

# Understanding the Means

Kids learn the benefits of budgeting with UNDERSTANDING THE MEANS, a role-playing game that helps children compare income and expenses.

UNDERSTANDING THE MEANS helps middle school and high school students learn the benefits of budgeting their allowance by comparing income with expenses.

## Items Needed:

- A couple sheets of paper and a pen or pencil.

## How To Play:

- Have your child make a two-column list of expenses and income.
- Under expenses, he or she should list what they expect to spend on movies, snacks, music downloads.
- Have the child add all of the expenses and subtract the total from their income (allowance, spending money, etc.).
- If spending is more than income, ask your child to think of ways to reduce spending.
- Once the budget is balanced, help your child develop a savings plan that includes both short-term and long-term savings goals.

## Variation:

- Ask your child to use percentages when creating their budget. For example, 40% of earnings must go to savings, and 15% for food, etc.