



Teacher's guide

Financial Health Day - Upper-Intermediate (B2-C1)

Canva Presentation Link: [Financial Health Day](#)

Editable Presentation Link: [Financial Health Day](#)

Editable Worksheet Link: [Student Worksheet: Financial Health Day](#)

Video Link: [10 steps to boost your financial health -- that you can do in a day | Your Money and Your Mind - YouTube](#)

Warm up

Part 1. Students discuss questions related to financial health. Answers will vary.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage them to explain their reasoning.

Part 3. Students match the words/phrases to their definitions.

Answer key:

1. Fixed expenses
2. Pampered
3. Devote
4. Tedious
5. Renegotiate
6. To get on the same page
7. Interest rate
8. To be on edge

Part 4. Students fill in the gaps in the sentences.

Answer key:

1. Renegotiate
2. Pampered
3. Interest rate
4. On edge
5. Get on the same page
6. Tedious
7. Fixed expenses
8. Devote

Video activity

Part 1. Before watching the video, students discuss the question.

Part 2. Students watch the video. As they watch, ask them to make a list of all ten tips the speaker gives for taking care of financial health.

Answer key:

1. Focus on your fixed expenses
2. Sign up for the boring but necessary stuff

3. Talk to your significant other about money.
4. Create a singular savings goal
5. Start paying off your debt every week, not just every month
6. Renegotiate your credit interest rate
7. Use technology to your advantage
8. Delete distracting delivery apps
9. Spend on things that increase your happiness
10. Schedule another financial health day a few weeks later

Part 3. Students watch the video again and answer the comprehension questions.

Answer key:

1. Time is needed to implement changes
2. Housing, phone, car
3. Life insurance, 401(k)
4. Weekly
5. Spending on happiness/time-savers

Part 4. Students decide if each statement is true or false based on the video. If false, encourage the student to correct it.

Answer Key:

1. **F** – also includes positive spending.
2. **T**
3. **T**
4. **F** – they're mandatory.
5. **T**

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students reflect on their own financial health and answer the questions.

Part 3. Students match the idioms to their definitions.

Answer key:

1. Break the bank
2. Put your money where your mouth is
3. Spend money like water
4. Made of money
5. Save some money for a rainy day
6. Money doesn't grow on trees

Part 4. Students fill in the gaps in the sentences.

Answer key:

1. Spend money like water
2. Money doesn't grow on trees
3. Put his money where his mouth is
4. Made of money

5. Save some money for a rainy day
6. Break the bank

Part 5. Students discuss the questions using the idioms.

Review activity & final thoughts

Part 1. Students use each of the words/phrases in a sentence to talk about planning a financial health day.

Part 2. Students discuss the questions to reflect on what they've learnt during the lesson.