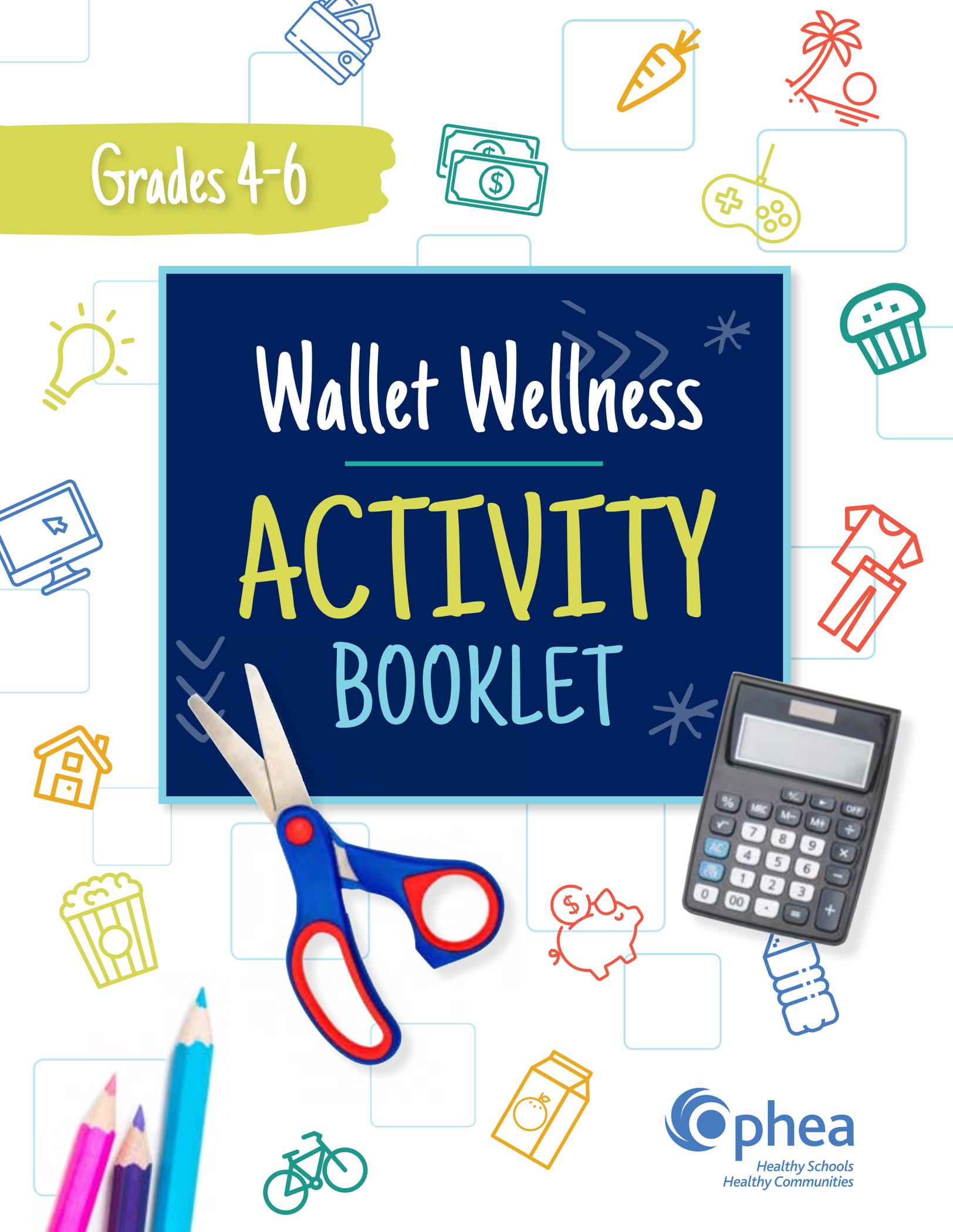


Grades 4-6

Wallet Wellness

ACTIVITY

BOOKLET





Ophea is a not-for-profit organization that champions healthy, active living in schools and communities through quality programs and services, partnerships and advocacy, and is led by the vision that all children and youth value and enjoy the lifelong benefits of healthy, active living.

Wallet Wellness is a free financial literacy resource designed to provide children and youth with a strong understanding of financial basics in order to successfully navigate today's complex financial world.

teachingtools.ophea.net/activities/wallet-wellness

Ophea wishes to acknowledge the educators and parents from across Ontario that were involved in the development and testing of the resource.

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Grades 4-6

Wallet Wellness Activity Booklet!

Financial literacy is the knowledge and skills you need to make good decisions about money throughout your life. Understanding money and finances means knowing how to create a budget, stay out of debt, and learning how to invest and save for the future. It is also important to explore how companies work to influence how we spend our money. Knowing the difference between needs and wants is important. So is thinking about the short- and long-term effects of financial decisions. After all, money often impacts our health and well-being in some way.

If you think about it, money is part of your daily life. Take a minute to think about your day and how money plays a central role in it. For example, you need money to buy a drink or purchase a book. You make financial decisions when you choose what clothes you need or what to order in a restaurant. You also make financial decisions when you decide that you cannot have something now because it is too expensive.

The activities in this booklet are made for students in Grades 4–6. They present basic financial literacy concepts and skills in an engaging and fun way. Each activity can be completed independently by students regardless of their prior knowledge and experience. We strongly encourage you to do the activities with your family. We hope that this resource leads to meaningful learning for everyone around financial literacy ideas and skills.

A note about HST: Harmonized Sales Tax (HST) is a tax Canadians pay on items they purchase. In Ontario HST is 13%. However, sales taxes vary across Canada and even within Ontario. (Note that some provinces have GST, or Goods and Services Tax, rather than HST.) Some items are taxable and others are not. This is a great topic to talk to your family or your teacher about, if you are interested in learning more.



SAVE



SPEND



GIVE

Activity #1

My Healthy Snack Lunch Box

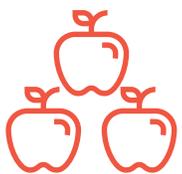
This week it is your turn to choose your lunch snacks! Decide which healthy snacks will be in your lunch box for one week of school. The challenge will be to stay within a budget while making sure you have enough snacks each day.

What You Need to Know!

A **BUDGET** is a plan for how you will use a specific amount of money. First you identify what money you have. Then you identify how you might need or want to spend some of it. As part of making a budget, you also look at your **SAVINGS** (money that is saved up; not spent or used).

Activity Instructions

- Look at the snacks and their prices.
- Your budget is \$20 for one week (5 days) of snacks. Plan for TWO snacks per day.
- Decide which snacks you want to buy and how much of each you need.
- Calculate the amount of money you would spend in one week based on your budget.
- Using the lunch boxes, draw your snacks for each day.
- Ask a family member or friend to also do this activity. Compare your answers.



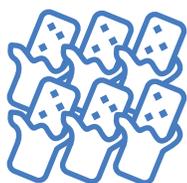
3 apples
\$3.00



1 pack of
4 yogurts
\$4.99



2 mangos
\$4.00



1 pack of
6 granola
bars **\$4.99**



8 dumplings
\$5.49



2 muffins
\$2.49

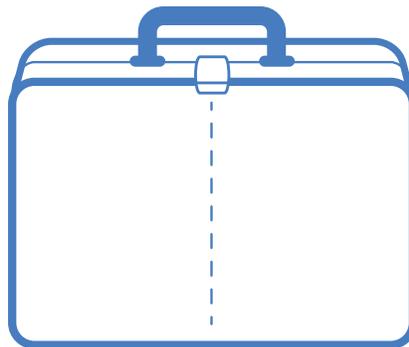
Choose your snacks and how much of each you need for five school days.

		\$
		\$
		\$
		\$
		\$
Calculate the total amount you will spend:		\$

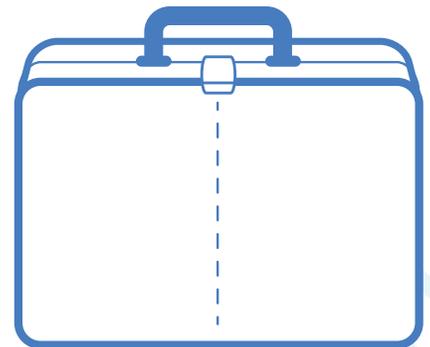
How much food do you have leftover at the end of the week? _____

Did you have savings at the end of the week? If so, how much? \$ _____

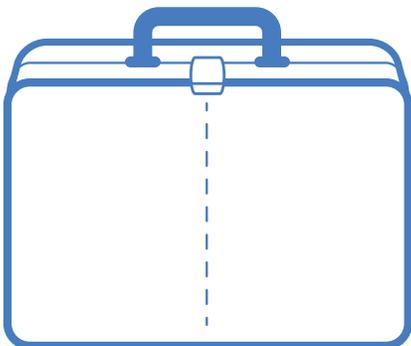
Draw your snacks in the lunch box for each day of the week:



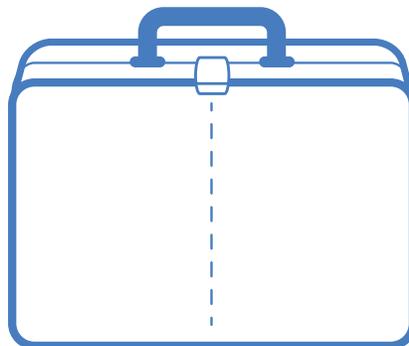
Monday



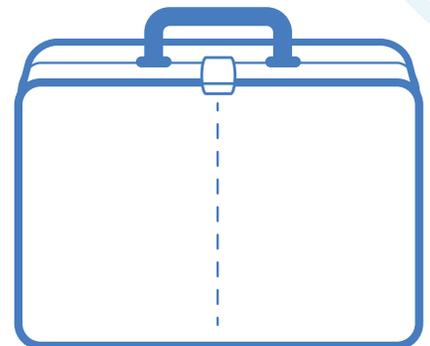
Tuesday



Wednesday



Thursday



Friday

Activity #2

Save, Spend, or Give?

Imagine you are walking down the street and see a \$20 bill on the ground. You look around to see if someone dropped it, but no one is around so you pick it up. What will you choose to do with the money?

What You Need to Know!



SAVE



SPEND



GIVE

You can **SAVE** money by not using it. You can **SPEND** money on things you need or want to **PURCHASE** (buy). You can **DONATE** money by giving it to people who need help. You have a choice to use money in any or all of these ways.

Activity Instructions

- Read and answer the Thinking Questions (below) before you make a decision.
- Decide what you would do with the money.
- Create a comic strip telling the story of what you would do with the money.

Thinking Questions

1. What are some things you think cost \$20? _____
2. What is something you might purchase with the \$20? _____
3. Why might you save the \$20? _____
4. Who might you give the \$20 to? Why? _____

MY "SAVE, SPEND, OR GIVE" COMIC

A comic strip template consisting of five panels. The top row contains three panels of equal size. The bottom row contains two larger panels, each approximately the width of two panels from the top row. The panels are empty, intended for drawing a story.

Activity #3

Party Planning on a Budget

This weekend you get to throw a party for five friends. It's time to start planning! Think about who to invite. Choose what healthy foods you would like to eat. Decide how much you can spend. The challenge will be to stay within budget while enjoying delicious, healthy food.

What You Need to Know!

A **BUDGET** is plan for how you will use a specific amount of money. As part of making a budget, you decide if you need or want to use some of the money. You can also plan whether you will have **SAVINGS** (money that is saved up; not spent or used). If you decide to buy something, remember that you also need to pay **HST** (Harmonized Sales Tax). This is a tax Canadians pay on most items they purchase, including some food. It is important to think about the HST because it will increase the total price you pay.

Activity Instructions

- Choose five friends to come to your party!!
- Your budget is \$50 to spend on food and drinks for your party.
- Think about which foods and drinks your friends would like from the list.
- Decide how much of each food or drink you need.
- Add 13% HST to each item to find its total cost. (If you're unsure how to do this, you can ask someone for help, or skip this step for now.)
- Calculate the amount of money you would need to spend. Remember to stay within budget!



vegetable platter
\$7.95



fruit platter
\$8.95



sandwich platter
(4 whole/8 halves)
\$6.95



muffins (6 per pack)
\$3.50



1 bag of popcorn
\$4.50



1 pizza (12 slices)
\$12.99



1 L juice carton
\$3.99



1.5 L water bottle
\$1.99

PARTY ORGANIZER

Five friends I would invite	
My budget is	
Food I want to purchase	
How much the food will cost	
HST I would pay on the food	(if you know how to calculate)
Drinks I want to purchase	
How much the drinks will cost	
HST I would pay on the drinks	(if you know how to calculate)
Did I stay on budget?	YES NO (circle one)
Do I have any savings?	YES NO (circle one)
If I have savings, what will I do with it?	

Want to try a real life example? Find a grocery store flyer and work with a friend or family member to do this activity using real products and prices!

A great party is all about careful planning... good job! You're ready for a fun time!

Activity #4

My Money Plan!

Having money for the things you need and want is important. Making a plan and deciding how to use your money wisely is helpful and necessary to reach your goals.

What You Need to Know!

A **BUDGET** is a plan you can make to use your money wisely. The plan should include money that you may get as gifts as well as **EARNINGS** or **INCOME** (money you get from work you do). You can decide whether to **SAVE** money by not using it. You may **SPEND** it on things you **PURCHASE** (buy). Or you may **DONATE** some money by giving it away to help others.

Activity Instructions

- Read the scenario.
- Complete the budget chart.
- Answer the Thinking Questions and share your ideas with a family member or friend.

So far this year, you received \$60 in gifts from your family. You have earned \$75 for raking your neighbours' lawns, doing your chores, and selling homemade bracelets to friends and family. You really want new running shoes that cost \$80+HST. You would also like to buy your friend a game for their birthday that costs \$25+HST. Your school's fundraiser is important to you, so you're thinking of making a \$10 donation. Now it's time to create a budget and plan your money wisely!

Complete your budget plan on the next page.



Income	Money I have	Things I want to spend money on (including gifts and donations)	Money I want to spend
Gifts	\$		\$
Earnings	\$		\$
Total	\$		\$

Thinking Questions

1. Look at your total income and what you'd like to spend money on. Will you purchase the running shoes? Explain the reasons for your decision.

2. Will you buy the game for your friend's birthday? Why or why not?

3. Will you make a donation to your school's fundraiser? Explain the reasons for your decision.

4. Would you save any money? If so, how much and why would you make that decision?

Activity #5

What's the Best Shoe For You?

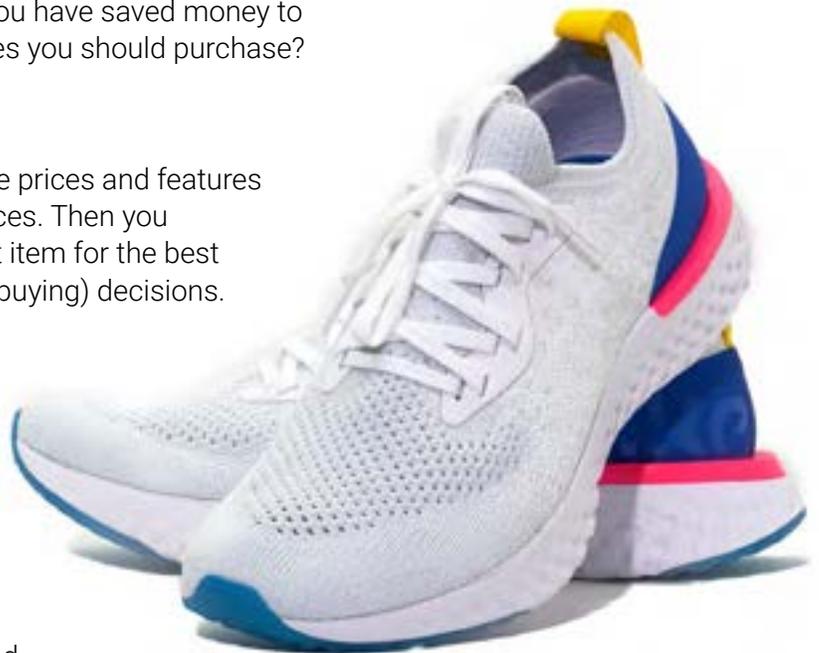
What's the best shoe for you? Imagine that you have saved money to buy new shoes. How do you decide which ones you should purchase?

What You Need to Know!

When you **COMPARISON SHOP** you check the prices and features of something you want to buy, in different places. Then you compare and decide which place has the best item for the best price. This helps you make good purchasing (buying) decisions.

CONSUMERS (people who buy things) often try to find a good **DEAL** or a **DISCOUNT** (when items are on sale). This way, they use their money wisely and still get a **PRODUCT** (an item made to sell) that may last a long time.

Whenever you plan to buy something, remember that Canadians pay a tax on many items. These taxes are either **HST** (harmonized sales tax) or **GST** (goods and services tax) depending on which province you buy an item in. They add to the total cost of an item.

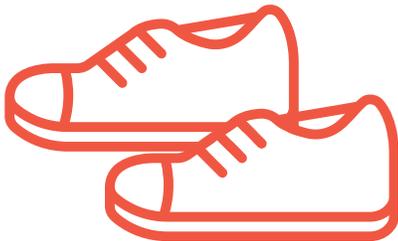


Activity Instructions

- You have saved up \$60 to purchase new running shoes for yourself!
- Look at the three pairs of shoes and study their prices, discounts and features. HST is included in each price.
- Circle or highlight the information that is important to you as you make a decision.
- Rank the shoes in order of which one you would most likely buy to the one you would least likely buy.
- Explain your reasons for your purchasing decision.

A

**ONLY
\$29.50**



Features:

- Made in Bangladesh
- Laces are hard to tie
- Match lots of clothes
- Easy to clean
- Not very comfortable

B

**SALE
~~\$49.95~~**

Take an extra 10% off



I would pay:

\$

Features:

- Made in Canada
- Laces are easy to tie
- Match lots of clothes
- Hard to clean
- Comfortable

C

**SALE
~~\$70.00~~**

Take an extra \$10 off



I would pay:

\$

Features:

- Made in China
- No laces
- Does not match many clothes
- Easy to clean
- Very comfortable
- Company is a social enterprise

MY RANKING: 1st _____ 2nd _____ 3rd _____

I would purchase shoe _____ for the following reasons:

Now get a family member or friend to try the activity and compare your choices!

Activity #6

I'm an Entrepreneur!

Imagine having your own business! You get to be the boss, make important decisions, earn money and make a difference in the world! What business would you create?

What You Need to Know!

An **ENTREPRENEUR** is someone who creates a business by either selling a **PRODUCT** (an item made to sell) or a **SERVICE** (something they do for others). **CONSUMERS** are people who pay for the product or service. That is how an entrepreneur **EARNs** (gets paid) money. Entrepreneurs often build a business by using their skills and creativity to sell a product that they care about or a service that they are good at doing. Sometimes hobbies and skills can be the same; for example, writing is both a hobby and a skill.

Activity Instructions

- Look at the examples of skills and activities people may be good at and how they can be used to create a new business.
- List things you enjoy doing (hobbies), talents you have, and skills you have learned.
- Think about how you could use your skills and what you enjoy doing to create a business by selling a product (something you make) or a service (something you do for others). Many entrepreneurs look for a problem that they can solve.
- Write a plan for your business and share it with family and friends. Maybe you can become a young entrepreneur! Many kids your age are earning money doing what they love. Your business plan should include a sentence explaining why people would want to buy your product or service.

 Hobbies and Talents (people enjoy doing)	 Skills (people learn to use or do)
EXAMPLE 1	
Painting Rocks	Researching on a computer
 Business idea: researching inspirational quotes to paint on rocks and sell them!	
EXAMPLE 2	
Skateboarding	Teaching and explaining
 Business idea: teaching kids to skate board	



List your hobbies and talents

Three horizontal lines for writing hobbies and talents.



List your skills

Three horizontal lines for writing skills.



Your business idea: _____

What is your business name? _____

Horizontal line for business name.

Who would want to buy your product or service? _____

Horizontal line for target audience.

What are you selling (product or service)? _____

Horizontal line for product/service.

How are you going to make or provide it? _____

Horizontal line for production method.

How are you going to sell it (to friends, online, in person)? _____

Horizontal line for sales method.

Activity #1

A Need or a Want?

Talk with your family about things you need and things you want. Also think about whether your needs and wants are things that have short-term or long-term use.

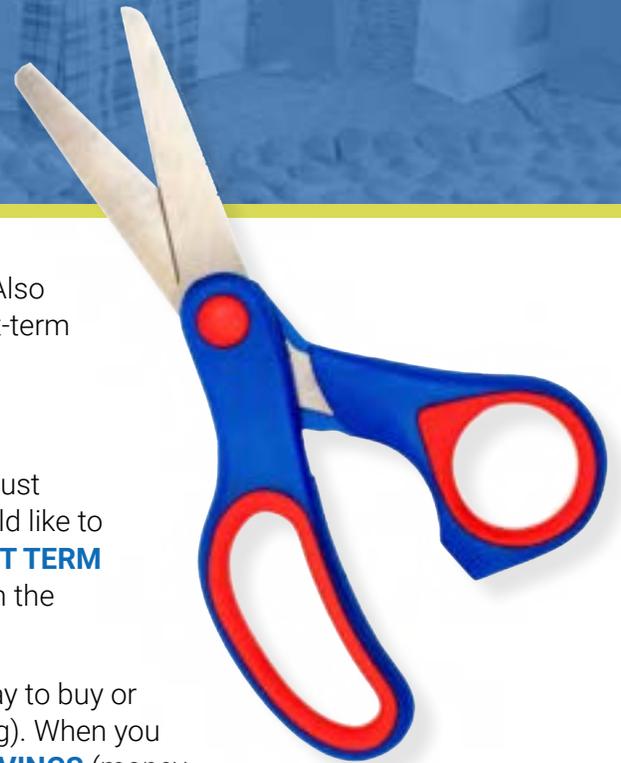
What You Need to Know!

There is a difference between things people **NEED** (something you must have to survive daily life) and things they **WANT** (something you would like to have but are able to live without). Our needs and wants can be **SHORT TERM** (can be used in the near future / now) or **LONG TERM** (can be used in the distant future / later).

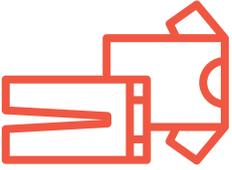
Money is often necessary to pay for things you need or want. One way to buy or pay for something is to use your **INCOME** (money you get for working). When you have income that you do not need or choose not to use, you have **SAVINGS** (money that is saved up; not spent or used). People usually keep their savings in a bank account.

Activity Instructions

- Cut out the cards on the next page and place them in a pile.
- Imagine that you have an income to spend or save.
- With a family member or friend, divide the cards into two groups: things you need to live a healthy life and things you want.
- With the things in your WANT pile, decide which ones you would spend money to buy now and which ones you would save for to buy later. Label the piles as either SHORT-TERM or LONG-TERM.
- Do you need money to buy ALL of the things on your cards? What do you notice?
- Write a short paragraph describing what you learned from this experience.



clothes



a home



a cell phone



movie tickets



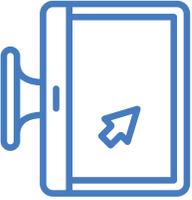
a television



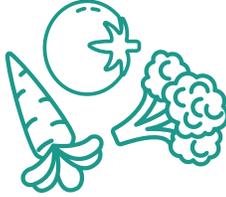
water



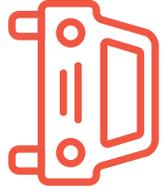
a computer



vegetables



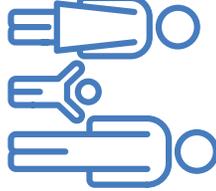
a car



flowers



family



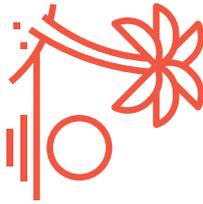
electricity



a video game



a vacation



a bicycle



shoes



friends



exercise



Activity #8

Wallet Wellness Word Search

E F M W P O D S E C I V R E S S C N G V
H N X R R U A E I O P E K A H P O E P J
L K T K E V R K A H B S Q O W R M E H H
P O E R I T W C O L B Q R A U O P D G W
V N C N E E G L H H K T N T Q D A N O X
O W G P S P E N D A T T E Z B U R W Y D
M S F I W O R C O E S N D R E C I B L H
B R Y B I F J E R L S E U W Q T S E Q A
M J C A K S N M N L M T Z R C N O T H J
E A R N I N G S R E Y R I M P N N A K N
X S V Q M K S E T K U T L X C J X N B I
U G F N E V T R O X S R E M U S N O C T
K N C G J R N E O R F R W W T F L D N B
P I L L V Y M N G C S B G Y B Q Y U Q B
W P W Q F O T S H D D E P T M J O O P C
L P R H C B V D L H U E E H Y C R P O V
K O K N J F E O S V J B G D S D C I H V
V H I U E Q Z S N J V N G I Z V G I J Y
D S X Z M T O U Y W Y S D H A P Y G A Y
Y H A U F J M S S D Q C I M E X R F B K

BUDGET
COMPARISON
CONSUMERS
DEAL
DISCOUNT
DONATE
EARNINGS
ENTREPRENEUR
HST
INCOME
LONG-TERM
NEED
PRODUCT
PURCHASE
SAVINGS
SERVICE
SHOPPING
SHORT-TERM
SPEND
WANT

Activity #9

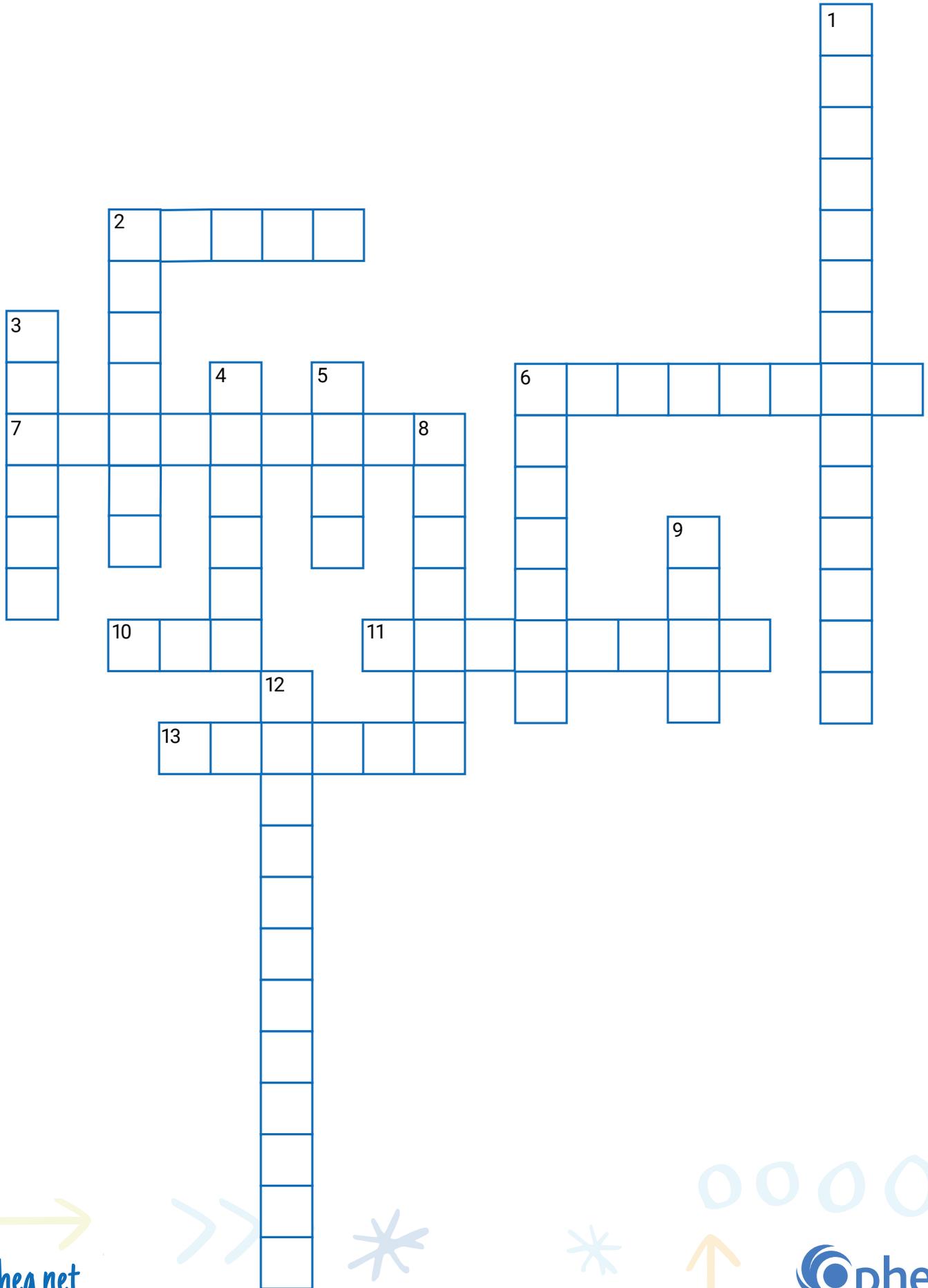
Wallet Wellness Crossword Puzzle

Across

2. To give money in exchange for a product or service
6. To buy something
7. People who buy the product or service
10. Harmonized Sales Tax is a tax Canadians pay on items they purchase
11. When items are on sale
13. To give money away to help others

Down

1. Check the prices and features of something you want to buy in different places
2. Money that is saved up; not spent or used
3. Money you get for working, providing a service or having a business
4. A plan for how you will use a specific amount of money
5. Something you must have to survive daily life
6. An item made to sell
8. Something you do for others
9. Something you would like to have but do not need to survive daily life
12. Someone who creates a business by either selling a product or a service



Word search answers



Crossword puzzle answers

Across

- | | | |
|-----|------------------|---|
| 2. | SPEND | To give money in exchange for a product or service |
| 6. | PURCHASE | To buy something |
| 7. | CONSUMERS | People who buy the product or service |
| 10. | HST | Harmonized Sales Tax is a tax Canadians pay on most items they purchase |
| 11. | DISCOUNT | When items are on sale |
| 13. | DONATE | To give money away to help others |

Down

- | | | |
|-----|------------------------|--|
| 1. | COMPARISON SHOP | Check the prices and features of something you want to buy in different places |
| 2. | SAVINGS | Money that is saved up; not spent or used |
| 3. | INCOME | Money you get from work you do |
| 4. | BUDGET | A plan for how you will use a specific amount of money |
| 5. | NEED | Something you must have to survive daily life |
| 6. | PRODUCT | An item made to sell |
| 8. | SERVICE | Something you do for others |
| 9. | WANT | Something you would like to have but are able to live without |
| 12. | ENTREPRENEUR | Someone who creates a business by either selling a product or a service |

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Healthy Schools
Healthy Communities

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