

SHOPPING LIST ACTIVITY FACILITATOR'S GUIDE

Purpose of the activity

This activity helps children and young people understand the difficult choices people may face when they don't have enough money. It encourages empathy, critical thinking, and shows how fundraising can make a real difference for people supported by Framework.

How to run the activity

1. Give each child/group a worksheet.
2. Explain that they only have £10 to spend on each list.
3. They must tick the items they would choose – but they cannot afford everything.
4. Encourage them to think carefully about what is essential.
5. After they finish, lead a group discussion with the reflection questions.

Suggested categories

Essentials (Needs):

- Food basics: bread, milk, fruit, vegetables, rice, pasta, cereal, cheese, sausages, fish fingers
- Home basics: pillow, blanket, towel, bed sheets, plate & bowl, cutlery, toothbrush, soap, washing-up liquid, laundry powder, toilet roll

Nice-to-haves (Wants):

- Treat foods: biscuits, chocolate, crisps, cola, frozen pizza, smoothie pouch, birthday cake
- Home extras: scented candle, soft toy, picture frame, house plant

Luxuries (Not realistic on £10 budget):

- Expensive items: Xbox game, Pokémon cards, teddy bear, gaming headset, makeup set, Bluetooth speaker, TV

Discussion prompts

- Which items did you choose first? Why?
- Did anyone pick luxuries? What did you have to give up to do that?
- How would you feel if you could only afford basics like bread, milk, or a pillow?
- What would it feel like to move into a new home with no extras – only the essentials?
- How does this compare with what many of us take for granted?
- How can fundraising for Framework help provide both essentials and some comforts, so people don't face these hard choices alone?

Extension ideas

- Create a giant floor version with real packaging/props for younger children.
- Let groups work in pairs and compare their lists – did they make similar or different choices?
- After discussion, give them an extra "£5 bonus" – what would they add? Why?
- Ask them to design a poster: "What makes a home?"