



# Wallet Wellness

# ACTIVITY

# BOOKLET

For Grades 4-6

Welcome to the

# Wallet Wellness Activity Booklet!

The activities in this booklet are made for you (kids in grades 4-6). They present basic financial literacy concepts and skills in an engaging and fun way. Each activity can be completed independently regardless of your prior knowledge and experience.

We strongly encourage you to do the activities with a parent/caregiver/guardian. We hope that this resource leads to meaningful learning for you about financial literacy and skills.

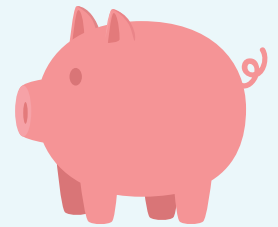
## Financial Literacy

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, how to 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 buy something now because it is too expensive.

### Please note:

- The budgets available in the activities are examples to teach you the financial literacy skills of how to plan and spend within a budget.
- Your budget may be different than others.
- How you earn and/or receive money that adds to your overall budget may be different than others.
- The decision between an individual's needs and wants is based on personal factors.



**SAVE**



**SPEND**



**GIVE**

## Activity #1

# My Lunch Box

**This week, it is your turn to choose what you would like as snacks!** If you had the opportunity to decide which healthiest snacks will be in your lunch box for one week of school, what would you choose? The challenge will be to stay within a budget while making sure you have enough snacks to fuel your body 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 how much 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 not spent or used).

### Activity Notes

- The budget available in this activity is an example to teach you the skills of how to spend within a budget.
- Your budget and the foods you enjoy may be different than others.
- Consider using the *Planner* and *Questions* within the *Tools and Resources* section for this activity.

### Activity Instructions

1. Refer to the following examples of foods and their prices to decide which foods you want to buy and how much of each you need:
  - 1 large jar of apple sauce (\$2.50)
  - 1 box of 10 granola bars (\$3.99)
  - Carton of 12 eggs (\$3.99)
  - Plantain chips (\$5.00)
  - Large bag of dumplings (\$5.50)
  - Tray of 6 muffins (\$6.99)
2. Your budget is \$20.00 for 5 days of snacks. Plan for two snacks per day.
3. Based on your budget, calculate the amount of money you would spend in one week, how much food you would have left over at the end of the week, and if you would have any savings left at the end of the week?

# Activity #1 My Lunch Box



**\$2.50**  
1 large jar of apple sauce



**\$3.99**  
Carton of 12 eggs



**\$5.00**  
Plantain Chips



**\$3.99**  
1 box of 10 granola bars



**\$5.50**  
Large bag of dumplings



**\$6.99**  
Tray of 6 muffins

## Tools and Resources

### Planner

Using the table, add your snacks from the list of examples and how much of each snack you need for five school days.

Snack	Quantity	Price
		\$
		\$
		\$
		\$
		\$
		\$

### Questions

Calculate the total amount you will spend:

How much food do you have left over at the end of the week?

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

## Activity #2

# Save, Spend, or Donate?

Imagine you win \$20.00 participating in a school contest. What will you choose to do with the money?

### What You Need to Know!

You can **save** money (money not spent or used) to use it in the future. You can **spend** money on things you need or want to purchase (buy). You can **donate** money by giving it to a cause you care about. You have a choice to use money in any or all of these ways.



### Activity Notes

- The choice to save, spend or donate the money is up to you. You get to decide what you would do with your winnings in your story.
- Consider using My "Save, spend, or donate" within the *Tools and Resources* section for this activity.

### Activity Instructions

1. Refer to *Thinking Questions* in the *Tools and Resources* section. Read and answer each question before you make a decision.
2. Decide what you would do with the money.
3. Create a story to explain what you would do with the money and why. The story can be written or done as a comic strip.

### Tools and Resources

#### Thinking Questions

1. Would you spend, save or donate all of the \$20.00? Or would you choose to spend, save or donate some of the \$20.00?
2. Why would you choose to spend all of the money or some of it?
3. Why would you choose to save all of the money or some of it?
4. Why would you choose to donate all of the money or some of it?

# Activity #2 Save, Spend, or Donate?

My "Save, Spend or Donate"

Written story:

Comic:


## Activity #3

# Party Planning on a Budget

**This weekend you get to throw a party. It's time to start planning!** Think about who to invite. Choose the healthiest foods you would like to eat within your budget.



## What You Need to Know!

A **budget** is a 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 not spent or used) to use in the future.

## Activity Notes

- The budget available in this activity is an example to teach you the financial literacy skills of how to spend within a budget.
- Your budget and the foods you enjoy may be different than others.
- Consider using the *Party Organizer* within the *Tools and Resources* section for this activity.



## Activity Instructions

1. Your budget is **\$75.00** to spend on food and drinks.
2. Choose how many guests to invite to your party!
3. Consider the foods and drinks that are already available in your kitchen, and think about which foods and drinks your guests would like from the following list:
  - 1 bag of popcorn (**\$4.50**)
  - 1 pizza - 12 slices (**\$12.99**)
  - 1 package of pita bread (5 loaves) (**\$1.99**) with hummus (**\$4.50**)
  - 1 L juice carton (**\$3.99**)
  - 1 L of soda (**\$1.50**)
  - Fruit platter (**\$8.95**)
  - 15 mini samosas (**\$7.99**)
  - 25 mini empanadas (**\$9.99**)
  - 30-piece sushi platter (**\$21.99**)
  - Vegetable platter (**\$7.95**)
4. Decide how much of each food or drink you need.
5. Calculate the amount of money you would need to spend. Remember to stay within budget!



## Tools and Resources

### Party Organizer

Number of guests I would invite:  My budget is:

Food I want to purchase:

How much the food will cost:

Drinks I want to purchase:

How much the drinks will cost:

Did I stay on budget?  Do I have any savings?

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 parent/caregiver/guardian to do this activity using real products and prices!

**A great party is all about mindful planning...**

## Good job! You're ready for a fun time.





## Activity #4

# What's the Best School Bag for You?

Imagine that you have saved money to buy a school bag. How do you decide which one you should purchase?

### What You Need to Know!

When you **comparison shop**, you check the prices and features of a **product** (an item made to sell) you want to buy, in different places. Then you compare and decide which place has the best option for you. **Consumers** (people who buy things) often try to find a good **deal** or a **discount** (when items are on sale), although this may be one criteria among others.



### Activity Notes

- The budget available in this activity is an example to teach you the financial literacy skills of how to plan and spend within a budget.
- You may prefer one school bag over others for multiple reasons.
- Consider using *Ranking of the School Bags* and *Reasons for your Purchase* within the *Tools and Resources* section for this activity.



### Activity Instructions

1. You have saved up \$60.00 to purchase a school bag for yourself!
2. Refer to *School Bags for Sale* in the *Tools and Resources* section to study their prices, discounts, and features.
3. Rank the school bags in order of which one you would most likely buy and explain your reasons for your purchasing decision.

## Tools and Resources

### School Bags for Sale

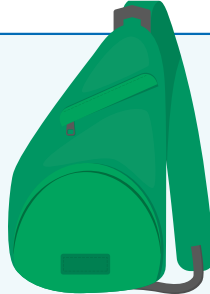


### School Bag A

#### Backpack

**On Sale - \$70.00 with \$10 off**

- Comfortable straps
- Water bottle pocket
- Different compartments
- Other



### School Bag B

#### Sling Bag

**\$29.95**

- Waterproof
- Lightweight
- Different compartments
- Other



### School Bag C

#### Duffle Bag

**On Sale - \$49.95 with 10% off**

- One large compartment
- Durable material
- Foldable and easy to store
- Other

## Cost of the School Bags

How much does each school bag cost? (A calculator may be a helpful tool to use)

• School Bag A - \$70.00 with \$10 off:

• School Bag B - \$29.95:

• School Bag C - \$49.95 with 10% off:

## Rank the School Bags

• 1<sup>st</sup>

• 2<sup>nd</sup>

• 3<sup>rd</sup>

## Reasons for your Purchase

For the following reasons, I purchased school bag:

## Activity #5

# 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 a gift, as well as **earnings** or **income** (money you get from work you do). You can decide whether to **save** money (money that is saved up; not spent or used), you may **spend** it on things you need or want to **purchase** (buy), or you may **donate** some money by giving it to a cause you care about. You have a choice to use money in any or all of these ways.

### Activity Notes

- The budget available in this activity is an example to teach you the financial literacy skills of how to plan and spend within a budget.
- The ways in which you earn and/or receive money that adds to your overall budget may be different than others.
- Consider using the *Budget Table* within the *Tools and Resources* section and a calculator for this activity.



### Activity Instructions

1. Read the following scenario:

Imagine that you have saved up to \$135.00 (e.g., gifts, chores). You really want running shoes that cost \$90.40 and a school bag that costs \$39.55. You would also like to buy your friend a game for their birthday that costs \$28.25. Your school's fundraiser is important to you, so you're thinking of making a \$10.00 donation.

2. Now it's time to create a budget and decide how to spend or save your money. Plan your budget wisely!
3. Answer the *Questions* within the *Tools and Resources* section.

# Activity #5 My Money Plan!

## Tools and Resources

### Budget Table

Things I will spend my money on	Cost
	\$
	\$
	\$
	\$
	\$
	\$
	<b>Total:</b>

### Questions

#### Review your budget and what you would like to spend money on:

Will you purchase the running shoes? When making your decision, what factors are you considering?

Will you purchase the school bag? When making your decision, what factors are you considering?

Will you buy the game for your friend's birthday? When making your decision, what factors are you considering?

Will you make a donation to your school's fundraiser? When making your decision, what factors are you considering?

Will you keep money for your savings? When making your decision, what factors are you considering?

## 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 your community! 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 can be both a hobby and a skill.

### Activity Notes

- The purpose of this activity is to consider how you would like to earn money while thinking about your interests, skills, and other personal factors.
- Having your own business plan allows you to create your own plan, in your own unique way. How you earn money is your personal choice and may differ from others.
- Consider using the *Planner* within the *Tools and Resources* section for this activity.

### Activity Instructions

1. Refer to the following table for examples of skills and activities people may be good at and how they can be used to create a new business.

Examples	Activities	Skills	Business Ideas based on Activities and Skills
Product	Painting Rocks	Researching, and writing	Researching inspirational quotes to paint on rocks and sell them
Service	Skateboarding	Teaching, and explaining	Teaching kids to skateboard

## Activity Instructions (Continued)

2. List activities you enjoy doing and skills you have learned.
3. Think about how you could use the activities you enjoy doing and skills you have, 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.
4. Write a plan for your business. Maybe you can become a young entrepreneur! Your business plan should include a sentence explaining why people would want to buy your product or service.

## Tools and Resources

### Planner

List activities you enjoy doing:

List your skills:

Your business idea:

What is your business idea?

What is your business name?

Describe who would purchase your product or service.

What are you selling (product or service)?

How are you going to make or provide it?

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



## Activity #7

# A Need or a Want?

**Think about things you need and things you want.** Consider if your needs and wants are things that have short-term or long-term use.

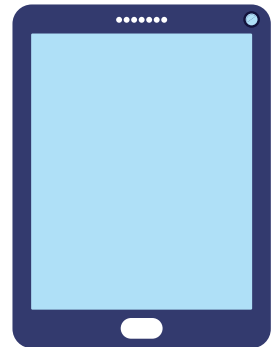
### What You Need to Know!

There is a difference between things you **need** (something you must have to survive in your daily life) and things you **want** (something you would like to have but are able to live without). 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). One way you may keep your savings is in a bank account.

### Activity Notes

- The decision between an individual's short-term and long-term needs and wants is based on personal factors.
- Consider using the *Wants* and *Needs* tables and the *Questions* within the *Tools and Resources* section for this activity.



### Activity Instructions

1. Imagine that you have an income to spend or save.
2. Create a list of short-term and long-term wants and needs.
3. Think about and describe the factors you considered when creating your needs and wants list.
4. Think about and describe the factors that influence if your wants and needs are short-term or long-term.
5. Describe what you learned from this experience.

# Activity #7 A Need or a Want?

## Tools and Resources

### Wants

Short-term

Long-term

### Needs

Short-term

Long-term

### Questions

Describe the factors you considered when deciding what would be included in your list of wants.

From your list of wants, what did you consider when deciding your short-term versus long-term wants?

Describe the factors you considered when deciding what would be included in your list of needs.

From your list of needs, what did you consider when deciding your short-term versus long-term needs?

Describe what you have learned from this activity.



## Activity #8

# Choose Your Method of Payment

**What factors do you need to consider when deciding what method of payment to choose when spending money?** There are many different ways to pay for the things people need or want such as cash, credit cards, debit cards, gift cards, and e-transfers.

### What You Need to Know!

**Cash** is a method of payment that includes coins (e.g., nickels, dimes, quarters, loonies) and bills (e.g., 5-dollar bill, 10-dollar bill, 20-dollar bill) that allows you to pay for things in person.

A **credit card** is a method of payment that allows you to borrow money to make a purchase in person or online. You are required to repay the money spent. If you don't have the money to pay it back in due time, you will be charged interest (extra money).

A **debit card** is a method of payment that allows you to pay for things, in person or online, by withdrawing (taking money) directly from your bank account or withdrawing cash directly from your bank account. Sometimes there is a minimum amount you must spend to use your debit card.

A **gift card** is a prepaid physical or electronic card that allows you to pay for things in person or online.

An **e-transfer** is a banking service that allows you to send and receive money directly between bank accounts using an email or mobile number.

### Activity Notes

There is usually more than one method of payment available when making a purchase. You may prefer certain methods of payments for different reasons, as we all have different factors to consider when making these decisions. For example, a credit card can offer you reward programs.

### Activity Instructions

1. Read the following scenarios:
  - **Scenario 1:** Amiron's favourite video game has a new upgrade, and it is on sale for only \$19.99 a year. They get permission from an adult in their home to buy the upgrade.
  - **Scenario 2:** Maron's school is having a book fair and they have the book that they have been waiting to purchase.
  - **Scenario 3:** Sasha has no milk left in their fridge. They know that their family will need milk for tomorrow's breakfast. Sasha decides to go to the store to buy the milk.
2. Answer the *Scenario Questions* found within the *Tools and Resources* section.
3. Review the *Scenario Answers* also included within the *Tools and Resources* section.

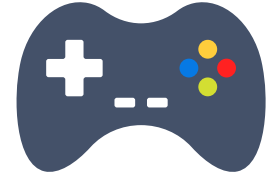
## Tools and Resources

### Scenario Questions

#### Scenario 1 Questions:

1. Which method of payment would you choose if you were Amiron?

- I would use a **credit card** in order to purchase this upgrade.
- I would use a **gift card** to purchase the upgrade.
- I would use **cash** to buy the upgrade.

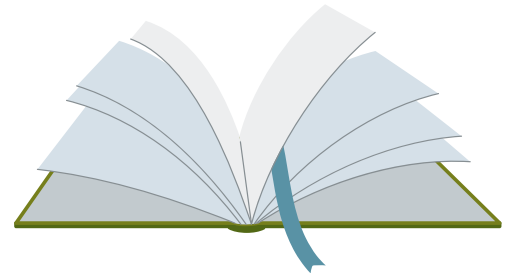


2. What are the factors that you took into consideration when making this decision?

#### Scenario 2 Questions:

1. Which method of payment would you choose if you were Maron?

- I would use a **credit card** to buy the book.
- I would use a **gift card** to buy the book.
- I would use **cash** to buy the book.



2. What are the factors that you took into consideration when making this decision?



### Scenario 3 Questions:

1. Which method of payment would you choose if you were Sasha?

- I would use an **e-transfer** to buy the milk.
- I would use a **debit card** to buy the milk.
- I would use **cash** to buy the milk.


2. What are the factors that you took into consideration when making this decision?

### Scenario Answers

#### Scenario 1- Question 1 Answers:

- If you chose to use a **credit card**, did you read all the fine print before inputting the credit card information? You may have signed up to make regular automatic payments which are taken off the card.
- If you chose to use a **gift card**, you don't have to worry because you can't sign up to make regular automatic payments to the store/company with a gift card.
- If you chose to use **cash**, you will not be able to make the purchase since you can't use cash to buy things on the internet.

#### Scenario 2 - Question 1 Answers:

- If you chose to use a **credit card**, you will not be able to purchase the book because you do not have a credit card.
- If you chose to use a **gift card**, you will not be able to buy the book because the school book fair does not have gift cards. You can only use gift cards at participating stores.
- If you chose to use **cash**, you will be able to purchase the book because you have the money with you.

#### Scenario 3 - Question 1 Answers:

- If you chose to use an **e-transfer**, you will not be able to buy the milk because e-transfers are only to send and receive money between personal bank accounts.
- If you chose to use a **debit card**, you may be able to buy the milk. Some stores have a minimum purchase amount for using debit cards while others don't.
- If you chose to use **cash**, you will be able to buy the milk. Make sure to double check that you received the correct amount of change for your purchase.



## Activity #9

# Take it or Leave it?

**Imagine you are shopping for things you need and want** within your given budget. The stores you shop at may use many different strategies to convince you to purchase more items at their store. In this activity, we are learning how to figure out the unit rate in order to determine whether it would be a good deal to purchase a bundle of items.

### What You Need to Know!

A **unit rate** is the price of a single unit or item. When you purchase something that is sold with multiple items or amounts, the unit price is the cost of 1 item in the bundle. For example, a package of toothbrushes has 3 brushes for \$3.00 so the price of one toothbrush is \$1.00.



### How to calculate the unit rate:

To find the unit rate of one item, divide the total cost of the product by the number of items. A calculator is a helpful tool to use to find the unit rate.

**Example:** Image of a bag of 12 apples with a price tag that says \$6.00 per bag.

$$\$6.00 \div 12 \text{ apples} = \$0.50 \text{ per apple}$$

Therefore, the unit rate of each apple is \$0.50.

### Activity Notes

The decision to buy a package/bundle versus a single item is up to you, based on personal factors. Finding the unit price of items helps you understand the price but does not consider all your personal factors.

### Activity Instructions

1. Read each scenario found within the *Tools and Resources* section.
2. Calculate the unit price, decide whether you would purchase the bundle or just buy the single item, and explain why.
3. Answer the *Question* within the *Tools and Resources* section.

## Tools and Resources

### Scenario Questions

#### Scenario 1:

You're shopping for a new ruler to help you do your math homework, create artwork and measure things around your home. The store sells a bundle of 5 rulers for \$2.50. You can choose the bundle of 5 rulers or buy 1 ruler for \$1.00.

1. What is the unit price of the bundle?
2. Will you buy the bundle of 5 or the 1 ruler?
3. Describe the factors you considered to make this choice.

#### Scenario 2:

Your school is having a bake sale as a fundraiser. The cost of each cookie is \$0.75 if you buy them individually. If you buy 3 cookies, the price is \$2.00 for the bundle. Do you choose to buy the bundle or buy 1 cookie?

1. What is the unit price of the bundle?
2. Will you buy 1 cookie or the bundle of 3 cookies?
3. Describe the factors you considered to make this choice.



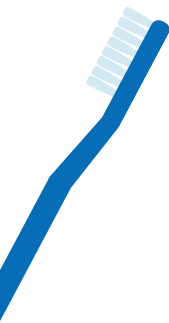
**Scenario 3:**

You have run out of toothpaste, and you go to the store to buy a new tube of toothpaste. You can buy a package of 5 tubes of toothpaste for \$7.50 or you can buy 1 tube for \$3.49.

1. What is the unit price of the bundle?
2. Will you buy the package of 5 tubes or only 1 tube of toothpaste?
3. Describe the factors you considered to make this choice.

**Question**

How will knowing the unit price help you make informed decisions when shopping?





*Healthy Schools  
Healthy Communities*

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