

# How can I teach my preschooler that having fun does not have to cost money?

Today's children need to be reminded of fun activities that are free. Many family activities do not cost any money at all. You can do them in your own home, without any special supplies.

## A Fun-for-Free Box

Materials needed:

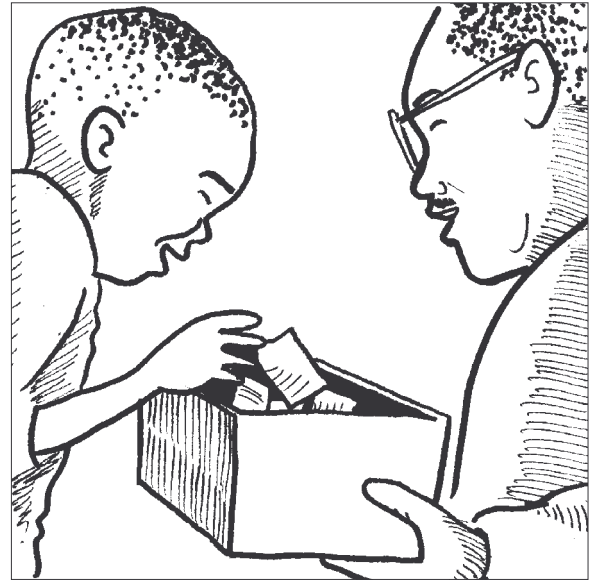
- Plain paper or construction paper
- Pencils, pens, crayons, or markers
- A small empty box, such as a shoebox

Step 1: Explain what you will be doing together (read through entire activity before you begin)

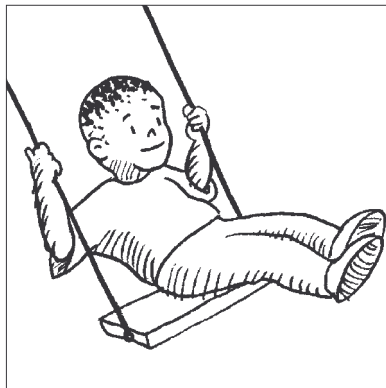
The two of you will make a list of fun activities. This list will have all the things that you and your child enjoy that do not cost any money.

Step 2: Make a list of fun activities

Ask what types of activities your child likes to do for fun. List those that do not cost money. You might have to suggest



*Each piece of paper has the name of an activity on one side and a drawing of the activity on the other.*



*Suggest examples of free activities to get your child thinking.*

examples of free activities to get your child thinking.

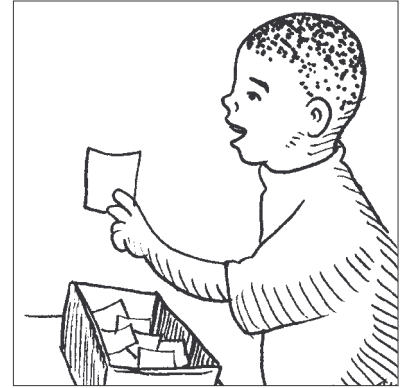
Examples:

- Playing on a swing
- Coloring, painting
- Singing
- Dressing up
- Reading a book
- Walking the dog
- Picking flowers
- Playing a board or card game
- Drawing with chalk on the sidewalk
- Making an "obstacle course" with pillows and soft furniture

(continued)

### Step 3: Make activity notes

Cut a large piece of paper into squares. On one side of one square, write the name of an activity from the list. On the other side of the square, help your child draw the activity. The drawing (and the word) will remind your child of each activity. Put each finished note in the box.



*When your child is bored, suggest looking at all the notes.*

### Step 4: Use the notes as reminders

Keep the activity notes in the box. Add a note with a picture each time your child learns a new way to have free fun. When your child is bored, suggest looking at all the notes. They will give your child many choices for fun activities that save you money.

### Ideas to talk about

- ★ Many fun things do not cost money.
- ★ Free activities can be fun to do alone or with friends.
- ★ Some things that seem to be free, such as food in the refrigerator, really cost money.
- ★ Love, hugs, and friendship are also free and feel good to give and receive.

### ◇ ◇ ◇ Notes ◇ ◇ ◇

You can use the notes themselves as another fun activity. Let your child pick one of the activity notes from the container without looking at it. Have your child hand you the note. Act out the activity without words and let your child guess what it is. Let your child trade places and do the acting for you to guess.

Help your child think of free things to do outside the home. (Examples: Borrow a book from the library. Visit a playground with a friend. Take a nature walk.) Check your local newspaper for special free events.

Find more “How can I teach my preschooler about money” activities at [www.creditunion.coop](http://www.creditunion.coop).

