



# Manage Your Financial Hygiene | Lesson Plan

How can I maintain my finances and keep them healthy?

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Students will understand the importance of establishing and maintaining healthy financial habits, recognize the necessity for regular financial maintenance, and identify strategies to avoid negative financial consequences through effective personal organization and financial awareness.

## Learning Objectives:

- Explain the purpose of a budget.
- Define key terms associated with financial hygiene, including budget, identity theft, fraud, and positive/negative cash flow.
- Distinguish between positive and negative cash flow situations and the causes for each.
- Determine actions to take to avoid identity theft or fraud.
- Discover actions to maintain the health of their finances now and in the future.

## Key Vocabulary:

- **Budget:** A plan for your monthly income.
- **Positive Cash Flow:** Earning more money than you spend
- **Negative Cash Flow:** Spending more money than you earn
- **Identity Theft:** Stealing someone's personal information
- **Fraud:** The illegal use of someone's information to commit crimes

**Educational Standards:** CCRA.R.2, CCRA.R.4, CCRA.R.7, CCRA.L.6, CCRA.W.2, CCRA.W.6, CCRA.SL.1, CCRA.SL.3, CCRA.SL.4, CCSS.MP2, CCSS.MP4, CCSS.MP5, CCSS.MP.6

**Academic Subject Areas:** Financial Literacy, Life Skills, Money

## What You'll Need

- Video: Ca\$h Cour\$e: Financial Hygiene (Watch [Here](#))
- Worksheet: Ca\$h Cour\$e: Financial Hygiene (Click [Here](#))
- Classroom whiteboard and dry-erase markers (Or a technology resource if available).

## Lesson Plan (45 mins.)

Warm-Up: (10 mins.)

1. Share surprising statistics about how Americans waste billions on unused gym memberships, overdraft fees, and identity theft.
2. Invite students to share what they do as part of their morning routine, such as brushing their teeth, washing their face, eating breakfast, and getting dressed.



3. Ask students to think about and discuss the ramifications of skipping an essential morning task like brushing their teeth. Mention potential outcomes like cavities and tooth extractions.
4. Conclude by explaining that just like daily personal hygiene routines are essential for our health, maintaining *financial hygiene* is crucial for our economic well-being. Mention that today's lesson will cover important financial terms like *budget*, *positive cash flow*, and *negative cash flow*.

Watch and Apply: (25 mins.)

1. Watch the video, *Ca\$h Cour\$e: Managing Your Financial Hygiene*.
2. Distribute the "Ca\$h Cour\$e: Managing Your Financial Hygiene Worksheet." Allow students 10 minutes to complete the worksheet independently.
3. After the worksheet activity, go through the questions as a class. Open the floor for questions and areas where students need further clarification.

Wrap-Up: (10 mins.)

1. Invite students to share any new insights they've gained about financial hygiene. Encourage them to elaborate on how these insights could help prevent negative financial outcomes.
2. Prompt students to consider what habits they will cultivate for ongoing financial health. Record these habits on the board as students share them.
3. Ask students what they can do to practice personal financial hygiene. List these on the board and have students discuss the consequences of neglecting or maintaining each action.

**Don't have time for the full lesson? Quick Activity (10-15 mins.)**

Distribute the worksheet and allow students to complete it while they follow along with the video. Or, have students watch the video at home and use the worksheet as a quick quiz the next day in class.