

# 37.

## Savings Basket

**OBJECTIVE:** Help participants think creatively about how they can reduce spending around the house.

**TIME:** 12 minutes

**MATERIALS:**

A big basket (or a big bag) full of common household items. Either the leader can bring in the items, or participants could be asked ahead of time to each bring in two items from their home. Examples of items can include a toothbrush, fork, radio, jacket, tennis racket, video, chair, etc.

**NOTE TO TRAINER:**

This is an easy activity that is fun in the classroom and can be repeated easily at home with the family.

**ACTIVITY:**

Ask the class to sit around in a circle. Place the basket or pile of items in the middle of the circle. Have someone select an item and tell the others a way to save inspired by this item. Have the next person choose another item. Go around the room selecting different items and coming up with ways to save. Encourage people to be creative and give any idea for savings that comes to mind when looking at the object. It is surprising how inspiring a toothbrush can be!

Encourage participants to re-enact this at home. Each family member can be given five minutes to run around the house and come to the kitchen table (or living room coffee table) with three household items each.