



Access English Centre  
Immigrant Centre Manitoba  
High Beginner/Intermediate Warm-up Activity  
**Frugal Living**  
15 minutes



**Objective/Goal:**

Gives participants the opportunity to share cost-effective ways to save money.

**Materials:**

Participants need:  
- pen and paper

Facilitator needs:

Whiteboard and whiteboard markers

**Procedure:**

Before the Activity:

- 1) **Write** the following prompt on the whiteboard: "**Frugal Living**"

Activity Instructions:

- 2) **Ask** the participants what the words mean. *Saving money*
- 3) **Elicit** responses from the group the value of frugal living. Brainstorm other ways to save money and write on the board.  
Ex. *Bringing lunch to work instead of "eating out".*
- 4) **Divide** the participants into groups of 3.
- 5) **Give** the groups about 5 minutes to discuss and list ways to save money.
- 6) At the end of 5 minutes, **ask** each group to share their answers.
- 7) **Write** the answers on the whiteboard.

**Extension Activity:**

- *An Extension Activity is an alternative or extra activity that can be done to supplement the main activity when there is extra time. It can also be done in the next class as a review of previous vocabulary or conversation.*



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**A. Check out the following websites for ideas or class discussions:**

<http://www.first30days.com/frugal-living>

<http://www.entrepreneur.com/article/222616>

[http://frugalliving.about.com/od/frugalliving101/tp/Start\\_Frugal.htm](http://frugalliving.about.com/od/frugalliving101/tp/Start_Frugal.htm)