

HOME LEARNING GUIDE

Category Two: Ages 7-11

This Home Learning Guide will:

- help you support your child's **learning** during the Challenge **and**,
- help you support your child 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 child'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 children aged 7-11.

These are designed to:

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

There are two activities – one for ages 7-9 and one for ages 9-11. Each activity explores ways that we can make healthy choices for our money, body and mind, and then culminates with a challenge entry suggestion. Children can choose from these two 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 child.

DISCUSSION

Throughout the teaching materials, children 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 children to talk through their ideas and share their experiences. Teachers can then help with any misunderstandings.

Children learn best when they can discuss their thoughts and share ideas. In the absence of a classroom, as a parent/carer, you can help facilitate these discussions. Take the place of the 'class', the 'pair' or the 'group' and talk through the ideas with your child. Here's some tips to help start discussions about your child'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

Use the teaching materials as a guide to help you identify the relevant areas to explore and then see if you can find practical ways to bring these to life for your child. Here's a few ideas to try:

- **Have a taste test competition.** Choose a food item, this works well with biscuits or cereals or even baked beans. Choose a few of the same items from different brands, try and include a supermarket own brand in the mix.

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Ask the family to do a blind taste test, so taste each of the items without looking at the brand. Which is their favourite item? Which do they think is the cheapest and which one do they think is the most expensive? Reveal the results, are they surprised? Do we always need to pick the most expensive option? What should we focus on when buying food for the family to make sure we are healthy and happy?

- **Make a wellbeing chart** for each member of the family – what makes them happy (try to do more of it) and what makes them sad (try to do less of it)? This could be things like laughing or shouting. If there are things that cost money maybe you could create a savings plan to be able to afford to do those things more often as a family.
- **Use the Category Two quiz** to start a conversation with the whole family about money choices and health and wellbeing– you could even work together to design your own, researching facts online.

THE CHALLENGE

This year, we've challenged children to...

create something that helps people take care of their money and their health and wellbeing.

They can choose from one of two 'Challenge Entry Suggestions' included at the bottom of the activities, *Making Healthy Choices* or *Starting Secondary School*. They can also choose to approach the challenge in a different way, but they must ensure that their item helps people BOTH look after their money AND their health and wellbeing. Further information about entry requirements can be found in the *Category Two Challenge Guidelines*.

HOW TO SUPPORT YOUR CHILD TO CREATE THEIR CHALLENGE ENTRY?

Encourage your child 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 money?
- Why is it important to take care of our bodies and minds?
- Is there something we can 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 both look after their money and their health.

STEP THREE: CREATE THEIR ENTRY

Remember the entry should be:

- easy for other people to understand and to use
- colourful and memorable

REMEMBER THE CHALLENGE SUMMARY SHEET

All entries must include a completed *Challenge Summary Sheet* which can be found in the Category Two Challenge Pack. If your child 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 Two Challenge Guidelines.