

How does money make you feel?

Money can make us feel all sorts of different things depending on the situation we find ourselves in. Use this activity sheet to explore your feelings and emotions when it comes to money.



Happy



Safe



Excited



Calm



Confused



Cool



Curious



Embarrassed



Don't know

It can be tricky to find the words to describe exactly how you're feeling. When that happens, using pictures or emojis can help you explain your emotions. Imagine the following situations and use the emojis to express how you might feel.

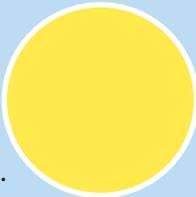
1. At the shops

You're at the supermarket with your parents when you spot your favourite snack, so you pick it up and ask if you can have it. They say no – you can't afford expensive treats at the moment and there are other snacks at home.

How does this make you feel?



Draw the emoji that matches your feelings.



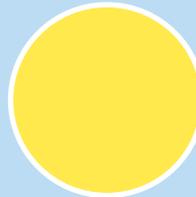
2. With your friends

You go for a sleepover at a friend's house and notice all their cool stuff – it looks like they have more toys than you. Plus, you have takeaway pizza for dinner (your parents say it's cheaper to make your own).

How does this make you feel?



Draw the emoji that matches your feelings.



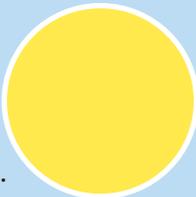
3. Out for a picnic

Saturday looks like it's going to be sunny, so your family plan a day out! You decide to make a picnic - you get to choose the sandwich fillings - before heading to the park to play your favourite games.

How does this make you feel?



Draw the emoji that matches your feelings.



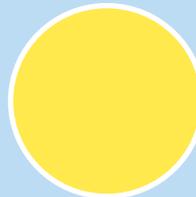
4. In your home

You're in your bedroom and you overhear your parents talking about money, the cost of living crisis and the things that might change if something called a recession happens. They sound worried.

How does this make you feel?



Draw the emoji that matches your feelings.



Turn over to learn more about **making sense of your feelings** in these situations.

Three top tips if you're feeling worried about money

1 Ask for help. An older sibling, parent or teacher will help you work out what it is that's making you feel anxious, and talking about it will usually make it feel less scary.

2 Take some deep breaths. Count to five as you breathe in, and then breathe out for another five counts. Repeat this a few times – it'll help your body to relax.

3 Do something that helps you feel calm. That could be playing with your pet, reading, drawing – anything that helps your mind focus on something nice.



Scared



Jealous



Anxious



Sad



Upset



Disappointed



Stressed



Tired



Angry

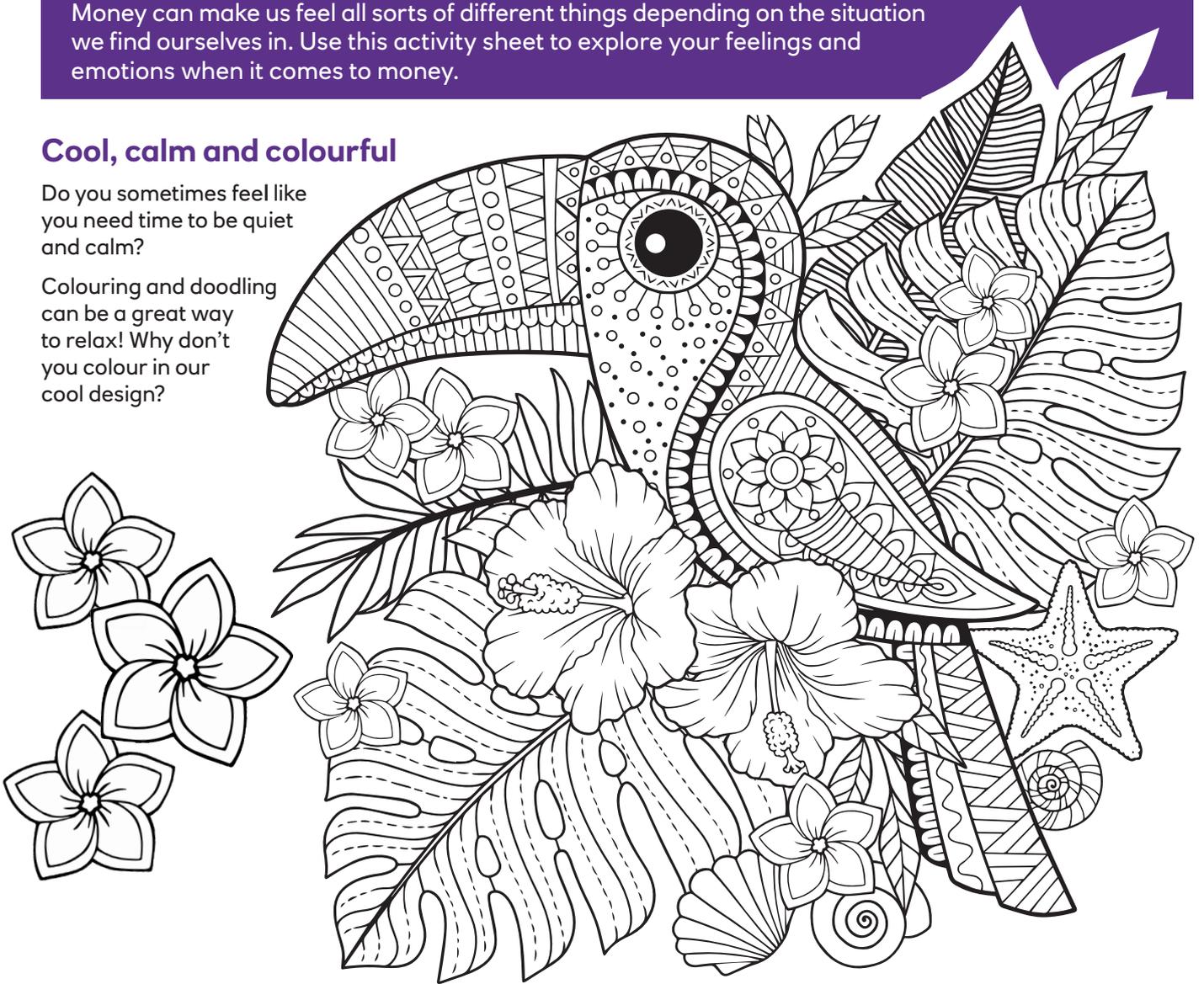
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Cool, calm and colourful

Do you sometimes feel like you need time to be quiet and calm?

Colouring and doodling can be a great way to relax! Why don't you colour in our cool design?



Want to learn more about money?

You can play fun games at mymoneysense.com/students

Making sense of your feelings There's no right or wrong way to feel – or emoji to choose. But there are always things you can do if you feel anxious about money.

1. At the shops

Did this make you feel upset, angry, or confused? If so, it may be helpful to talk to your parents. Things can feel less confusing once you understand why changes like this are happening. Maybe you could help check prices online next time to find the best deals?

2. With your friends

Maybe some friends have more toys than you, or seem to be able to do things you can't. But you might have other things they don't, or another friend might wish they could do something you get to do. Not everyone has the same things, and that's ok.

3. Out for a picnic

Days like this can be really fun, and time outside is great because it's free! Plus, making a picnic is good for lots of reasons: you can choose what goes in it, your family saves money, and it's more environmentally friendly than buying single-use plastics too!

4. In your home

Sometimes we might overhear something that wasn't meant for our ears – your parents probably don't want you to worry about money, but that doesn't mean you won't. If you do feel concerned, talk to your parents, or even a teacher at school.