

HOME LEARNING GUIDE

Category Three: Ages 11-19

This Home Learning Guide will:

- help you support your young person's **learning** during the Challenge **and**,
- help you support your young person to develop a creative and thoughtful **Challenge entry**

HOW TO SUPPORT YOUR CHILD'S LEARNING DURING THE CHALLENGE?

The Challenge offers a fantastic opportunity for a fun and valuable home learning experience. There's plenty of opportunities for you to support and enrich your young person's learning as they discover how to make healthy choices for their physical, mental and financial health and wellbeing.

We've developed a set of **teaching materials** for young people aged 11-19.

These are designed to:

- Help young people explore the impact money choices can have on their health and wellbeing**
- Inspire young people to produce creative and thoughtful challenge entries that help others take care of both their finances and their health and wellbeing**

There are three activities in total. Each activity explores ways that we can make healthy choices for our physical, mental and financial health and culminates with a challenge entry suggestion. Young people can choose from these three challenge options or choose to approach the challenge completely differently.

Although these teaching materials were designed with teachers in mind, you can use them as a guide to which topics to explore with your young person.

DISCUSSION

Throughout the teaching materials, young people are encouraged to take part in discussions – look out for the following phrases, 'as a class', 'in pairs', 'in groups'. The aim of these discussions is to encourage young people to talk through their ideas and share their experiences. Teachers can then help with any misunderstandings.

We learn best when we discuss our thoughts and share our ideas. Here's some tips to help start discussions about your young person's learning during the Challenge:

- **Encourage them to ask questions**, don't worry if you don't know the answer, you can do the research together.
- **Talk through ideas with them** – they will feel more confident to express and work through their ideas if you encourage them to share their thoughts
- **Make a plan to learn something together** – you could even invite the whole family to join in discussions and share their ideas and experiences too.

PRACTICAL ACTIVITIES

Let your young person take the lead on which areas of money management and health and wellbeing they wish to explore. They can carry out independent research to find out more about particular areas that interest them. You could also work together to find practical ways to bring their learning to life.

- **Why not find a variety of adverts** and then talk about the different techniques that companies use to try and influence our financial choices? You could even create your own adverts together and test them out on other members of the family!

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- **Why not work out what advertising target groups you might be included in?** You could do this for different members of the family. For young people over the age of 14, you could look at the different targeted adverts you receive on social media and online, why might you receive these? Can you research the products together, check reviews on other websites and make comparisons?
- **Why not create a household budget together?** You could create a quiz around the cost of bills each month – how much do they think water might cost, or broadband? You could even show them practical things like how to take an electricity or meter gas reading.
- **Use the Category Three quiz** to start a conversation with the whole family about money and health and wellbeing – you could work together to design your own, researching facts online.

THE CHALLENGE

This year, we've challenged young people to...

create something that helps people make healthy choices for their physical, mental and financial health and wellbeing.

They can choose from one of the three 'Challenge Entry Suggestions' included at the bottom of the activities, *Advertising*, *Social Media* or *Living Independently*. They can also choose to approach the challenge in a different way, but they must ensure their item helps look after BOTH their finances and their health and wellbeing. Further information about entry requirements can be found in the *Category Three Challenge Guidelines*.

HOW TO SUPPORT YOUR CHILD TO CREATE THEIR CHALLENGE ENTRY?

Encourage your young person to follow these three steps:

STEP ONE: PLAN THEIR ENTRY

Encourage them to talk through their ideas.

- What have they learnt from the Challenge? What would they like to help other people learn or do?
- Why is it important to take care of our finances?
- Why is it important to take care of our health and wellbeing? What can we do to help us take care of both at the same time?

STEP TWO: DO A DRAFT

Create a draft copy of their entry - this could be a rough design that allows them to test out some of their ideas. They could share their ideas and rough draft with other family members or friends to find out if they think their creation helps people make healthy choices for their bodies, minds and finances.

STEP THREE: CREATE THEIR ENTRY

Remember the entry should be:

- easy for other people to understand and to use
- stand out and be memorable

REMEMBER THE CHALLENGE SUMMARY SHEET

All entries must include a completed *Challenge Summary Sheet* which can be found in the Category Three Challenge Pack. If your young person struggles with writing, then they can dictate their answer to you instead. They will not be penalised for not physically writing the answer themselves, as long as the ideas are their own.

All entries must be submitted by no later than 31st March 2021. All entries must be submitted electronically by either a parent/carer, practitioner or teacher. For guidance on how to submit your child's challenge entry, see the *Category Three Challenge Guidelines*.