

# 36. The Day-to-Day Life of Money in Your Family

**OBJECTIVE:** Participants will create a family budget, assess their spending habits, and use the budget to identify areas for improvement in their spending activity.

**TIME:** 20 minutes in class

**MATERIALS:**

Handouts and a calendar to schedule the follow-up class or appointments.

**NOTE TO TRAINER:**

This is an activity to introduce in class and ask families to work on at home. After four weeks, reconvene the class or make appointments to meet with families on an individual basis. Review the family budgets and offer help to improve them.

This activity follows through the same steps of the Morales Family Case Study found in the previous activity. It is suggested that the Morales case study is done in class and that participants go home and do their own family budget with this activity. Emphasize for participants that there are worksheets to assist in accomplishing each step. Also note areas where you may want to reinforce certain skills for participants (e.g., converting weekly income to a monthly number).

**TALKING POINTS:**

Discuss with class participants why this is an important exercise. Get buy-in before they take the exercise home.

**ACTIVITY:**

Review with the class the five steps of developing a budget, and review the instructions throughout the family budget exercise.