

# Instructions for Workshop Leader

Use these slides (in order) with the sections of your session outline.

Welcome and Overview (Slides 2-4)

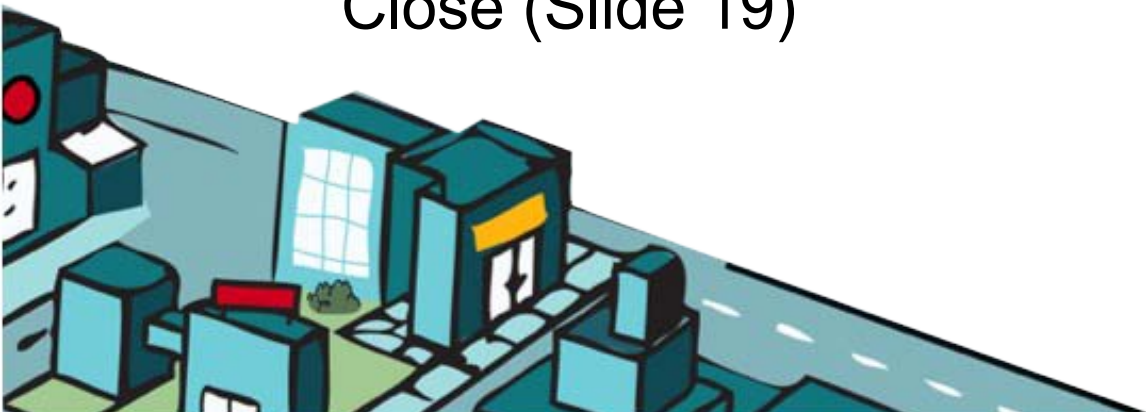
Activity (Slides 5-8)

Present (Slides 9-11)

Discuss (Slide 12)

Review and Evaluate (Slides 13-18)

Close (Slide 19)





## Budget Well

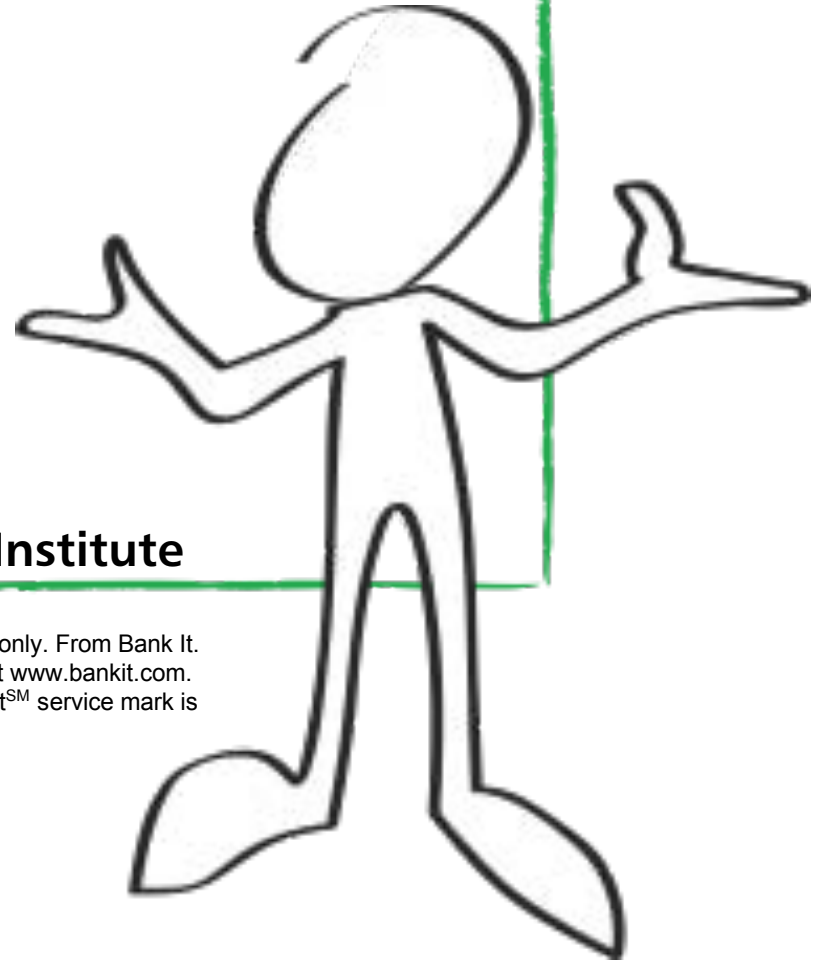
# Welcome to Bank It

## Developing a Budget for Parents

1-BU-PT

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# Welcome and Overview

## What is Bank It?

Bank It delivers real-world topics and tools to help you:

- Understand,
- Talk about, and
- Manage your money.

From Capital One and Search Institute



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# Welcome and Overview

Three goals for today:

1. Identify what a budget is.
2. List at least two expenses included in a budget.
3. Analyze a sample budget.



# Activity

A budget is a way to track your money to ensure that the amount you spend doesn't exceed the amount you earn.



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# Activity

## Why do budgets matter?

- Because a budget helps us understand the choices we make with our money.
- A budget is an important step and tool toward financial fitness.



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# Activity

Yes or No



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# Activity

Budget sample:

1. Income (money that comes in)
2. Expenses (money that goes out)



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# Present

How would you create your own budget?



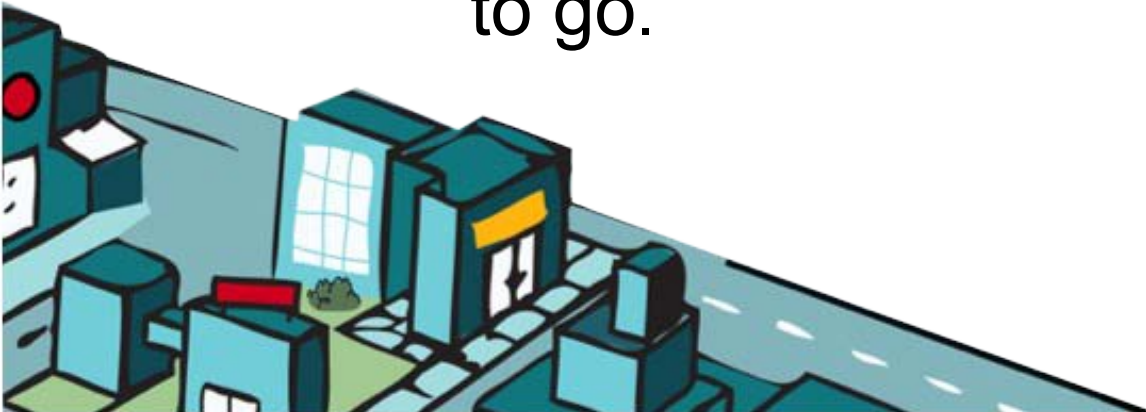
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# Present

## Key points:

1. A budget is a record. It helps you know how you've used money in the past.
2. A budget is a vision for the future. It helps you get to where you want to go.



# Present

How do you create a budget system?



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# Discuss

Turn to talk to someone near you.

1. Say your first name.
2. What kind of budget tracking and filing system do you have? (If you don't have one, how do you plan to start?)



# Review and Evaluate

What is a budget?

A budget is a way to track your money to make sure the amount you spend isn't more than the amount you earn.



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# Review and Evaluate

## Why does a budget matter?

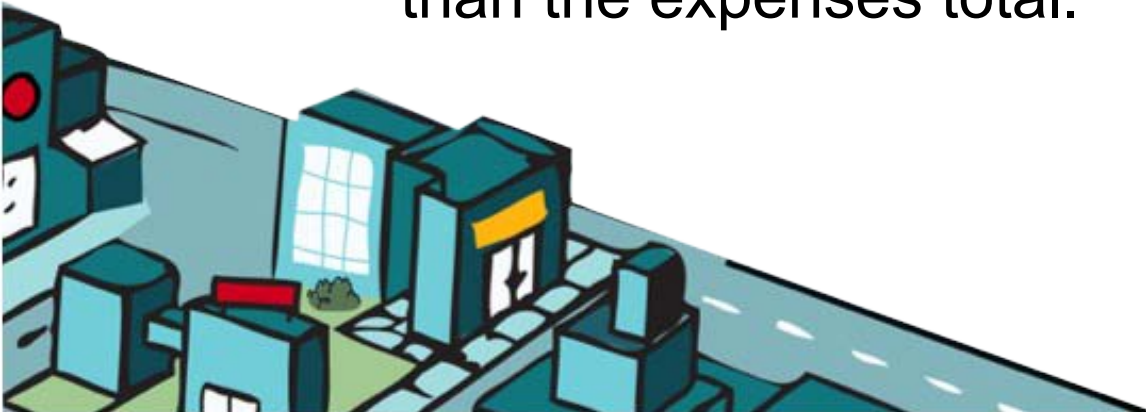
- A budget helps us understand the choices we make with our money.
- It is an important step and tool toward financial fitness.



# Review and Evaluate

What do you need to know in order to analyze a sample budget?

1. Know what your (or your family's) income is.
2. Know what your expenses are.
3. Know the totals for both income and expenses.
4. Know that either the two totals need to be the same or the income total needs to be higher than the expenses total.





# Review and Evaluate

What are some examples of expenses included in a budget?

- Rent or mortgage
- Groceries
- Clothing
- Electricity
- Savings



# Review and Evaluate

How do you develop a budget system?

1. Keep your receipts.
2. Keep your bills.
3. Create major spending categories.
4. Set a regular time to work on your budget.
5. Store information in file folders, envelopes, or boxes.
6. Consider using a budget ledger or a computer software budget tracker.



# Review and Evaluate

What are some ways to create a tracking and filing system?

- File folders
- Envelopes
- Boxes



# Close

See how a budget can help you.



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