

### Learning objectives

1. Recognise ways that money can affect mental health and wellbeing
2. Describe different ways people can get into financial trouble
3. Compare organisations that can be used to seek out for different money difficulties

### Resources needed for the lesson [worksheets, print-outs etc]

- Tablets or computers preferable

Activity	Description	Timing
<b>LO 1 Recognise ways that money can affect mental health and wellbeing</b>		
<b>Starter</b>	Students to list feelings and emotions associated with money. Stretch: Who might experience these emotions and under what circumstances?	<b>5 mins</b>
<b>How does money make people feel? - class reader</b>	Reasons to feel positive about money Class discussion - reasons to feel anxious about money Why do you think people might get anxious about their finances? What kinds of situations might they be in? What can people do to stop feeling anxious?	<b>10 mins</b>
<b>LO 2 Describe different ways people can get into financial trouble</b>		
<b>How do people get into financial trouble - matching exercise</b>	Students to match descriptions to ways people get into financial trouble. Interleaved knowledge recall across the curriculum.	<b>5 mins</b>
<b>Class discussion</b>	Students place the reasons for financial troubles in order of how likely a young person is to be affected.	<b>10mins</b>
<b>LO 3 Compare organisations that can be used to seek out for different money difficulties</b>		
<b>Getting help with money troubles - class reader</b>	Identify different ways to access help	<b>5 mins</b>
<b>Getting help with money troubles - research task</b>	Students to research help offered by listed organisations. <ul style="list-style-type: none"> <li>• Citizens Advice</li> <li>• Step Change</li> <li>• Cifas</li> <li>• Gamcare</li> <li>• Y Gam</li> <li>• Young Minds</li> </ul>	<b>10 mins</b>