



Classroom Visit Teacher Toolkit

MINDING YOUR MONEY: SKILLS FOR LIFE™



Classroom Visit Run of Show

What You Can Expect

- **Description:** An engaging, interactive event that encourages students to think mindfully about the overlap between personal finances and mental wellness.
- **Format:** ~45 minute In-Person or Virtual Classroom Visit
- **Personality:** informative, encouraging, engaging, inspiring
- **Components:** Discussion & Trivia

Preparing for the Visit

When planning a classroom visit, work with Guardian volunteers to determine the best format (in-person or virtual) and the type of technology that you'll be using. If needed, the Guardian volunteer will set a meeting to perform a technology test. You'll also want to have students complete all four course modules so that they're prepared for the trivia game and discussion questions.

Run of Show	Time
Opening <ul style="list-style-type: none"> • Teacher welcomes students and Guardian volunteers • Teacher sets the scene on why Guardian is in attendance today and what the students will be discussing/learning about. • Students to then be broken into groups according to how many Guardian volunteers are present. Goal is to have ~5 students per volunteer. • Teacher to introduce instructions to set expectations for volunteers and students Introductions <ul style="list-style-type: none"> • Guardian volunteers introduce themselves to the students • Guardian volunteers introduce the activity 	10 mins
Discussion and Trivia Activity (Volunteer Moderated) Students will be broken into smaller groups to help with more intimate discussion. Ideally, 5 students with one volunteer (pending classroom size and number of volunteers)	30 mins
Concluding Remarks/Farewell Teacher to ask students to share any of their key learnings from the breakout group and/or what the Guardian volunteers taught them.	5 mins

Event Discussion Questions

Discussion and trivia questions are based on the concepts from the digital course learnings. The volunteers are encouraged to lend advice and expand upon student answers to guide the conversation amongst the group.

Volunteers will ask students questions from the list below.

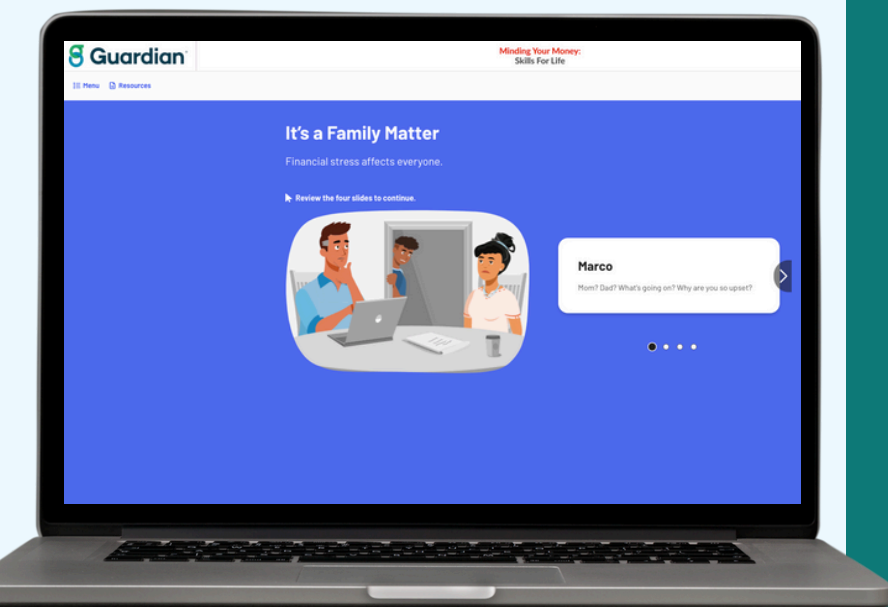
1. **True/False: Net worth is the total value of a person's asset (cash, savings, and property) minus their debts.** *True*
2. **How many life stages for financial planning are there?** *5*
3. **Can you name them?** *Early career, mid-career, pre-retirement, early retirement, late retirement*
4. **You all might be young to think about retirement now, but it is important to start thinking about long term goals and retirement. What are some ways you can do this?**
(open-ended questions, no right/wrong answer)
5. **Do any of you have any current financial goals?** *(saving to buy a car, saving for college, etc.)*
6. **What are the five financial values?** *Security, Freedom, Adventure, Self-care, Community*
7. **Which of the five values do you all prioritize and why?** *(No wrong answer)*
8. **How can stress impact financial decisions?** *(open-ended questions, no right/wrong answer)*
9. **What are some ways you all navigate stress?** *(open-ended questions, no right/wrong answer)*
10. **How can friends and family influence financial attitudes and behaviors?** *(open-ended question) Everyone has differing values, attitudes, and behaviors about money. This can be influenced by family, friends, what they see in the community, and the media they consume.*
11. **How can you navigate this when your financial behaviors don't align?** *(not giving into pressure, being comfortable saying no, identifying struggle in others due to warning signs, etc.)*
12. **What are some steps you all can take now as students to help you be set up for success financial in the future?**

Guardian Minding Your Money: Skills for Life™ Program

About Guardian

Guardian is dedicated to supporting the financial well-being of students by providing them with tools that empower them to plan bright futures.

Minding Your Money: Skills for Life™ is a first-of-its-kind financial wellness curriculum that addresses the intersections of personal finances, relationships, and mental health, while also helping young people learn lasting financial habits before they enter adulthood.



Digital Lessons

- Grade Level: 9-12
- Total Lessons: 5 (~15 minutes each)
- Topics include:
 - The Financial Stages of Life
 - Understanding Your Financial Values
 - Money and Mental Wellness
 - Money and Relationships
 - Initiating Financial Conversations