

Financial Fitness

Introductory Session Outline

Student leaders or the adviser might use the following plan to introduce Financial Fitness. Be sure to adapt it to the audience's ability and interest levels. Use project examples and resources that will be interesting and useful to participants.

TIMING	ACTIVITY	METHODS	RESOURCES
	Set Up	Reproduce the Financial Word Puzzles Handout, Financial Fitness Checkup Handout and Financial Fitness Checkup Answers, one per participant. Create a transparency or poster that says "Youth as— • earners; • spenders; • tomorrow's adults." Prepare materials for overview portion of session.	overhead projector (if using transparencies)
10 min.	Introduction	Welcome participants and introduce yourself. Conduct the Financial Word Puzzles Learning Activity.	Financial Word Puzzles Handout
20 min.	Thought Provoker	Explain that the financial word puzzles point out what a central role money has in our lives. Money is a popular subject with most young people, but do they really know all they should about it? For success today and in the future, youth need to build their financial literacy—know-how about money matters. Share some statistics from Just the Facts—Financial Fitness. Explain that financial know-how is important because young people fill many roles as— • earners • spenders • tomorrow's adults Conduct the Financial Fitness Checkup Learning Activity.	"Youth as..." transparency or poster Handout: Financial Fitness Checkup
10 min.	Financial Fitness Overview	Explain how Financial Fitness involves youth teaching youth to make, save, and spend money wisely. Use handouts, posters, or transparencies to explain— <ul style="list-style-type: none"> ■ Financial Fitness Goals and Units ■ FCCLA Planning Process Overview ■ Getting Started with Financial Fitness 	handouts, posters, or transparencies
5 min.	Conclusion	Ask participants to tear a sheet of paper into three strips and write their top three money-related interests/concerns on them. Pass around a piggy bank and have students "deposit" their concerns. Invite interested students to form a Financial Fitness team to explore these and other concerns. Announce a meeting date and time. Challenge participants to invest in their money-related concerns and become financially fit with you.	piggy bank