

Social Relations and Cultural Activities

THE FAMILY

A family is a group of people who are related to one another by blood or through marriage. Usually a family begins when a man and woman are united through marriage, and live together as husband and wife. A family is the smallest unit in a community

Types of Families

There are two types of families: nuclear and extended families.

(i) *A nuclear family*

A nuclear family consists of parents and their children. There are different types of nuclear families, depending on whom that family is centred. That is why we say, Mogaka's family or Njeri's family, because the members in that family belong to Mogaka, while in the other they belong to Njeri.

The first type of nuclear family is when a man and woman get married. Even without children, that is already a family. Another type of nuclear family consists of a man, his wife and children. In some communities a man may have children without a wife or a woman may have children without a husband. The man and woman are single parents, but have a nuclear family, because it is centred around them. In some communities a man is polygamous and his family is nuclear because the family is centred around him.

(ii) *Extended family*

An extended family is made up of the members of a nuclear family and their relatives. They include the parents, grandparents, uncles, aunts, brothers, sisters, nephews, nieces and cousins. Aunts are sisters of your father or mother. Uncles are brothers of your father or mother. Cousins are children of your aunts and uncles. A grandmother is the mother of your father or mother and a grandfather is the father of your father or mother. The son of your brother or sister is your nephew, and the daughter of your brother or sister is your niece.



Activity 3.1

1. Which type of nuclear family is your family?
2. In your local language, what do you call the following relatives:
 - (i) Cousin
 - (ii) Your sister's son
 - (iii) Your mother's sister
 - (iv) Your father's brother

Needs of Family Members

A family requires certain things in order for the members of that family to survive and do well. These requirements are known as needs. The needs of a family are divided into:

- (i) Basic needs
- (ii) Secondary needs

(i) Basic Needs

These are the main needs of a family. Members of a family require basic needs in order for them to live well. Basic needs include food, clothing, shelter and water.

(a) Food

Human beings like all living things need food. We need food to help us to grow, get energy and to protect us from diseases. Different types of foods are grown and eaten in different parts of our region.

(b) Clothing

Members of a family need clothes to cover and protect their bodies from the effects of weather and insect bites. People in warm areas wear light clothes while those in cold areas put on heavy clothes to give them more warmth. Our bodies are not to be seen by other people, that is why we cover them using clothes. We should not put on clothes that leave out some parts of our body uncovered.

(c) Shelter

Members of a family need shelter in form of houses. Different types of houses provide the family with protection from the hot sun, rain, wind, wild animals and from bad people. Shelter also protects our belongings from getting spoilt by the effects of weather.

In the home there are shelters for the parents and those for the youth. Parents and their daughters mainly stay in the family main house. In many communities, boys stay in their own shelters known as cottages, when they are about 15 years old.

(ii) Secondary Needs

These are needs which members of a family require in addition to the basic needs. Secondary needs make life more comfortable. These needs include health, education, love, protection and care.

(a) Health

It is important that members of a family remain healthy. They eat good food and a balanced diet to remain healthy. When children become sick, they are given medicine by their parents but when they are more sick, the children are taken to nearby health centres and hospitals for treatment. When people become sick they cannot carry out activities that support the family, such as farming. Diseases make people weak and can kill people if not treated.

(b) Education

It is important that children attend school. Education provides children with new information, which makes them to survive in the world. A person who has been to school can easily live with other people peacefully, and work and stay in any part of the world.

(c) Love

All members of a family need love from everybody. Parents love their children and the children love one another. When we are loved, we feel happy. Love in the family makes us to live well together.

(d) Protection and Care

Members of a family need protection and care. This is mainly provided by parents and older brothers and sisters. Family members need to be taken care of so as to grow up well.



Activity 3.2

Find out what would happen to a family if they do not get all their needs.

Responsibilities of Family Members

All members of a family have a duty to ensure that the home is a better place to live in the following ways:

- (i) Parents must play their role of protection and guidance to their children.
- (ii) Parents must work hard, so that their family has basic needs of food, shelter, health, clothing and education. Parents must provide these needs to their families because the children are young and therefore they cannot get these things for themselves.

- (iii) The parents also need to guide their children to grow up and become useful members of the society.
- (iv) Parents must teach their children how to behave. Well-behaved children are a pride to their parents and their community.
Children have a role to play in the running of the family.
- (v) They can help their parents in carrying out certain activities in the home such as cleaning utensils, cooking food, herding the animals, fetching water and firewood and taking care of younger brothers and sisters when their parents are away. When we help our parents to do some work at home, they will have enough time to work hard to provide us with the things we need at home and school.
- (vi) We also need to obey and respect our parents.
- (vii) Parents become happy when we are well behaved, respect other people and work hard in whatever we do.
- (viii) We all need to take care of the younger members of our family. We should feed them and carry them with us.
- (ix) All members of a family should love one another. This helps to keep the family together.



Activity 3.3

1. Write down your responsibilities in your home.
2. Is it necessary that children help in the running of their home?

THE SCHOOL

A school consists of buildings where pupils are taught by their teachers. The pupils learn new things in addition to what they know. What they learn is known as education. Education enables pupils to grow up to become useful members of their society.

The School Motto

A school motto is a slogan used by a school to describe what the community of the school should aim to achieve. The school motto helps to explain the culture or tradition of the school. The message of the slogan helps the pupils of the school to behave in a certain manner. This is because the role of the school is not only to provide knowledge to the pupils, but to mould their behaviour, so as to become useful members of the society.

Does your school have a school motto? What does it mean? Not all schools have a school motto. School mottos differ from one school to another, because each

school has its own tradition to follow. School mottos are written on the school notice boards or sign boards. Others are written on the school badges, exercise books or letter heads. The following are some school mottos:

- Aim High
- The Sky is the Limit
- Better Your Best

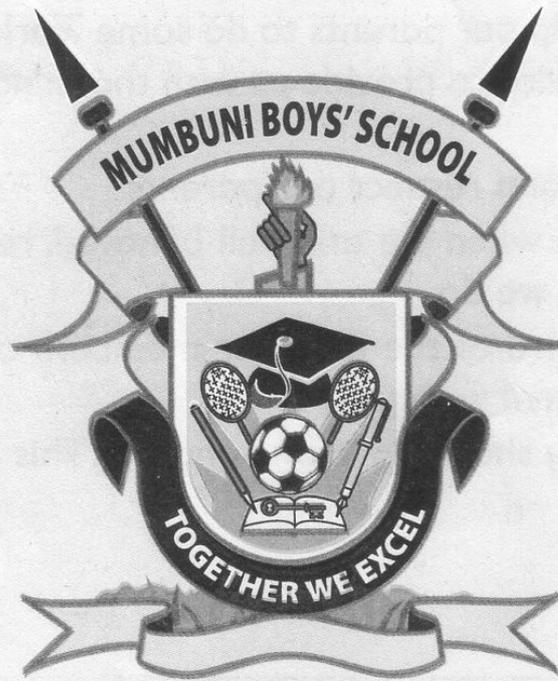


Fig. 3.1: School Badge with Motto



Activity 3.4

Design a School Motto for your school. Explain what it stands for.

School Routine

School routine are the activities that have been planned to take place in the school everyday. This forms the programme of activities. Each school has its own programme of activities from Monday morning till Friday afternoon. Day schools have different routines from boarding schools. For day schools, their routine starts on Monday morning with the school assembly. During the school assembly, the teachers on duty and the headteacher remind the pupils what they will be doing throughout the week. It is also during the school assembly that the pupils are checked on their cleanliness, that is, whether they have clean clothes and have washed their bodies.

8.00 am – 8.20 am	Assembly
8.20 am – 8.50 am	1 st Lesson
8.50 am – 9.20 am	2 nd Lesson
9.20 am – 9.50 am	1 st Break
9.50 am – 10.20 am	3 rd Lesson
10.20 am – 10.50 am	4 th Lesson
10.50 am – 11.20 am	5 th Lesson
11.20 am – 11.40 am	2 nd Break
11.40 am. – 12.10 pm	6 th Lesson
12.10 pm. – 12.40 pm	7 th Lesson
12.40 pm.	Lunch Break

Table 3.1: Routine for Std 1 – 3 Monday and Friday

The main routine each day is going to class to learn. The classes begin at 8.20 am and end at 3.10 pm for Std. 4–8, and at 12.30 pm for lower classes. There are timetables in each class which show the subjects to be taught at different times. In between the lessons are break times when we go to help ourselves and lunch time when we go to eat.

8.00 am – 8.20 am	Assembly
8.20 am – 8.55 am	1 st Lesson
8.55 am – 9.30 am	2 nd Lesson

9.30 am – 9.50 am	1 st Break
9.50 am – 10.25 am	3 rd Lesson
10.25 am – 11.00 am	4 th Lesson
11.00 am – 11.30 am	2 nd Break
11.30 am – 12.05 pm	5 th Lesson
12.05 pm – 12.40 pm	6 th Lesson
12.40 pm – 2.00 pm	Lunch Break
2.00 pm – 2.35 pm	7 th Lesson
2.35 pm – 3.10 pm	8 th Lesson
3.10 pm – 4.10 pm	Games/Clubs/Societies

Table 3.2: Routine for Std 4 – 8 on Monday and Friday

After classes in the evening, on some days we go for games. Games help us to feel fresh and healthy after a day's work in class. Games time should be spent on playing games and not for studies. What games do you play? Make sure you participate in two or more games. Sports can make you have a good life just like being a doctor or engineer.

Do you have clubs and societies in your school? Which club do you belong to? Some of the clubs are Young Farmers Club, Wildlife Club and Debating Club. Some schools spend Friday afternoon cleaning their compound. They slash the grass, collect litter and wash the classrooms. When do you clean your school compound? When you clean your school, you become more responsible and caring. We should not wait for other people to clean for us our school.

The routine for boarding schools is for all days including Saturdays and Sundays and in the evenings. Pupils in boarding schools wake up early to prepare themselves for the day. After classes in the evening, they spend time cleaning themselves and then go for their supper. After supper, they go to their classrooms to study on their own. These studies are known as preps.

On Saturdays and Sundays, they do their cleaning and also go for preps. If their school is Christian based, the pupils will go for prayers on Saturdays or Sundays, and on Fridays if it is Muslim.

Importance of School Routine

A school routine helps the teachers and pupils to carry out their activities in an orderly manner and at the time they are supposed to be carried out. By following the school time table, it helps the teachers to know the class and subject they are expected to be teaching at a particular time. The ringing of the bells at the end of 30 or 35 minutes, makes the teachers not spend more time teaching a given lesson than the others. The timetable enables the coverage of the syllabus to be equal for all the subjects.

The school routine is also important because it tells us when and the time to carry out our school activities. It helps us to spend our time well, as we know when our lessons start and end, when to carry out school cleaning or when to hold games and sports. The programme of activities tells us how much time to take on each activity. This guides us not to spend more time on one activity at the expense of the others. The school routine helps to maintain discipline in the school, as all school activities are carried out as planned.



Activity 3.5

1. Write down the activities you carry out in your school from Monday to Friday.
2. Why is it important for a school to have a routine?

THE CLAN SYSTEM

Formation of Clans

A clan is a larger unit than a family. It is made up of many families who have a common ancestor or great great grandfather. All communities belong to certain clans. In some communities there exist several clans. Do you know the name of your clan?

You can tell the members of your clan by naming your closest relatives like your cousins, aunts, uncles and your grandparents. Find out the cousins to your uncles and aunts; and the brothers, sisters and cousins of your grandparents. The members you get will be members of your clan. Therefore, members of one clan are blood relatives.

Functions of Clans

Members of the same clan share many things together. They come together during times of happiness and trouble. This is because whatever affects a member of a clan, also affects the whole clan. When there was famine, members of a clan assisted one another to get food. No one was left to suffer.

When another clan or community attacked the clan, all the young men came together to fight off the enemy. When a member of the clan died, all members came together to raise funds for the funeral.

In some communities such as the Maasai and Somali, the clan owned the grazing land and controlled the use of the land.

Whenever a member of a clan celebrated success or birth of a child, all members of the clan were invited to attend. Child naming, initiation and marriage ceremonies were attended by all members of the clan.

When clan members disagreed among themselves, the older members of the clan brought together the members and a solution was reached. They were able to solve disputes and conflicts among its members. The older members taught the youth, the culture of the clan. This helped to maintain their culture.

WORK FOR YOU TO DO

1. Three of the following are needs of family members, which one is not?
 - A. Food
 - B. Shelter
 - C. Air
 - D. Clothing
2. Why is it important for all the family members to be healthy ?
3. Which one of the following is not a responsibility of parents?
 - A. Providing guidance
 - B. Providing protection
 - C. Disciplining their children
 - D. Providing shelter
4. Write down four responsibilities of children in the family.
5. What is a clan?
6. Below are functions of a clan, which one is not?
 - A. Owned land on behalf of the members
 - B. Controlled the grazing land
 - C. Look for wives for the young men
 - D. Settled disputes among members