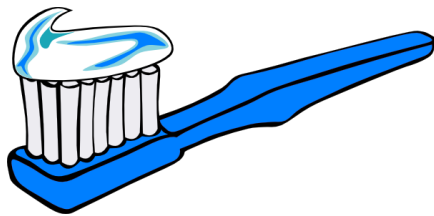


## ACTIVITY:

Morning Routine

### **Conversation Starter!**

*Conversation Starter!* Consider the time it takes to get ready in the morning and what is used, e.g. soap, water, toothpaste etc. Talk to your child about which of these things they think cost money. Could they make different decisions when they're getting ready? Would this affect the amount of money the family spend?



- Cleaning their teeth – do they leave the tap running while they brush? Are they using the right amount of toothpaste?
- Getting to school – do you take the car, the bus or walk? Which options is cheapest?

### **Activity!**

What do you have for breakfast? Is this because of cost, health or preference? Using one of these options, ask your child to design a menu for a weekend family breakfast. They can use the internet, with your supervision, to research the prices for different items, or alternatively visit their local shop to find them out. If they can get good value for money when buying the ingredients and are able to save some money, you could look at collecting these savings to go into a 'treat pot'. This could be a regular family challenge every month – who can find the best value ingredients?