**Exploring** Financial Sustainability through Health

Creating healthy wealth

**Explore what factors influence your financial wellbeing.**

About this resource

This resource supports learners to understand what impacts on financial wellbeing.

View the Level 4 and 5 achievement objectives related to this learning experience [here.](https://sortedinschools.org.nz/api/v1.0/download?files=3696)

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# SOLO taxonomy

The learning experiences in this resource are aligned to SOLO Taxonomy to ensure cohesiveness, constructive alignment and cognitive stretch for all learners. This gives you choices throughout the learning process.

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|  **Need it/Know it** | A picture containing text  Description automatically generated **Think It/Link it**  | A picture containing icon  Description automatically generated **Extend it/Defend it**  |
| Make connections to what you aready know. This is the starting point for new learning. | Link your ideas and make connections to build new knowledge and understandings. Learn about the perspective and insights of others. | Extend your learning by applying it to new contexts. Find evidence, validate sources, summarise your thinking and present your findings to clarify.  |

# Sorted themes

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KiwiSaver

Retirement

Insurance

Investing

 Learning experiences

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|  **Need it/Know it**  |  **Think it/Link it**  |  **Extend it/Defend it**  |
| Complete [Thinklinker #1:](https://sortedinschools.org.nz/resources/financial-identity/thinklinkers/)  The metre ruler activity. Identify factors that shape your financial needs at different life stages.**Complete** this [survey](https://www.consumerfinance.gov/consumer-tools/financial-well-being/). **Identify** factors that influenced your financial wellbeing score. **Watch** these videos discussing factors that make[a wealthy life](https://youtu.be/QuIu-TFJh6g)**. Define** what a wealthy life means to you.**Complete** The [four elements](https://assets.sortedinschools.org.nz/public/Resources/9d6e7454d1/SiS_Health-Resource.docx) of financial wellbeingIn financial wellbeing, assets are things that have a positive impact on financial wellbeing and liabilities are things that have a negative impact. **List** some assets and liabilities related to financial wellbeing and **explain** why you have categorised them in this way.**View** the links and **discuss** why each project was started. * [Dress for Success](https://dressforsuccess.org/)
* [Suits n smiles drive](http://www.projectsmile.org/suitsandsmiles.htm)

**Find out** about similar initiatives that support people in your community. | **Explain** how financial factors impact on wellbeing. Complete [Influences on wellbeing](https://assets.sortedinschools.org.nz/public/Resources/9d6e7454d1/SiS_Health-Resource.docx)**Explain** how not being in control of your financial situation might impact on your emotional and mental wellbeing. Identify things you can do that can give you a greater sense of control.Working in a group, complete the [Character retirement/whakatā story.](https://assets.sortedinschools.org.nz/public/Package-2/f6633d4811/Character-Role-Cards-FINAL.docx) **Think about** ways people can prepare for financial shocks, for example, insurance/inihua, savings and investments/whakangao. For more information, see: * [Financial shock](https://www.nytimes.com/2015/10/31/your-money/preparing-for-financial-shocks-before-they-strike.html)
* [Prepare your finances](https://www.stuff.co.nz/business/103132114/how-to-prepare-your-finances-for-the-next-global-financial-crisis)
 | **Generalise** ways that financial stress can impact on relationships. Complete [The impacts of financial stress](https://assets.sortedinschools.org.nz/public/Resources/9d6e7454d1/SiS_Health-Resource.docx)**Create** a visual product (poster, visual or short video) that captures and promotes key strategies young people can use to overcome financial risk factors. **Take action.** Be an influencer. How might you create a new idea to help someone overcome their barrier to success? See these initiatives [Dress for Success](https://dressforsuccess.org/), [Suits n smiles drive](http://www.projectsmile.org/suitsandsmiles.htm) for inspiration.**Plan** some steps you could take to protect your financial future and wellbeing. **View** Insurance [PowerPoint](https://assets.sortedinschools.org.nz/public/Student-Activities/Powerpoint/Insurance.pptx) and [Infographic](https://assets.sortedinschools.org.nz/public/Package-2/Infographics/Insurance-Infographic-FINAL-DELIVERY.pdf) and Analyse the key points. |



**Tip: Pick different learning experiences from each column to build a framework of lessons that differentiates your classroom**