

TEACHING GUIDE

INTRODUCTION

You and your children will learn valuable lessons about money, work, and life itself through these engaging activities based on the book "My Dad's Class: An Intentional Structure for Teaching Kids about Money" by Paige Cornetet.

Before introducing any of the lessons' concepts and vocabulary, it is critical to first put the learning into context. In this first lesson, "Routines," you can begin by asking children what they did first thing in the morning. Ask if they started their day by waking up. Have them write it down, and then ask what they did next. Once children have written down a few activities, ask them to share which of those they do every day, and at what time.

By this point, children should have an idea of what today's lesson will be about. This will serve as a good segue to discussing what they do on a regular basis, in their daily routine.

LET'S WATCH

For the purpose of ensuring that children have the necessary background knowledge to discuss new content, videos are handy in helping them see and hear about the concepts being taught.

Morning Routine in Our New House!

<https://www.youtube.com/watch?v=fvvHBYsONa4>

Daily Cleaning Routine \ Kids Chore Routine!

<https://www.youtube.com/watch?v=c0oneSTwVA>

LET'S TALK

Following the videos, discuss with children that routines include both self-care and household responsibilities.

- self-care routines help them stay healthy, strong, and more energized so that they do their best in school.
- household routines prepare them to be responsible family members by teaching them how to keep a house clean, take care of a pet, how to cook, and many more skills that will be useful when they are older.

LET'S DO

Explain to children that they will complete the activity "My Daily Routine." Children will reflect on their daily routine with a focus on self-care responsibilities. They will identify the times that they currently perform their self-care tasks.

Next, children will complete the "Self-Care and Household Routines" activity. They will learn about the difference in these routines and how each makes their lives better.

Provide assistance as needed.

CLOSURE

To conclude this lesson, review that routines help us to develop good habits in taking care of ourselves and living an organized and productive life. When we have strong routines, it makes us and others feel better and happier.

1 Routines

FOR AGES 4-7

GOALS

- Define what is a routine.
- Discuss importance of routines.
- Explain differences between self-care and household routines.
- Understand personal responsibilities and commitments in routines.

ESSENTIAL QUESTIONS

- What are daily routines?
- Why are routines important?
- What is my role in self-care and household routines?

TIME

- 45-60 minutes

VOCABULARY

- chores
- daily
- commitment
- expectations
- healthy habits
- household
- organization
- responsibility
- routine
- self-care

ACTIVITIES

- "My Daily Routine"
- "Self-Care & Household Routines"





My Daily Routine



Directions: Answer the questions below.
Write in complete sentences.



1. What time do you wake up?



2. What time do you eat breakfast?



3. What time do you go to school?



4. What time do you eat lunch?



5. What time do you sleep at night?

SELF-CARE & HOUSEHOLD ROUTINES

1

Match the pictures with description of daily routines. Write the letters in blank circle.



- a clean windows
- b mop
- c throw trash
- d vaccum
- e take a shower
- f go to sleep
- g wash dishes
- h clean table
- i do laundry
- j pick up toys
- k read
- l play with dog

2

What's your routine like? What other activities do you do daily? Write them below.
