



BIZ KID\$

**Episode 208: "Economic Cycles (What Goes Up Must Come Down)"
Family Activity Sheet**

Episode 208 Synopsis:

Economic Cycles (What Goes Up Must Come Down)"

Trends in the economy go up and down. Learn how trends can affect a business. Discover how you can protect yourself against negative effects and plan for positive trends.

Family Activities:

Discuss together how the current economic trend has affected your family's financial situation.

What adjustments have you had to make?

Are there things you can do as a family to cut expenses, such as raising your own fruits and vegetables?

Can you barter and exchange goods and services with friends and neighbors?

How can you reduce expenses for entertainment and eating in restaurants?

Reassure your children that people have survived tough economic times before. Have older family members share their memories of the Great Depression, and what things they did to get through that period.

Remember the fable titled "The Ant and the Grasshopper"?

Read it as a family and discuss how it relates to behavior in good economic times and bad.

Talk about the phrase "Save some money for a rainy day." How does that relate to wise behavior during prosperous times?





The board games "Pit" and "Stock Market Tycoon" help players gain a greater understanding of financial markets.

Ask your children what they've learned from this episode of Biz Kid\$, and ask to see their posters about Bull and Bear Markets.

