

# Money Decisions

## Key idea: Making decisions

### Getting started:

1. Greet the group and ask the members to introduce themselves.
2. Explain to the group that today's session will start with an exercise about making decisions about spending. Tell the group the purpose of the exercise is to help them think about how we all need to make choices when we are faced with many ways to spend our money.

### Activity:

Read the following situations and ask for a show of hands from the group if this has ever happened to them:

- My children ask for something I cannot afford.
- I cannot decide between two choices when shopping.
- Friends ask me to do something I cannot afford.
- I have had a family disagreement about how much to spend on something.
- I've had to take some items out of my cart when money gets tight at the checkout.

After the group has shown how often these situations have happened to them, point out that everyone has times when they have to make a decision about where to spend their money.

Discuss the following questions:

- What kinds of things did you think about when you had to decide where to spend your money?
- How do you deal with pressure to spend from other people?
- What advice would you give someone who has to choose between two options when they really want both?

As the facilitator, point out the positive decision-making skills that participants share. For example, individuals might share that they base their spending decisions on their priorities, so you can compliment the person on knowing what is important to them. You can also acknowledge an individual's patience dealing with a whining child or their ideas for sticking to a budget.

Review the definition of making decisions in the Key ideas table. Explain to the group that making financial decisions includes asking questions and exploring options. Weighing and comparing options as a family can help everyone understand that we sometimes have more wants than money.

### SUGGESTED FOR USE WITH THE FOLLOWING BOOKS:



**Just Shopping with Mom**



**My Rows and Piles of Coins**