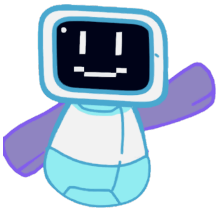
One story.
One money choice.



Try a pretend choice together. No real money, shopping trip or personal answer about home is needed.

Tap, Tap, Pause.

Take one breath, then ask,

“Do I need it, or do I want it?”

and “If I get it now, what can’t I get later?”

Then choose.

Can’t tap, or don’t want to? A breath works too.

Try a pretend shop

Draw three tokens for a pretend character. Draw a sticker costing 1 token and a toy kite costing 3. Use scrap paper.



3 tokens to choose with



Sticker · 1 token



Toy kite · 3 tokens

Sticker now: cover 1 token.
2 remain. That is not enough for the kite today.

Kite now: cover all 3.
None remain for the sticker. Reset the tokens to try another choice.

Keeping the tokens or buying nothing are choices too. Making or borrowing with permission may be another idea.

Ask: “What makes that choice work for the character?”
Speaking, pointing, drawing, signing and usual communication support all count. Passing is fine. A want is never a wrong answer.

Read the full practical guide

Save some. Spend some. Share some if you can.

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