

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## ACTIVITY

## Strategies for Stability

**What + Why:** Inflation changes the game, but the right moves can keep your money steady.

When prices rise, people don't always have the option to earn more right away. Instead, staying financially stable often means making thoughtful adjustments—deciding what matters most, slowing down certain spending, and planning ahead. This activity looks at how people respond to changing costs and the kinds of choices that can help them stay steady when money feels tighter.

**Instructions:**

1. Work with your group to review the strategy you've been assigned:
  - Adjusting spending habits and priorities.
  - Researching and comparing prices and using substitutes.
  - Budgeting for "needs first."
  - Building a small buffer/emergency fund when possible.
2. Answer the four guiding questions provided.

Be prepared to share your strategy and answers with the class.

**Assigned Strategy:** \_\_\_\_\_

1. What does this strategy involve?
2. How can this strategy help someone manage rising prices?
3. What is a realistic example of someone using this strategy?
4. Why might this strategy require self-control?