MINISTRY OF EDUCATION

GHANA ASSOCIATION OF RELIGIOUS EDUCATORS

Religious And Moral Education

for Senior High Schools

Year 3



Dorcas Amedorme

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Reviewed by Christian Kwarteng Mensah Oppong

Ghana Education Service (GES)

GARE



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FOREWORD

Ghana's new Senior High School Curriculum aims to ensure that all learners achieve their potential by equipping them with 21st Century skills, knowledge, character qualities and shared Ghanaian values. This will prepare learners to live a responsible adult life, progress to further studies and enter the world of work. This is the first time that Ghana has developed a Senior High School Curriculum which focuses on national values, attempting to educate a generation of Ghanaian youth who are proud of our country and can contribute effectively to its development.

The Ministry of Education is proud to have overseen the production of these Learner Materials which can be used in class and for self-study and revision. These materials have been developed through a partnership between the Ghana Education Service, teacher unions (Ghana National Association of Teachers- GNAT, National Association of Graduate Teacher -NAGRAT and the Coalition of Concerned Teachers- CCT) and National Subject Associations. These materials are informative and of high quality because they have been written by teachers for teachers with the expert backing of each subject association.

I believe that, if used appropriately, these materials will go a long way to transforming our Senior High Schools and developing Ghana so that we become a proud, prosperous and values-driven nation where our people are our greatest national asset.

Haruna Iddrisu MP

Minister for Education

SECTION

1

WORK, TIME MANAGEMENT, AND LEISURE



LEISURE

INTRODUCTION

Welcome to Section 1 of your third-year Religious and Moral Education curriculum. This year, we are diving into the important topic of leisure. You have already explored the concepts of work in Year One and time management in Year Two. Now, we will build on that foundation by understanding how to make the most of your free time. In this section, you will learn about the distinct, yet related, ideas of leisure, hobbies, and recreation. While they are all about enjoyable activities, you will learn how to tell them apart. You will also discover why it is so important to take your leisure time seriously. By engaging in hobbies and recreational activities, you can improve your physical and mental well-being. You will also strengthen your relationships with family and friends and find opportunities for economic benefits and spiritual growth. Get ready to explore how purposeful leisure can enrich your life.

At the end of this section, you will be able to explain the need for leisure time.

KEY IDEAS

- A hobby is an activity you do regularly for fun during your free time; it is something that helps you grow personally.
- Leisure is the time you have when you are not busy with school, work, or chores. It is not wasted time; it is a vital part of your life that allows you to de-stress and refresh your mind and body.
- Recreation is an activity or activities you do to relax and refresh yourself. These activities often involve other people or some kind of physical element.

THE CONCEPTS OF LEISURE, HOBBIES AND RECREATION

Leisure

In this section, we are going to talk about a very important part of your life, which is usually ignored: leisure.

What then is leisure?

Leisure is simply the time you have when you are not busy with school, chores, or work. It's your free time. It's the time you can use to relax, do something you enjoy or even just rest and do nothing at all. Consider this scenario:

It is Saturday morning, and Kwame has finished all his chores. He has swept the compound, fetched water and tidied his room. Now, with no school and no more work to do, he has a few hours all to himself. Instead of staying inside, he decides to walk to the community centre to watch his friends play a football match. He sits under a tree, enjoys the breeze and cheers for his team. This time, free from all his responsibilities, is Kwame's leisure time.

For many people, especially in Ghana, the line between work and leisure is not always clear. For example, imagine a farmer who grows vegetables to feed his family. This is his work. But he might also really enjoy working with the soil and seeing his plants grow. For him, a part of his work might also feel like a satisfying and relaxing leisure activity.

You should note that how you see and use your free time can depend a lot on your lifestyle, where you live, and your family's economic situation. What one person considers leisure, another might see as work. What do we mean by this?

Not everyone has the same amount of free time. Individual situations determine when and how people enjoy their free time.

The Impact of Location, Lifestyle, and Economic Situation on Leisure

Lifestyle

Your free time is heavily influenced by your daily schedule and obligations. For you as a student, leisure could include hanging out with friends, listening to music or relaxing after school and chores. As an adult, the weekends may be the only occasion they have free time, and so they may choose to spend it with their loved ones or doing an enjoyable activity. For example, listening to a favourite radio station is one way that a mother who operates a small business from home can incorporate her leisure time into her work.

Location

Where you live greatly influences the kind of leisure activities you can do. In a city like Accra or Kumasi, you might have access to cinemas, shopping malls, sports stadiums, and beaches. Your leisure could involve going to watch a movie or watching a professional football match. In a rural community, leisure is often more communal and traditional. Activities might include attending a community festival, playing traditional games like oware, listening to stories from elders, or helping with a community harvest that also feels like a social gathering.

Economic Circumstance

Your financial situation affects your choices for what you can spend your leisure time on. A person with a limited income might choose free or very low-cost leisure activities. This could be playing street football, gathering with neighbours to chat, or attending a free church event. Others might be able to spend their leisure time on more expensive activities, such as travelling to a different region for a holiday, dining at a fancy restaurant, or joining a private gym.

Understanding this helps you see that leisure is a personal and cultural concept. There is no single "right" way to spend it, but the most important thing is that it gives you a chance to rest, enjoy yourself and refresh your mind.

Hobby

A hobby is an activity you do regularly for fun and pleasure when you are not working or studying. It often helps you relax, learn new things and express yourself.

Ghana has a wide variety of hobbies, from traditional crafts passed down through generations to modern activities influenced by technology.

Traditional

These are activities that connect you to your cultural heritage and, in most cases, have been passed down from generation. Some examples are:

a. **Drumming:** Learning to play instruments like the fontomfrom or atumpan.
b. **Dancing:** Participating in traditional dances such as Adowa or Kpanlogo.
c. **Storytelling:** Sharing folktales and proverbs.
d. **Kente Weaving:** The art of weaving Ghana's iconic cloth.
e. **Bead Making:** Creating beautiful jewellery and ornaments from beads.

Modern

These are more recent activities that are often influenced by global trends and technology. Some examples are;

a. **Playing or Watching Football:** Following teams like the Black Stars or your favourite international clubs.
b. **Listening to Music:** Enjoying genres like Highlife, Hiplife, Gospel, Reggae, etc.
c. **Watching Movies:** Enjoying films from Ghallywood, Nollywood, Netflix, Prime Video, etc.
d. **Video Gaming:** Playing games on a phone, computer, or gaming console.
e. **One of the most important things you need to know about a hobby is that it can have a dual role:** it can be both a source of pleasure and a potential source of income.

For pleasure: You might love making beautiful beaded necklaces for yourself and your friends because you enjoy the creative process.

For profit: Over time, your skills might become so good that people are willing to pay you for your work. Your hobby of bead making could turn into a small business that helps you earn extra money.

This shows that hobbies are not just a way to pass the time; they are an opportunity for you to grow, develop new talents, and even create future economic benefits for yourself.

Recreation

1. Recreation includes any activity you do for enjoyment, relaxation, and to feel fresh again. The most important thing about recreation is that it often involves an active or social component.
2. Recreation can also refer to the time spent in an activity one loves to engage in, with the intention to feel refreshed.

This means that you are either physically active or you are doing a recreational activity with other people. You already take part in many forms of recreation without even realising it. Some examples of recreational activities are as follows:

Community and Cultural Activities

a. Attending a local festival or durbar (e.g., Homowo, Hogbetsotso).

b. Participating in a community cleanup or "Keep Fit" session.

c. Visiting a cultural centre, museum, or art gallery.

Outdoor and Physical Activities

a. Playing football, basketball, or volleyball with friends.

b. Going to the beach or a local river for swimming and relaxation.

c. Hiking or walking with friends in a natural area.

Social Activities

a. Gathering with friends to watch a movie or listen to music.

b. Playing traditional board games like Oware with family members.

c. Visiting a friend's house to chat and share stories.

Importance of Recreation

Recreation is a vital part of a healthy life because it supports the following.

1. **Physical Health:** Active recreation keeps your body strong and healthy. It's a fun way to get exercise, stay fit and release energy.
2. **Mental Health:** Taking a break from schoolwork and other responsibilities gives your mind a chance to rest and de-stress. Recreation helps you feel happier and more relaxed.

3. **Social Connections:** Because recreation is often done with others, it helps you build and strengthen your relationships with family, friends and your community.

By making time for recreational activities, you improve your overall quality of life. A community that has good recreational options is a happier and healthier place to live.

Activity 1.1 Understanding leisure, hobbies, and recreation

In this activity, you will explore the difference between leisure, hobbies, and recreation. Each represents a unique aspect of how we spend our free time.

1. Let's begin by diving into your personal experiences. Use Table 1.1 for this part of your activity.

Table 1.1 is designed to help you understand the key differences and similarities between leisure, hobbies, and recreation.

Table 1.1

	Leisure	Hobbies	Recreation
In your own words, explain what you understand by these concepts.			
Give examples of activities			
How are these concepts different from each other?			
How are these concepts similar to one another?			

2. **A reflection of my hobby**

   a. Use the following prompts to prepare your thoughts about your chosen hobby. Be ready to share these with your group.

   My hobby is .....
   .....
   .....
   ..... **(Name it and give a quick description of what it is.)**

   I started (e.g., cycling) as a hobby because.....
   .....
   .....

……
(How did you first get into this hobby?)

My hobby is done by……
…… ……
……
……
…… (Describe the actions, the environment, the tools, or the people involved.)

I love (e.g., cycling) because…… ……
……
……
…… …..
(Why do you really enjoy this?)

b. Share this information about your hobby with your friends, as they listen carefully. Be ready to answer questions about your hobby from your friends.

THE IMPORTANCE OF LEISURE

The importance of leisure cannot be overlooked. You might think of leisure as just "free time", but it is so much more. It's a vital component of a balanced life and a key ingredient for a healthy body and mind. Here are some important aspects of leisure:

Physical Health Benefit

1. **Increases Movement and Physical Fitness**

   Leisure activities like dancing, drumming, and traditional games get you moving. Dancing and drumming are excellent examples that require continuous movement, which can be as effective as a formal workout in raising your heart rate and improving your overall fitness level. Traditional games often involve running and jumping, which are great for building endurance and improving your body's ability to move efficiently.

2. **Improves Cardiovascular Health**

   Activities that make your heart beat faster, like brisk walking, running, dancing, or playing sports, strengthen your heart muscle. A strong heart is better at pumping blood, which improves circulation throughout your body. This lowers your risk of developing chronic diseases such as hypertension (high blood pressure), heart disease, and stroke.

3. **Strengthens Muscles and Bones**

Leisure activities that involve running, jumping, and carrying your own body weight are fantastic for building strong muscles and bones. This is especially important for young people, as it helps build bone density, reducing the risk of conditions like osteoporosis (a disease that weakens the bones) later in life. Strong muscles also provide better support for your joints, which is essential for healthy ageing.

4. **Helps with Weight Management**

   Regular physical activity burns calories and helps your body maintain a healthy weight. This is a crucial factor in preventing and managing conditions like obesity and type 2 diabetes. By incorporating physical activities into your leisure time, you can reverse the effects of an inactive lifestyle and make healthier choices a habit.

5. **Enhances Coordination, Flexibility, and Balance**

   Outdoor hobbies and sports naturally require you to use different parts of your body in coordinated ways. For example, traditional dancing improves your balance and flexibility, while playing football or "ampe" also sharpens your coordination. These skills are vital for preventing injuries and a more independent, active life, especially as you get older.



Figure 1.1: An image of a group of people going for a walk.

Activity 1.2 The Power of Relaxation

This is a Physical Education and Health-related activity that needs the guidance of a Physical Education teacher, a classmate, or your parent.

1. Do some relaxation activities like deep breathing and stretching. While doing this, make sure to take notice of how you feel before, during and after the activities.
2. After the activities, think about how you feel compared to how you felt at the start of the activities. Reflect on the benefits of doing physical activities during your leisure time. Let these questions guide you.
    a. How did you feel physically and mentally before you started the exercises?
    b. How did you feel during the activity?
    c. How do you feel now, after the activity?
    d. What are some of the benefits of doing these types of gentle physical activities?
3. Share and compare your thoughts with a classmate.
4. What other physical activities can you think of that are helpful for relaxation? Write these in your notebook.

MENTAL HEALTH BENEFIT OF LEISURE

Even though leisure might seem secondary to work, it plays a vital role in keeping your mind healthy and strong. Here is how leisure helps with your mental health

1. **Stress Reduction**

    Life, especially as a Senior High School Year 3 student, can be stressful. Engaging in leisure activities like traditional games, drumming, dancing, singing, deep breathing, or simply listening to music can significantly reduce your stress levels. These activities provide a break for your mind from daily pressures.

2. **Social Bonding**

    Many leisure activities, such as relaxing with family or playing traditional games, involve social interaction. This helps to get rid of the feelings of being alone and strengthens your connections with others, which is vital for mental well-being.

3. **Sharp Mind**

    Leisure activities aren't just for your body; they also stimulate your brain. Engaging in hobbies like reading or even playing strategic traditional games like Oware can improve your memory, focus, and problem-solving skills.

4. **Higher Self-Esteem**

   When you dedicate time to hobbies, creative activities (like singing or dancing), or spending time in nature, you often feel a sense of accomplishment and joy. This can lead to a boost in your self-esteem and confidence.

5. **Greater Life Satisfaction**

   When you regularly engage in activities you enjoy, you naturally feel more content and satisfied with your life. This contributes to overall happiness and a positive outlook.

Below is a link to a relaxation exercise you can try.

https://www.youtube.com/watch?v=ClqPtWzozXs

Note: There are probable negative effects of misuse of leisure time, including,

a. *Gambling*
b. *Cyber addiction*
c. *Nightlife risks*
d. *Substance abuse*
e. *Sexual immorality*
f. *Social media abuse*
g. *Peer pressure*

Activity 1.3 Exploring Mental Wellness

In this activity, we are going to explore simple but powerful ways to take care of our mental health through relaxation and leisure.

1. Find out from people in your community the type of activities they do during their leisure time and write them down:

   For this activity: Identify 5–10 people in your community to ask about their leisure activities. This could be family members, neighbours, or friends.

   Ask each person

   "What do you like to do in your free time?"

   "How often do you do this activity?"

   "Why do you enjoy it?"

   Write down the activity, who does it, how often, and why. Use short sentences or bullet points.

   Example: "Auntie Ama goes for a morning walk 3 times a week to feel healthy."

2. Look at the activities you recorded in a). Decide which category each one fits under. Copy the table into your notebook and write your answers.

   Hint: Think about each activity carefully; some activities may fit under more than one category. If so, you can write them in both columns.

Physical	Mental	Social

3. Compare your findings with a classmate and use their ideas to enrich your research.
4. Share your final results with the whole class. Include:
   a. Examples of common and uncommon activities.
   b. Any patterns or surprises you noticed.
   c. How leisure activities might help people stay healthy, happy, or connected.

INNOVATIVE BENEFITS OF LEISURE

Leisure is not just "doing nothing"; it's a unique space where creativity grows, new businesses start, and our cultural heritage gets a fresh look.

Leisure Helps Ghana Grow

1. Leisure in Ghana isn't only about feeling good personally; it's a key part of our nation's progress.
2. It helps individuals' well-being by allowing people to refresh their minds and bodies, leading to clearer thinking and new ideas.
3. It also creates new job opportunities and ways to earn money through different industries.
4. All these help keep our unique Ghanaian heritage alive and promote it in new and exciting ways.

Leisure Inspires Art and Other Fields

1. Activities like traditional drumming, dancing, storytelling, and craft-making done during leisure time are more than just fun.

2. They are basic forms of artistic expression. Moreover, the creative energy that comes from leisure can directly lead to new ideas in unexpected areas such as fashion, architecture and technology.
3. Leisure gives us the mental space and inspiration needed for big discoveries in many areas.

Leisure Creates Jobs and Boosts Our Economy

1. Leisure activities open doors to new ways for our economy to grow. For example, ecotourism shows off Ghana's beautiful nature through activities like hiking, bird-watching, and beach relaxation, bringing in tourists.
2. This creates jobs and money for local communities. Also, the growth of music, film, fashion, and art, which often start as leisure activities, creates steady jobs and adds a lot to our country's economy.

Leisure Strengthens Our Communities and Culture

1. Traditional festivals and group leisure activities (like telling stories together or playing old games) are very important for keeping our rich culture alive.
2. They are living examples of our history and values as a country. These activities make us feel more connected as Ghanaians.
3. Furthermore, bringing back traditional Ghanaian games and fun activities in schools is a great example of new ideas. For instance, school children performing cultural dances is a new way to promote and teach Ghanaian culture to the next generation, making it fun and interesting for young people.

Activity 1.4 Exploring the benefits of leisure

In this activity, you will explore leisure activities that help people learn, grow, and be innovative.

1. Choose three innovative or skill-building leisure activities. These can be an activity you are already engaged in or something you would want to try (e.g., playing a musical instrument, gardening or farming, photography or painting, volunteering in the community, learning a new language, etc.)
2. Research or try out the activity you have chosen at home or in school.
3. Use any of the ways to present your findings in class:
    a. Create a poster or chart.
    b. Act it out in a short skit.
    c. Share photos or videos (if available).
    d. Present a live demonstration (if possible).
    e. Make a simple slide presentation.

4. Use these questions as a guide for your presentation
    a. What leisure activities did you choose?
    b. What skills or new ideas did you gain from doing them?
    c. Which activity did you enjoy the most? Why?
    d. Why is this kind of leisure important for young people today?
    e. Why should more students engage in innovative leisure activities?

ENGAGING IN SOCIAL ACTIVITY FOR LEISURE

Life in Ghana is often busy, filled with school, chores, and community duties. But did you know that engaging in social activities for leisure is very important for your relationships with others? Let us see how this is important.

Leisure Helps Us Build Stronger Friendships and Family Bonds

Our daily lives can be demanding. Leisure provides a vital balance, giving us time to connect with the people who matter most. When we spend leisure time with others, it naturally strengthens our social connections. This helps us feel less alone and more supported.

Enjoying Nature Together

Going for walks in Ghana's beautiful landscapes, like parks, beaches, or even quiet paths, is a gentle way to exercise. But it's also a perfect chance to talk and bond with friends and family.

a. **Keeping Traditions Alive:** Spending quality time with loved ones through shared meals, storytelling, and family ceremonies is very important. These activities reinforce our cultural values and traditions.
b. **Emotional Support:** This special family time gives us emotional comfort and strengthens our sense of belonging. It builds a strong foundation of communal well-being, where everyone feels cared for.
c. **Pets Help Us Connect Too:** In some urban areas of Ghana, more people have pets. Interacting with pets offers emotional comfort and can help reduce stress. Pets can also encourage new community interactions. When pet owners meet while walking their animals or at pet-related events, it creates new ways for people to connect and build friendships.

These simple and easy-to-do activities, like nature walks, family gatherings, and spending time with pets, are powerful tools which help us relax, have fun, and bring

our communities closer together. Making time for these activities helps us feel happier and more connected in our daily lives.



Figure 1.2: An image of a woman on a leisure walk

Activity 1.5 Walk, Smile, and Connect

1. Take a nature walk around your school, house, or a safe, beautiful area nearby. Your nature walk should last for 20 minutes.
2. During your walk, greet at least three people with a smile and a simple "hello" and, if appropriate, engage them in a short conversation. Also, observe your surroundings (sounds, smells, sights, and how the environment makes you feel).
3. In your notebook, jot down your observations and experiences:
    a. What did you notice about your surroundings? (plants, sounds, people, etc.)
    b. Who did you greet, and how did they respond?
    c. How did this make you feel?
    d. What did you enjoy most about your nature walk?

Activity 1.6 Connecting Through Leisure

In this activity, you are encouraged to take part in a simple group activity for at least 30 minutes.

1. It could be something already happening in your school or community, like a sports game, a study group, or a club meeting.

   Or you could invite a few classmates or friends to play a game, discuss a topic of interest, or complete a creative task together.

2. After the activities, take some time to have a discussion with your friends on how engaging in social leisure activities can benefit your mental health and community relationships.

ENGAGING IN HEALTH AND WELLNESS ACTIVITIES

In Ghana, we have many traditional and modern ways to keep ourselves well. This lesson will explore how different leisure activities can help you achieve a well-rounded life, balancing both your body and your mind.

Engaging in physical activities during your free time is fun and great for your body. These activities help your heart, muscles, overall fitness and mental health.

Sporting Activities for Health

Playing sports like soccer, ampe, and biking helps your heart stay strong (cardiovascular health). They also improve your quickness (agility) and overall fitness, while being enjoyable and a chance to meet others.

Popular Ghanaian Physical Activities

1. **Soccer** is Ghana's most loved sport. Playing soccer at any level, from a casual game with friends to organised matches, is excellent for your heart, stamina, and leg muscles. It's also a fantastic way to socialise and be part of a team.
2. **Ampe**, which is a traditional game, is widely played in schools and communities. It's a fun and energetic game that greatly boosts your coordination (how well your body parts work together) and helps with quick movements.
3. **Cycling** is a great way to enhance your health and wellbeing. It has the added benefit of being an environmentally friendly form of transport.

Just as your body needs exercise, your mind needs activities to stay sharp, calm, and connected. Mental health activities are just as important for a balanced life.

Popular Ghanaian Mental Activities

1. Ludo is a popular board game that involves luck and simple strategy.
2. Oware (a traditional African board game)
3. Dame (checkers) is excellent for sharpening your strategic thinking and problem-solving skills. They also encourage social interaction as you play with others.

Meditation

This practice is becoming more recognised for its benefits. Meditation helps you calm your mind and reduce stress. It can often be connected to spiritual practices.

Reading

Picking up a book, newspaper, or any reading material is a great leisure pursuit. Reading enhances your mental alertness, improves your vocabulary, and provides entertainment.

By actively taking part in both physical and mental leisure activities, you can build a healthier, more balanced, and more fulfilling lifestyle. Remember, a well-rounded life means taking care of both your body and your mind!

Activity 1.7 Identifying Traditional Games and Sports

1. For this activity, you are to identify and document traditional games and sports that are popular in your community. These are games that have been passed down through generations, often played for leisure, celebration, or competition.
    a. Interview at least three elders, family members, or community leaders. Ask them about the games and sports they played when they were young. (Ask questions like, “What games did you play when you were younger?” and “When and where were these games usually played?”)
    b. Observe children or adults in your community during their leisure time to see what games they play.
    c. Copy the table below into your notebook and write your findings. You should aim to identify at least five different games or sports.

Name of game/sport	Number of players	Where is it played (Place)	When is it played (Time)
e.g., Oware	2	It can be played anywhere	Evenings, weekends, during break time, etc.

2. Try to participate in one game or sport listed in your table and reflect on how the game you chose contributes to health and wellbeing. After reflecting, write a short paragraph or take part in a class discussion based on the following guiding questions:
   a. How do traditional games help us stay physically active?
   b. In what ways do these games improve mental health (e.g., relieving stress, making us laugh)?
   c. How do games build social skills like cooperation, respect, and communication?

Here is a sample write-up to guide you as you write down your own reflection.

"Playing Oware with my classmates was both fun and challenging. I enjoyed thinking ahead and trying to outsmart my opponent. The game helped me focus and stay calm. It reminded me that traditional games are not just for entertainment, but they also sharpen the mind. We laughed, encouraged each other, and shared strategies, which made the experience more enjoyable. I realised that games like Oware can help reduce stress, build patience, and improve how we interact with others. It was a great way to relax while still learning."

ECONOMIC WAYS OF UTILISING LEISURE TIME

So far, we talked about how leisure time helps our bodies and minds. But did you know that your spare time can also be a powerful tool for making money, creating jobs, and helping Ghana's economy grow? This lesson will show you how using your leisure wisely can also contribute to personal success and national development.

1. **Skill Development:** Turning Free Time into Productive Growth

Your free hours are a chance to learn new skills that can boost your career, start a business, or simply make your daily life easier.

a. **For learners:** Imagine using your free time to learn basket weaving, pottery, carving, tailoring, or carpentry from skilled community members. These are valuable skills that can be used to create products to sell in local markets or to tourists, helping you earn income.

b. **For Professionals:** Join after-work coding clubs to learn programming languages. These skills can help you get a better job in Ghana's growing technology industry.

c. **For Farmers:** Use the off-season to attend community workshops on modern farming techniques. Learning about new irrigation methods or crop varieties can lead to bigger harvests and more income for your family.

2. **Creative Arts:** Growing Ghana's Cultural and Creative Economy

Ghana has a rich cultural heritage, and your leisure time can help preserve and profit from it.

a. **Cultural Preservation and Tourism:** Get involved in community theatre groups or craft workshops. Learning to weave kente cloth or produce smocks can not only generate income but also help keep our traditions alive and attract tourists who want to experience authentic Ghanaian culture.

b. **Digital Content Creation:** Take a course in filmmaking or animation. You can use local folklore and stories to create content that can be shared globally, creating jobs and putting Ghana on the world stage.

3. **Broader Learning and Personal Development:** Investing in Yourself

Beyond specific job skills, leisure time is perfect for learning that helps you make better life decisions.

a. **Lifelong Learning:** Use public libraries or online courses to learn about topics like personal finance or sustainable farming. This knowledge empowers you to manage your money better, protect the environment, and make informed choices.

b. **Community Engagement:** Participate in volunteer tourism. By helping out in local communities, you can create economic opportunities for them while also building connections and gaining a deeper understanding of Ghana's diverse cultures.

Activity 1.8 Understanding how to turn free time into a money-making venture

1. Organise yourself into a group of 3-4 members.

Brainstorm and list all the ways you could use your free time to earn money or build a skill.

Hint: Think broadly — not only about making products (like baking, sewing, or crafting), but also about offering services (like tutoring younger children, helping with technology, or gardening).

Be creative: Could your hobby or talent (music, sports, art, storytelling, social media skills) be turned into something valuable?

2. As a group, review your list and agree on one activity you are excited about and that could realistically work in your school or community.

Discuss: Why do you care about this idea? Why would others be interested in it?

Consider not only how it could earn money but also how it could help your community or solve a small problem.

3. Work together to create a clear and realistic plan for your chosen idea. Write your plan neatly on a sheet of paper, guided by these questions
    a. What is your product or service? Describe it clearly. What makes it special or different from what already exists?
    b. Who is your target group? Be specific: who would actually pay for or use your idea (e.g., students, teachers, families, market sellers, local businesses)?
    c. What resources will you need? (materials, tools, time, knowledge). How could you get them at low or no cost?
    d. How will you make money? Will you sell, charge for services, or ask for small contributions?
    e. What skills will you gain? Think beyond money: communication, teamwork, budgeting, leadership, creativity, problem-solving, or resilience.
    f. What challenges might you face, and how could you solve them? (e.g., not enough customers, lack of materials, time management).
4. Present your group's idea to the class as if you were "pitching" it to real investors. Explain clearly why your idea is great, who will benefit, and how it will succeed.
    a. Be prepared to answer questions from your classmates and teacher.
    b. After presenting, reflect on the feedback: Did people see risks or opportunities you missed? How could you improve your plan?

SPIRITUAL WAYS OF UTILISING LEISURE TIME

In Ghana, leisure is much more than just rest. It's a special, sacred opportunity to strengthen your faith and deepen your connection with the Divine according to one's religious tradition (Christianity, Islam, or African Traditional Religion). Maintain comparative neutrality.

This lesson will show you how to use your free time to grow spiritually and find deeper meaning in your life.

Prayer and Meditation: Moments of Peace and Connection

Prayer and meditation are vital spiritual practices that can be done during your leisure time. They offer moments of peace and direct communication with the divine.

1. **Structured Prayers:** This includes participating in regular religious services, like Sunday church services for Christians or daily Muslim salat (prayers). These are dedicated times for communal worship and personal reflection.
2. **Private Reflections and Prayers:** Beyond formal prayers, leisure allows for quiet, private moments of reflection. You can use this time to think deeply about your beliefs, express gratitude, or seek guidance.
3. **Meditation through Ghanaian Wisdom:** You can meditate by listening to gospel music or reflecting on traditional proverbs. These practices help you align with core Ghanaian values of wisdom, morality, and respect for elders and spiritual beings. They offer a sense of calm and a deeper understanding of life.

Spiritual Reading: Nourishing Your Soul

Reading sacred texts and spiritual materials during your leisure time can nourish your soul and provide guidance.

1. **Sacred Texts:** Reading holy books like the Bible for Christians, the Quran for Muslims, or their translations into local languages like Twi, Ga, or Ewe, helps you understand your faith better and draw inspiration.
2. **Ancestral Stories:** Listening to or reading ancestral stories and folklore passed down through generations provides spiritual guidance and cultural wisdom. These stories often contain moral lessons and insights into the spiritual world.
3. **Modern Spiritual Guidance:** Listening to preachers via radio or TV, or reading their books, supports your ongoing spiritual growth. This allows you to learn from spiritual leaders even when you're not in a place of worship

Pilgrimage: Journeys of Reflection and Renewal

Pilgrimages are journeys with deep spiritual meaning, offering opportunities for reflection, healing, and a renewed commitment to faith.

1. **International Pilgrimages:** For some, leisure time allows for international pilgrimages to holy sites like Mecca for Muslims or Jerusalem for Christians. These journeys are transformative experiences that deepen faith.
2. **Local Pilgrimages:** Equally important are local pilgrimages to shrines, sacred landmarks (for example, Larabanga mosques and Cape Coast castle), or the hometowns of religious leaders. These journeys connect you to local spiritual history and traditions, offering a unique form of reflection and spiritual renewal within the Ghanaian context.

Leisure time in Ghana offers rich and diverse opportunities to deepen your spirituality. By actively engaging in practices like prayer, meditation, spiritual reading, and even pilgrimage, Ghanaians can fill their free time with meaning and purpose. This strengthens the vital link between your daily life and the divine, leading to a more balanced and fulfilling existence.

Activity 1.9 Exploring spiritual ways of utilising leisure time.

This activity is going to be in the form of an interview. You should plan and carry out your interview by yourself.

Step 1 – Planning the interview

1. Identify a religious person in your school or community whom you would have the interview with (it could be your school chaplain, a pastor, an imam, a traditional priest, a devout family member, a spiritually minded teacher, etc.)
2. Schedule a time with the person you are going to interview
3. Put your interview tools together; these should include a recorder (ask permission), a notebook and a pen.
4. Before you arrive for your interview, prepare a list of approximately 5 questions you would like to ask.

For example

a. *What are some spiritual activities you enjoy doing in your free time?*

b. *What motivates you to dedicate your leisure time to these activities?*

c. *How do these activities make you feel?*

d. *Do you think there is a difference between "leisure" and "spiritual leisure"? If so, what is it?*

e. *How has engaging in spiritual activities changed the way you view and experience your free time?*

Hint: Ask your teacher to review your questions before your interview takes place.

Step 2 – The Interview

1. Introduce yourself to the person you will be interviewing.
2. Greet politely, introduce yourself and the reason for the interview
3. Now start with the interview.
4. Thank the interviewee for their time.

Step 3 – Outcome and reflection

1. Read through your notes or listen to your recording. Highlight key quotes and ideas.
2. Using the information you gathered, write a report focusing on these areas:
   a. Create a list of the spiritual activities identified by your interviewee.
   b. Summarise the reasons and motivations your interviewee gave for engaging in these activities.
   c. What did you learn about the need for this type of leisure?
   d. Use your interviewee's experiences to justify how spiritual activities enhance and enrich leisure time. Explain the "how" and "why" behind this enhancement.
3. Submit your report to your teacher.

EXTENDED READING

- Whence and Whither? Aaron Yankholmes This chapter sheds light on the lived leisure experiences of Ghanaians
- https://eprints.bournemouth.ac.uk/30544/4/Ghanakh%20%20BRAIN.AS%2015.5.16.pdf

- Traditional dances as physical activity
- https://curriculumresources.edu.gh/wp-content/uploads/2024/11/PEH-CORE_LM_Year-1_Section-2-TV.pdf

- The role of recreation in promoting mental and physical well-being.
- https://www.dptraining.com.au/the-role-of-recreation-in-promoting-wellbeing/#

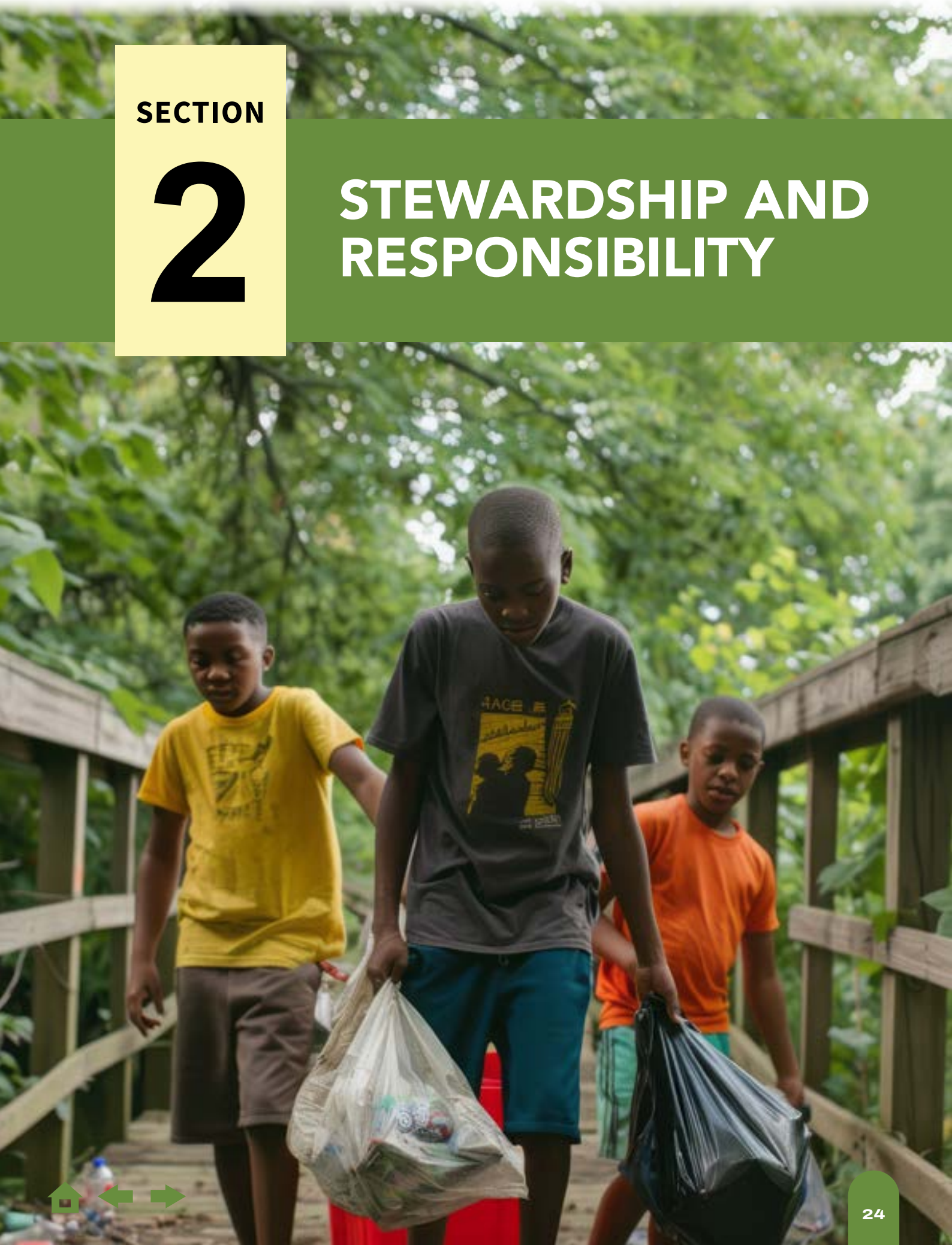
REVIEW QUESTIONS

1. What are some of the key benefits of leisure?
2. Why is a hobby a good way to use leisure time?
3. Name two recreational activities that can also be considered a hobby.
4. Why is it important to have a balance between work and leisure?
5. Discuss some of the social benefits of engaging in recreation.
6. What distinguishes a “hobby” from a general leisure activity? Provide an example to illustrate the difference.
7. How does recreation contribute to physical health?
8. In what ways can a hobby lead to a new career or business opportunity?

SECTION

2

STEWARDSHIP AND RESPONSIBILITY



Responsibilities of Young Persons In the Ghanaian context

INTRODUCTION

In this section, we are going to explore what it means to be a responsible citizen. Being a good citizen is about how we act right now, in our families, our communities, and our country, Ghana. We will start by looking at our roles and responsibilities within our own families. We will then expand our focus to the wider community around us, discovering how we can be helpful and positive members of society. Finally, we will discuss what it means to be a citizen of Ghana and the duties that come with it.

KEY IDEAS

- Being a good citizen is a role for everyone, including young people, and is not limited to adults.
- The foundation of good citizenship begins within the family.
- Responsibility starts with the family and then expands outward.
- Being a responsible young person means being a helpful and positive member of the community.
- As citizens of Ghana, young people have specific duties and responsibilities to their country.

RESPONSIBILITIES OF YOUNG PERSONS TO THEIR FAMILIES

In the previous section, you explored the physical, emotional, spiritual, and innovative benefits (creative and problem-solving) of leisure activities for your life, world of work, and further studies. You will now explore the responsibilities of responsible citizenship.

The family is the first community we belong to, and our actions within it shape who we become as individuals and as citizens. We will now explore how we can contribute positively to our families, reflecting the deep-rooted Ghanaian values of community and mutual support. As young Ghanaians, we have a vital role to play in supporting our families. This is a reflection of the core value of Ubuntu, a philosophy that means "I am because we are." It emphasises that our well-being is tied to the well-being of our community, starting with our family. Here are some responsibilities of young people to their families.

Looking After Your Family

1. **Providing Support:** You can support your family in many ways. If you're working or earning an income, you can offer financial assistance. If not, your support can be just as valuable through practical help. This includes taking care of younger siblings, helping elderly relatives with their daily needs, or simply being there to listen during challenging times.
2. **A Shared Responsibility:** Supporting each other, especially during difficult times, is a key part of family life. This spirit of mutual support strengthens family bonds and ensures that no one is left to struggle alone.

Honouring Family Traditions

Our families are the keepers of our history and culture. By respecting and upholding family values and customs, we honour our heritage and strengthen our identity as Ghanaians.

1. **Respect for Elders:** One major importance of Ghanaian culture is showing respect to elders. This is shown through our greetings, the way we speak, and how we listen to their wisdom and guidance.
2. **Participating in Ceremonies:** Taking part in family ceremonies, like naming ceremonies, funerals, or festivals, is an important way to connect with our traditions. Understanding their meaning and our roles within them helps us appreciate our cultural heritage.
3. **Cultural Identity:** By actively participating in these traditions, we are keeping our culture alive for future generations.

Helping at Home

Every household task, no matter how small, is a chance to contribute and show you care. Sharing household duties promotes a sense of togetherness and shared responsibility.

1. **Household Chores:** Examples of helping at home include cleaning, cooking, fetching water, and assisting with other family tasks. This is particularly important in rural communities where these tasks are essential for daily life.
2. **Developing Life Skills:** By taking on these responsibilities, you are not just helping your family; you are also developing important life skills that will serve you well in the future. You learn discipline, teamwork, and a sense of responsibility.
3. **Building Community Spirit:** Contributing at home is the first step in building a strong community spirit. When everyone does their part, the family unit is stronger and more harmonious.

Activity 2.1 Mock Parliament

This activity is designed to help you and your classmates explore the various responsibilities that young people have to their families and the reasons why those responsibilities are important.

1. **Preparation**
    a. Organise your class into two main groups: the "Proposers" and the "Opposers". The proposers will argue for the motion, and the opposers will argue against the motion.
    b. As a class, brainstorm a list of common family responsibilities for young people. Think about chores, caring for siblings, contributing to family finances, and helping with decision-making.
    c. Think about how these responsibilities might be shared or differ between young boys and girls in different cultures or households.
    d. Consider why it's important for young people to take on these tasks. How does it benefit them and their family?
    e. The proposers will prepare arguments supporting the idea that young people have a clear and significant responsibility to contribute to their families.
    f. The opposers will prepare arguments challenging this idea, perhaps by focusing on other priorities for young people (like school or personal development) or by questioning the nature of these responsibilities.
2. **The debate**
    a. Choose one of your classmates to act as a speaker of the parliament. The Speaker's job is to keep the debate running smoothly and fairly.
    b. The Speaker will table the following motion:

    "A family's strength and success depend on the active contribution of its young members."
    c. Each member of your group should have a chance to speak to the motion. The Speaker will call on learners from both the proposers and opposers to present their arguments and rebuttals.
    d. After the debate, vote as a group on the motion using a simple show of hands. The Speaker will guide the voting process as follows:
        i. "All those in favour of the motion, raise your hand." The Speaker will count the votes.
        ii. "All those against the motion, raise your hand." The Speaker will count these votes.
        iii. The Speaker will announce the result: "The motion passes" or "The motion fails".

3. **Reflection**
   a. As a class, summarise the main points and issues that were raised during the debate.
   b. Write in your notebook how the issues raised in the mock parliament apply to your own life and the families in your community. (This is to be done individually.)
   c. Write a short paragraph on your personal views regarding the responsibilities of young people to their families, considering the different arguments you heard.

RESPONSIBILITIES OF YOUNG PERSONS TO THEIR FAMILIES (II)

In this session, we will continue to explore the vital role you play in your family. Your responsibilities go beyond just helping with chores; they are the foundation for building a strong, united, and successful family. We will examine several core areas of responsibility that contribute to your family's well-being and your own personal growth.

Honest Communication

Communication is the glue that holds a family together. As a young person, your ability to communicate openly and respectfully is crucial for building a trusting and unified home environment.

1. **Maintaining Transparency**

   Always be open about your activities, challenges, and dreams with your family. Sharing this information allows them to offer the guidance and support you need to navigate life's challenges.

2. **Respectful Dialogue**

   Even when you disagree with an elder or a family member, it's important to communicate respectfully. This means listening to their point of view, calmly expressing your own, and working together to find a solution that everyone can agree on.

Educational Pursuit

Your education is not just for your own benefit; it is an investment in your family's future. By dedicating yourself to your studies, you are fulfilling a key responsibility to your family and your community.

1. **Seeking Help**

If you ever face difficulties with your studies, don't be afraid to ask for help. Involving your family in finding solutions shows that you are responsible and committed to your education.

2. **Celebrating Milestones**

When you achieve educational successes, whether it is passing an exam or graduating, it is a moment of pride for the entire family. Celebrating these milestones together strengthens family bonds and unity.

Personal Development and Responsibility

Your personal choices and actions have a direct impact on your family's reputation and welfare. Developing yourself as a person is, therefore a responsibility you owe to both yourself and your loved ones.

1. **Making Positive Decisions**

You should actively avoid harmful influences and make choices that reflect you and your family's values. These decisions show maturity and respect for the principles you have been taught.

2. **Contributing to Family Welfare**

Your responsibilities include setting goals for yourself, focusing on self-improvement, and actively contributing to your family's well-being. This can be as simple as helping with household chores or mentoring a younger sibling. These actions reinforce the idea that your family is a team.

Emotional Support and Unity

A strong family is a network of support. Your role involves providing emotional strength and contributing to a positive atmosphere at home.

- **Being a Source of Encouragement**

Be there for your family members in their moments of need. Offer comfort and a listening ear when someone is struggling. Celebrating their successes, no matter how small, helps to build a happy and supportive home.

- **Strengthening Family Unity**

Actively participate in family gatherings, activities, and events. Helping to plan or simply being present shows that you value your family and helps maintain strong bonds.

In summary, your responsibilities to your family are rooted in open communication, dedication to your education, personal growth, and emotional support. By embracing these roles, you are not only becoming a better individual but also contributing to the strength, unity, and success of your entire family.

Note: There are moral and spiritual consequences of irresponsibility, which include:

a. Social breakdown

b. Loss of trust

c. Religious implications, etc.

Activity 2.2 Understanding your responsibilities as a family member

1. In this activity, you will discuss the key responsibilities of young people in modern Ghanaian society (family). You will work in small groups to share your thoughts, listen to your classmates, and build a deeper understanding of these important topics.
    a. Form groups of 4-5 members and assign the role of a facilitator to one person.
    b. The facilitator will read the discussion questions and ensure that everyone has a chance to speak.
    c. Begin with the first question and move through the topics, giving each group member a chance to contribute. Remember, the goal is not to find one "right" answer but to explore different perspectives respectfully.
2. Use the following questions to guide your discussions.
    a. Based on your own experience, what does it mean to have "honest communication" within a family?
    b. How can a young person practise honest communication, especially when they need to share a difficult truth or disagree with an elder?
    c. Think about the responsibilities of young people in traditional Ghanaian society (e.g., farming, fetching water, learning a trade). How have these responsibilities changed or remained the same in modern Ghana?
    d. What new responsibilities do young people have today due to technology, education, and globalisation?
    e. Is it a responsibility of young people to follow an educational path that will allow them to contribute to their family's welfare? Why or why not?
    f. Justify why some young people may feel the need to pursue a different educational or career path than the one their parents followed. How can they communicate this desire to their family while still showing respect?
3. After your group discussions, come back together as a class to share your key points with the rest of the class. Consider the various viewpoints on these issues and think about how these can help you to navigate your responsibilities to your family positively and respectfully. Write your thoughts down in your notebook.

RESPONSIBILITIES OF YOUNG PERSONS TO THEIR COMMUNITY (I)

As you approach the end of your secondary education, you stand at a critical juncture. You are no longer just a child but a young adult on the verge of shaping your own future and the future of your community. With the rights and privileges of growing independence come responsibilities. These duties are not burdens but opportunities to build a stronger, more supportive, and successful environment for everyone. Today, we explore these responsibilities, starting with the fundamental unit of society, the family, and expanding outwards to the community.

Responsibilities to the family

Your family is your first and most important community. They provide you with love, support, and guidance. Your responsibilities to them are about giving back and contributing to the family's well-being.

a. **Support**

This means helping your family members and elders. It can be as simple as doing your chores without being asked or helping a younger sibling with their homework. As you get older, it might include offering financial help or taking care of family members who are sick or elderly.

b. **Respect**

Show respect to your elders by listening to their advice, even if you don't always agree. They have a lot of wisdom and experience to share. You also have a responsibility to uphold your family's traditions and values, which are the things that make your family unique.

c. **Education and Progression**

Your personal growth is a huge contribution to your family. By focusing on your education and striving for career success, you bring pride to your family and contribute to their overall progress. Think of your achievements as a way of honouring their hard work and sacrifices

Responsibilities of young people to the community

Safeguarding Public Property

a. Public property refers to all the resources and facilities that belong to and are used by everyone in the community. These are funded by public taxes and are essential for our collective well-being. Examples include schools, libraries, hospitals, clinics, streetlights, bus stops, and community centres.

b. When public property is damaged or destroyed, it is a loss for the entire community. The cost of repair or replacement comes from public funds that could have been used for other development projects. Protecting these assets

ensures that they remain available and functional for everyone, including future generations.

c. Your responsibility as a young person is to use public property respectfully. Avoid scratching desks, defacing walls, or damaging playground equipment.

d. Also, if you see someone damaging public property, do not be afraid to report it to a teacher, a school administrator, or a community elder. You can also take a picture and share it with a trusted adult. Your report can prevent further damage and hold the culprits accountable.

Maintaining Safety

a. A safe community is one where people can live and work without fear. Crime undermines safety and trust. As a young person, you are in a unique position to help maintain security because you are often aware of what is happening among your peers.

b. Reporting crime, such as theft, assault, drug dealing, bullying, is not "snitching" on friends; it is an act of courage that protects yourself and others. Ignoring criminal activities makes you part of the problem and can lead to a more dangerous environment for everyone. When you report a crime, you are helping authorities stop it and prevent it from happening again.

c. The police are the primary authorities for reporting crime; however, if you do not feel comfortable going to the police, talk to a trusted adult first, such as a parent, a teacher, a religious leader, or a school counsellor. They can guide you on the next steps.

Active Participation

a. Civic engagement means getting involved in the public life of your community. It is about contributing your time, energy, and ideas to improve the lives of others. It is the most direct way to be an agent of positive change.

b. Civic engagement is not just for adults. Your participation shows that you care about your community's future and inspires others. It also helps you develop leadership skills, teamwork, and a sense of belonging.

c. Many communities have youth clubs or associations that focus on social issues. These groups organise clean-up campaigns, awareness drives, and skill-building workshops.

d. You can also volunteer in your community by helping with local events, assisting at a community library, or tutoring younger students. Volunteering is a powerful way to make a difference and learn new skills.

e. Look for opportunities to participate in community development efforts, such as building a new school block or digging a well, or organising a fundraiser.

f. Furthermore, it is important to pay attention to what local leaders are doing. Attend community meetings and use your voice to advocate for issues important to you and your peers, such as better sports facilities or improved internet access.

Activity 2.3 Exploring your responsibility in the community

This activity will help you understand your responsibilities, identify the challenges you might face, and brainstorm practical solutions.

Organise yourself into a group of 4-5 members.

1. In your group, use the internet, textbooks, or any available resource material to research and list about three responsibilities of young persons to their community.
2. As a group, brainstorm and discuss the real-world difficulties you face in fulfilling each responsibility. Think about personal, social, academic, and economic difficulties.
3. Suggest realistic ways to overcome the difficulties that you have identified.
4. Prepare to present your findings to the whole class.

TASK 1: WHAT ARE OUR RESPONSIBILITIES?

Research and list the key responsibilities young people have to their community. Think about areas like environment, social harmony, community development, and supporting vulnerable groups. Write the key responsibilities in your notebook. For example:

1. _____
2. _____
3. _____

TASK 2: WHAT DIFFICULTIES DO WE FACE?

For each responsibility above, discuss the specific challenges that make it hard to fulfil. Be honest! (e.g., lack of time, resources, knowledge, peer pressure, fear, etc.). Add this additional information to your notes.

1. _____
2. _____
3. _____

TASK 3: HOW CAN WE OVERCOME THESE DIFFICULTIES?

Brainstorm smart, realistic solutions for each difficulty you listed. Think about what you can do, what your school can do, and what the community can do to help. Add you solutions to your notes. For example:

1. The school can create a 'Volunteer Club' that organises weekend activities.
2. _____
3. _____
4. _____

TASK 4: Present your group's findings to your classmates. Listen to other groups and be ready to ask questions and provide feedback.

RESPONSIBILITIES OF YOUNG PERSONS TO THEIR COMMUNITY (II)

This section explores how you, as a young person, can become an active and responsible member of your community. We will look at three key areas: taking care of our environment, managing money wisely, and building strong relationships with those around us.

Environmental Stewardship

Environmental stewardship means taking care of the environment for the benefit of everyone. It is about recognising that we all share the planet and have a responsibility to protect its resources. The following are some ways we can care for our environment.

1. **Participate in Clean-up Activities**

You can join or organise local clean-up events in parks, rivers, or public spaces. This is a great way to make an immediate impact and work together with others.

2. **Educate and Inspire**

Teaching your friends, family, and neighbours about the importance of proper waste disposal and recycling is another sure way to care for the environment. For instance, you can explain how sorting trash helps reduce pollution and conserve resources. You can create posters, share information on social media, or simply lead by example.

3. **Advocate for Change**

Speak up for what is right. Advocate for better waste management systems, such as more recycling bins or composting programmes in your school or neighbourhood. You can also support organisations that work to protect natural resources like forests and oceans.

Financial Literacy and Responsibility

Financial literacy is having the knowledge and skills to make smart money decisions. It's a superpower that helps you manage your finances now and plan for a secure future.

1. **Learn to Budget**

A budget is a plan for how you will spend your money. It helps you track where your money goes so you can decide what is most important to save for. You can start small, perhaps with an allowance or birthday money, to practise setting financial goals.

2. **Saving and Investing**

There is a need to learn the difference between saving for short-term goals (like a new video game) and investing for long-term growth (like for college or a business). Understanding these concepts early can help you avoid debt and build wealth over time.

3. **Promote Entrepreneurship**

Think of a problem in your community that you can solve with a business. Do people need help with yard work? Could you create handmade crafts to sell at a local market? Entrepreneurship not only helps you but also boosts the local economy by creating jobs and services.

Relationship Building

Relationship building is the process of forming and strengthening connections with people. These connections are the foundation of a healthy and supportive community.

1. **Respectful Dialogue with Elders**

Community elders hold a wealth of knowledge and traditions. Take the time to listen to their stories and advice. Engaging in respectful dialogue helps preserve history and builds bridges between different generations.

2. **Learn Conflict Resolution**

Conflicts are a natural part of any community. However, learning conflict resolution skills can help you mediate disputes peacefully. This involves listening to all sides, staying calm, and finding a fair solution that works for everyone. These skills help promote peace and harmony in your community.

Activity 2.4 How to protect the environment

This activity will challenge you to think critically about your role in shaping a sustainable future. You will explore how young people, like yourselves, can be powerful environmental stewards, protecting our planet for generations to come.

1. For this activity, you are to divide the class into three groups: group A, group B, and group C. The task of each group is to become experts on the following topics.

Group A: Environmental Stewardship

Group B: Financial Literacy and Responsibility

Group C: Relationship Building

2. As you research your given topics, use these as guidelines.

Group A Guide (Environmental Stewardship)

a. Based on resources available and your own knowledge, list 4 key roles a young environmental steward plays.

b. Think beyond just "planting trees." Could roles also include educator, advocate, innovator, or role model?

c. Which roles do you feel most capable of playing right now, and which might require more support or training?

i. Discuss the essence of being environmentally sensitive. Is it just about action, or is it also about a mindset? How does it benefit you and the community?

d. Is environmental sensitivity only about what you do (like recycling), or also how you think and make decisions (like choosing reusable materials, or refusing to litter even when no one is watching)?

e. How might adopting this mindset affect your daily habits, your family's behaviour, and even the community's long-term health?

f. Brainstorm and list five practical measures you can take to protect the environment in your community.

g. Try to balance individual actions (e.g., reducing plastic use) with collective actions (e.g., organising a cleanup, starting a recycling group).

h. Which of these actions are realistically achievable now, and which would need cooperation from elders, leaders, or institutions?

Group B Guide (Financial Literacy & Responsibility)

a. In your own words, what do "financial literacy" and "financial responsibility" mean?

b. How are they similar, and how are they different? (e.g., knowing how money works vs. choosing to use that knowledge wisely).

c. Can someone be financially literate but not financially responsible? Give an example.

i. Why is it important for young people to learn about budgeting, saving, and investing? Think about personal freedom, avoiding stress, and helping the community.

d. What happens when someone doesn't budget or save? How does this affect their choices, opportunities, and even their relationships?

e. How might financial knowledge reduce anxiety, or open doors for further education, starting a small business, or supporting a family?

i. How can a young person's financial success positively impact the wider community? (e.g., creating jobs, supporting local businesses).

f. Imagine you earn money from a small enterprise. How could your spending choices support or harm the community?

g. Beyond money, how could financial stability give you a stronger voice or influence in your community?

Group C Guide (Relationship Building)

a. Why is respectful dialogue with elders important, rather than just with other community members?

b. What cultural, historical, or practical knowledge do elders hold that young people might overlook?

c. How can showing respect build trust, and how does that trust benefit you in return?

d. Could ignoring elders' perspectives cause misunderstandings or missed opportunities?

   i. Why are conflict resolution skills more valuable to a community than simply having rules and laws?

e. How might good conflict resolution skills prevent small disagreements from turning into bigger problems?

f. Think of a time when "just having rules" didn't solve a disagreement. What could have helped instead?

   i. Role-play scenario where a student uses a conflict resolution skill (like active listening or finding common ground) to resolve an argument between two friends.

g. How can you show you're truly listening without taking sides?

   i. What kinds of words or gestures help people calm down?

   ii. After the role-play, reflect: Did the conflict end with both sides feeling respected? If not, what could you do differently next time?

3. Prepare to present your group's findings to the whole class.

4. Choose an expert from each group to do the presentation of their topic. Your classmates are free to ask you questions.

RESPONSIBILITIES OF YOUNG PERSONS TO THE STATE AS CITIZENS OF GHANA (I)

Young Ghanaians have a crucial role to play in the country's development. This goes beyond simply being a resident; it involves civic engagement, which is the active participation in the life of the community and country. In this section, we are going to explore the various forms of civic engagement young people can undertake and provide practical examples rooted in the Ghanaian context.

Forms of Civic Engagement

Constitutional/ Lawful civic participation

Civic engagement starts with actively participating in the processes that shape the nation's future. This involves more than just casting a ballot during elections. It's about being a part of the conversation and the decision-making process.

a. **Engaging with Members of Parliament (MPs):** Young people can attend town hall meetings and directly interact with their MPs to discuss community needs and national issues.

b. **Contributing to Policy Formulation:** A key example is providing feedback and ideas during consultations for the National Youth Policy. This ensures that the voices and needs of young people are directly integrated into policy frameworks that affect them. For instance, youth groups can submit proposals on topics like youth employment or digital skills training, influencing the final policy document.

Holding Leaders Accountable: Lawful and Peaceful Engagement

A core responsibility of any citizen is to hold elected officials accountable for their actions and promises. Young people can be powerful agents of accountability by demanding transparency and responsiveness from their leaders.

a. **Utilising Social Media:** Platforms like Twitter, Facebook, and Instagram are powerful tools young people can use to question government decisions, expose corruption, and demand explanations for unfulfilled campaign promises. For example, a youth-led online campaign could demand accountability for the delay in completing a road project in their community.

b. **Youth-Led Campaigns:** Campaigns that scrutinise the use of district assembly funds or demand transparency in public procurements are effective tools. The "I Am Aware" project, for instance, encourages youth to monitor local government actions and hold leaders accountable for the delivery of public goods and services such as clean water and quality education.

Volunteerism and Community Service

Volunteerism is a direct and impactful way for young people to contribute to their communities and help solve social problems. It fosters a sense of shared responsibility and community spirit.

a. **Participating in Local Initiatives:** This could involve joining local cleanup campaigns to improve sanitation, tutoring younger students in academic subjects, or supporting local clinics during health screening exercises.

b. **Supporting National Campaigns:** A practical example is volunteering time and skills to assist with national health campaigns, such as vaccination drives, or participating in environmental conservation efforts like tree-planting exercises to combat deforestation.

Advocacy: Youth Contribution to the State

Advocacy is the public support for or recommendation of a particular cause or policy. Ghanaian youth can use advocacy to influence change at various levels, from local communities to national policy.

Youth Participation in Governance and Decision-Making

Ghanaian youth are increasingly active in local and national governance, which enhances democratic participation and accountability.

Training and Empowerment: Organisations like Youth Advocates Ghana (YAG) have trained young people to understand and participate in local governance, enabling them to promote transparency and contribute to community development. These initiatives empower them to serve on local committees and contribute to development planning.

Advocacy for Sustainable Development Goals (SDGs)

Youth groups in Ghana actively contribute to monitoring and advocating for the implementation of the Sustainable Development Goals (SDGs), a global blueprint for a better future.

Data-Driven Campaigns: Through campaigns like "Voice Africa's Future", young advocates generate evidence and human stories that influence policy on crucial SDGs such as quality education, decent work and economic growth (SDG 8), and reducing inequalities. They can hold the government accountable for meeting its SDG commitments.

Political Engagement and Electoral Influence

Young activists in Ghana can significantly shape the country's politics by mobilising their peers to demand better governance, transparency, and social justice.

Mobilisation and Influence: Young people can organise voter education drives, participate in political debates, and mobilise young voters to support candidates who align with their interests. Some young leaders also step into political roles themselves to represent youth interests directly in local and national government.

Youth as Agents of Social Change and Accountability

Youth advocacy in Ghana often focuses on demanding accountability from public officials and improving service delivery at the grassroots level.

Grassroots Monitoring

Projects like **"I Am Aware"** encourage youth to monitor local government actions and hold leaders accountable for the provision of public goods and services. This grassroots-level advocacy ensures that development is equitable and that resources are used effectively for the benefit of all citizens.

Activity 2.5 My role as a citizen of Ghana

This activity guides you to explore your civic responsibilities, the challenges you face, and how to overcome them. You'll begin with individual reflection and then collaborate with classmates to build on your ideas and create a tangible plan for change.

1. Think about what it means to be a young Ghanaian citizen. What are your responsibilities to your community and the state? Consider things like voting, caring for the environment, and holding leaders accountable. Write down at least five responsibilities that feel most important to you.
2. For each responsibility you've listed, think about a challenge that makes it difficult to fulfil. For example, if a responsibility is to vote, a challenge might be a lack of information about candidates or long queues at polling stations. Write down at least one challenge for each responsibility.
3. For each challenge you identified, come up with a creative and innovative solution. How can you or other young people overcome this obstacle? For the voting example, a solution might be creating a social media group to share candidate profiles or a youth-led voter registration drive. Write down one solution for each challenge.
4. Share your lists of responsibilities, challenges, and solutions with your friends. Listen actively to them and add their ideas to enrich your own list.
5. Share with your classmates some of the challenges you face when living up to your responsibilities to the state. Ask your classmates to suggest innovative ways of overcoming these challenges.

RESPONSIBILITIES OF YOUNG PERSONS TO THE STATE AS CITIZENS OF GHANA (II)

Personal investment in educational and skill development contributes to national development

Think of a nation as a community of people working together to achieve great things. When each person develops their skills and knowledge, the entire community benefits. Your personal investment in education is not just about getting a job; it is about helping to build a more competitive and innovative workforce, a stronger economy, and a more vibrant society.

Here are some key ways you can fulfil your role as an active citizen by investing in yourself

1. **Get the Right Skills:** Focus on learning skills that are in high demand in today's world. This includes technical, trade, and digital skills that are crucial for Ghana's changing job market. For example, learning to code or becoming a certified electrician can create new opportunities for both you and your community.
2. **Go for Higher Education:** Pursue a university degree or specialised courses to deepen your knowledge in key sectors like agriculture, technology, health, and education. Higher education equips you with the specialised expertise needed to solve complex national problems.
3. **Keep Learning (Lifelong Learning):** The world is always evolving. To stay relevant, you must always be a learner. Look for ways to continuously update your skills and knowledge to keep up with global trends and innovations.
4. **Encourage Innovation and Startups:** Your education is a powerful tool for creation. Use what you have learnt to come up with new ideas and start your own businesses. These startups can create jobs, boost the economy, and lead to new solutions for our society.
5. **Get Involved in Civic Education:** A strong democracy needs informed citizens. Take the time to learn about national policies and your rights and responsibilities. Being engaged in civic education allows you to contribute meaningfully to Ghana's democratic process.
6. **Support Quality Education:** You can help build the next generation of leaders by supporting efforts to make education better and more accessible for everyone. By helping to improve the quality of schools and learning resources, you are helping to build a better future for the entire nation.
7. **Adopt Good Values:** Your character is just as important as your skills. Develop traits like honesty, responsibility, and discipline. These values make you a reliable and positive force in your workplace and community.
8. **Use Technology:** Embrace digital tools to improve your own learning and to connect with others. Technology can help you learn from people around the world, share your knowledge, and find innovative solutions to local challenges.
9. **Help Others:** One of the most important things you can do is to share what you've learnt with other young people. By mentoring and supporting your peers, you can help strengthen the community and foster collective growth.
10. **Contribute to Community Development:** Use your skills and knowledge to address local issues. Whether it's through volunteering or leading a community project, you can use what you have learnt to create tangible social and economic improvements in your own neighbourhood.

Activity 2.6 Understanding the importance of investing in personal development

This threefold activity will help you explore and evaluate the responsibilities young people have in investing in their own education and skill development.

Step 1

a. Take a moment to list three responsibilities you believe young people should take on to ensure they benefit from education and skill development.

b. Share and compare your list with that of your friend or classmate. Together with your friend or classmate, choose two responsibilities from your combined lists that you both agree are the most important.

c. Discuss and make a note of why these responsibilities matter and how they can positively affect a young person's future.

d. Share your pair's chosen responsibilities and reasons with the class.

Step 2

a. Listen to a motivational story about a successful person who invested in their self-development (through formal education or apprenticeship). Pay attention to the challenges they faced and how they persevered to achieve their current status.

b. Think about your own life or someone you know. Share your story of self-development to motivate others to make bold decisions and take responsibility for their personal growth.

Step 3

In a whole-class discussion, brainstorm how young people can contribute to national development by developing their own skills, and think about how each of those actions can lead to real-world impact for the country.

Write a short paragraph summarising the discussion.

RESPONSIBILITIES OF YOUNG PERSONS TO THE STATE AS CITIZENS OF GHANA (III)

As a young Ghanaian citizen, you have an important role to play in shaping the future of our nation. In this section, we will explore two key responsibilities that fall on the shoulders of the youth: the promotion of Ghanaian culture and national values and the preservation and conservation of our historical and cultural sites. By understanding and taking ownership of these duties, you can help ensure that our rich heritage is celebrated and protected for generations to come.

Promoting Ghanaian culture and national values

Promoting our culture is about more than just remembering the past; it is about making our traditions a living part of today's world. Here's how you can make a difference.

1. **Active Participation in Cultural Events:** Engage in local festivals, traditional ceremonies, and community gatherings. These events, such as the Homowo Festival of the Ga people or the Aboakyer Festival of the Efutu people, are not just celebrations; they are living expressions of our culture. By attending, you help keep these traditions alive and connect with your roots.
2. **Education and Awareness:** Take the initiative to learn about Ghana's history, diverse languages, and customs. Share this knowledge with your peers and younger family members. This can be as simple as learning a few phrases in a different Ghanaian language or researching the history of a landmark in your region.
3. **Core Values Promotion:** Uphold and promote core Ghanaian values like respect for elders, unity, hospitality, and communal living. These values are the bedrock of our society. For example, greeting elders respectfully and offering assistance to visitors are simple yet powerful ways to demonstrate these values.
4. **The use of media and technology:** Use social media and digital platforms to showcase Ghanaian art, music, fashion, and traditions. Share content about Ghanaian artists, musicians, and traditional crafts. You can create short videos about traditional dance or post photos of local art to reach a wider audience.
5. **Intercultural Conversations:** Engage in respectful dialogue with people from different ethnic and religious backgrounds. This promotes mutual understanding and strengthens national unity. By learning about and appreciating the cultures of others, you help build a more cohesive and tolerant society.
6. **Supporting Cultural Institutions:** Visit and support local museums, cultural centres, and art galleries. Places like the **National Museum of Ghana in Accra and the Kumasi Fort and Military Museum, Cape Coast Castle** are custodians of our history. Your visit helps sustain these institutions and shows your appreciation for our cultural treasures.
7. **Linking Culture with Economic Development:** Promote cultural tourism by guiding visitors to historical sites or showcasing local crafts. This not only celebrates our heritage but also contributes to the local economy.

Preservation and Conservation of Historical and Cultural Sites

The historical and cultural sites of Ghana, such as ancient castles, sacred groves, and traditional buildings, tell the story of our past. It is your responsibility to help protect and conserve them. Here are some practical steps for preserving and conserving our historical and cultural sites.

1. **Peer Education:** Educate your friends and classmates about the importance of preserving cultural heritage. You can organise a school club or a community group focused on this topic.
2. **Volunteering for Clean-Up Projects:** Participate in community clean-up initiatives at historical sites, monuments, or traditional shrines. For example, helping to clear litter from the grounds of the Cape Coast Castle or maintaining a local sacred grove contributes directly to their preservation.
3. **Documenting with Technology:** You can use your smartphone or camera to take pictures and videos of cultural artefacts and historical sites. This digital documentation helps create a record for the future. You can also use drones to get a unique perspective on these sites.
4. **Encouraging Responsible Cultural Tourism:** When you travel, advocate for respecting local traditions and sites. Encourage tourists to support local artisans and to follow rules that protect sacred places.
5. **Sharing Folk Stories and Traditions:** Learn and pass on traditional folk stories, songs, and dances. These are not just forms of entertainment; they are a form of oral history that preserves our collective memory.
6. **Collaboration with Traditional Leaders:** Work with chiefs and elders to understand and respect traditional protocols for managing cultural and spiritual sites. Their knowledge is invaluable in ensuring these places are protected according to tradition.
7. **Advocacy for Support:** Use your voice to advocate for government and non-governmental organisations to provide funding and support for heritage projects. You can write letters, start petitions, or use social media to raise awareness about the need for better funding for sites like the Larabanga Mosque.
8. **Community Involvement:** Organise and encourage community members to get involved in protecting local heritage. A strong sense of community ownership is the best way to ensure long-term preservation.

By taking these actions, you contribute significantly to building a nation that respects its past and is proud of its identity.

Activity 2.7 How Ghanaian youth can promote the culture

In this activity, you will take part in a collaborative, whole-class discussion. The goal is to identify and propose concrete actions that young people can take to actively promote Ghanaian culture and values and to recommend strategies for the preservation and conservation of the nation's historical sites.

1. Tap on the links below to watch the videos
   a. https://youtu.be/vIEQ5I7Q6mo?si=cENoIx-Y_EPFB-a_
   b. Ghana: A Nation of Rich History and Iconic Wildlife | Africa from Above | 4K UHD Documentary

2. As you watch the videos, try to answer the following questions by writing in your notebooks.
    a. How can young people use what we saw in the video (or what we're wearing) to promote Ghanaian culture to their friends and family?
    b. What are some of the national values (like hospitality, patriotism, or respect) that we should be demonstrating more often?
    c. What do you think is the biggest threat to Ghana's historical and cultural sites today?
    d. Besides visiting them, what are practical ways young people in our communities can help conserve these sites for the future?
3. Select one of your classmates to act as a moderator for this part of the activity. The moderator will call members of your class to present their responses. After each presentation, the moderator will open the floor for questions and comments from other classmates, ensuring that everyone has a chance to contribute to the discussion. The moderator's role is to manage the flow of the conversation and encourage active participation.
4. Make a note of the key ideas from the discussion in your notebook.

RESPONSIBILITIES OF YOUNG PERSONS TO THE STATE AS CITIZENS OF GHANA (IV)

As a young Ghanaian, you have a vital role to play in building a better future for our country. This section will guide you through two key areas of your civic responsibilities: protecting our environment and serving our communities. By taking these responsibilities seriously, you contribute to a stronger, more sustainable Ghana for everyone.

Environmental Stewardship

Environmental stewardship is about being a good caretaker of the natural world. Ghana faces significant environmental challenges, and young people are key to finding and implementing solutions that protect our resources for future generations.

Combating Illegal Mining (Galamsey)

Illegal mining, known as galamsey, is one of the most destructive environmental problems in Ghana. It causes severe water pollution from chemicals like mercury and cyanide, silts up our major rivers, and leads to massive deforestation.

Your responsibility is to actively discourage and report these activities to protect our natural resources and public health. You can do this by joining or forming local groups to monitor areas susceptible to illegal mining. You can also use social media platforms

like Facebook, Instagram and TikTok to advocate for change and also report these illegal activities to the right authorities.

Promoting Sustainable Waste Management

Communities in Ghana are struggling with pollution. Plastic waste, which pollutes our drains and oceans, is a major challenge that threatens livelihoods, public health and tourism. More than just pollution in our communities and natural environment, there is also the issue of overburdened landfills, making it difficult to reduce the effects of pollution.

a. As a young Ghanaian citizen, you can be a champion for responsible waste disposal and circular economy practices by starting a recycling programme in your school, church or neighbourhood. You can also practise the "3 Rs": Reducing, Reusing, and Recycling.

b. Use your voice to advocate for better waste management policies from your local government. This could include advocating for more public bins or more frequent waste collection.

Community Service and Volunteerism

Community service and volunteerism are selfless acts that help improve the lives of others. By giving your time and skills, you help address inequalities, improve public well-being, and foster a sense of shared responsibility. Here are some ways you can render your services to your community.

Supporting Education in Under-Resourced Areas

Education is the backbone of a nation. Young Ghanaians, especially those with higher education, have a responsibility to share their skills and knowledge with others. This helps to bridge the gap in educational opportunities between different communities. You can do this by;

1. Offering to tutor younger students in core subjects like Mathematics, English, or Science in rural or under-resourced schools. This is particularly valuable for helping students prepare for exams.
2. Sharing your personal experiences and offering guidance on academic and career paths. A few hours of mentoring can have a huge impact on a student's confidence and future decisions.
3. Organising some of your friends at school or home to collect and donate school supplies, textbooks, or used computers to communities in need. You could even set up a small community library.

Participating in Public Health Campaigns

Public health is a shared responsibility. You can help improve the health and sanitation of your community by getting involved in public health campaigns organised by the government or NGOs. This can be done by:

1. Volunteering in programmes that educate people on basic hygiene, handwashing, and sanitation.
2. You can also join or lead clean-up exercises to clear choked gutters and keep your neighbourhood clean, which helps to prevent diseases like cholera and malaria.
3. Assisting health workers during immunisation campaigns by helping to register people, manage queues, and provide basic information about the importance of vaccinations is another way you can render your services to your community.

How to Make a Difference: Practical Steps

Making a change starts with you, but inspiring others can multiply your impact. Here are some simple yet effective ways to promote community service and volunteerism among your peers:

1. **Share Your Story:** Use social media to tell inspiring stories of volunteers in your neighbourhood. Create compelling content like a series called "A Day in the Life of a Volunteer" or interviews with community leaders.
2. **Team Up:** Collaborate with popular Ghanaian celebrities, influencers, and youth leaders to promote good causes. Their platform can help your message reach a much wider audience.
3. **Make it Fun:** Organise interactive and enjoyable volunteer drives, clean-up days, and awareness activities. Consider a "treasure hunt clean-up" where participants search for different types of litter, or a "plant-a-tree challenge" with prizes.
4. **Recognise Efforts:** Giving out certificates, awards, or small stipends to acknowledge volunteers can make them feel valued and motivate them and others to continue their good work. A great example is the Bus Stop Boys, a group of young men in Accra who volunteer to sweep and clean public bus stops. Their dedication has earned them recognition and praise from the community.
5. **Encourage Schools:** Advocate for community service to be a part of your school's curriculum or after-school activities. Explain how this can help students develop practical skills and a strong sense of civic duty.

Activity 2.8 Real-world problem solving

This activity requires you to work together in groups, you'll brainstorm solutions to real-world problems and then put your plans into practice, making a tangible difference right here in your school and community.

1. Organise yourself into groups of 4-6 members.

   In your groups, engage in a discussion guided by the following questions:

   a. Why is it important for young people to be involved in environmental stewardship? (Consider topics like climate change, waste management, and resource conservation.)

b. What specific environmental issues are most pressing in our school compound or in our immediate community?

c. As a group, brainstorm why it is important to engage in community and volunteer services.

d. What benefits do these activities offer to both the community and the individual?

2. After your discussion, your group will now transition from a brainstorming session to an action-oriented planning session.

   a. As a class, watch the "Busstop Boys" video on Facebook and discuss the motivation behind their actions. This will help you appreciate the need for volunteerism and the power of collective effort.

   b. Based on your discussions, select one area where your group can volunteer in the school or community. Your choice should be a practical and impactful activity. You can choose from the list below or identify another pressing need.

      i. Growing of trees: Identify a suitable location and the resources needed.

      ii. Clearing weeds around a specific area of the school compound or in the community.

      iii. De-silting of choked gutters in a designated area.

3. Prepare to share your group's work with the class.

   a. Present your action plan to the rest of the class.

   b. Your plan should include:

      i. A clear description of the activity and its goal.

      ii. A list of required tools and materials.

      iii. A breakdown of roles and responsibilities for each group member.

   c. A timeline for when you will carry out the activity.

   d. As a group, write a short report on the project you embarked on.

   e. Consider what you learned, the challenges you faced, and the overall impact of your volunteerism on the school or community.

   f. How did this hands-on experience change your perspective on environmental stewardship?

4. Present your report to the class and be prepared to answer questions from your classmates.

EXTENDED READING

How Indigenous Communities are Preserving Ghanaian Culture

- reenviewsresidential.com/ghanaian-indigenous-communities/#:~:text=Oral%20Traditions%20and%20Storytelling,as%20custodians%20of%20community%20knowledge.
- Our Heritage (how to preserve our culture and traditions) - Short film || Ghana Month - wear Ghana
- Ghana: A Nation of Rich History and Iconic Wildlife | Africa from Above | 4K UHD Documentary
- Africa's Mecca: The Hidden Powers and Untold Story of Ghana's Oldest Mosque
- https://youtu.be/vIEQ5I7Q6mo?si=cENoIx-Y_EPFB-a_

REVIEW QUESTIONS

1. Explain two ways in which assisting with household chores contributes to the well-being of the family unit.
2. Why is it important for young people to help with household chores?
3. In what ways can you contribute to keeping your community clean and safe?
4. Why is respecting community elders and leaders important?
5. Identify and explain three ways a young person can participate in community development.

SECTION

3

GHANAIAN VALUES AND NATIONAL CONCERN



Concern for One's Nation

INTRODUCTION

Have you ever wondered what makes Ghana strong and united? It is not just our beautiful landscapes, rich history, or vibrant festivals; it is the values we hold dear as Ghanaians. These values include honesty, integrity, patriotism, time consciousness, hard work, perseverance, patience, tolerance, respect, trustworthiness, selflessness, contentment, and volunteerism. Such qualities are essential for building a strong and united nation, as they foster trust in institutions, promote economic growth by ensuring resources are used properly, and encourage citizens to address national challenges together. For example, honesty and integrity build trust and credibility, while patriotism inspires collective action for progress. Hard work and innovation drive economic development, and patience helps us focus on long-term, sustainable goals. Tolerance allows people from diverse backgrounds to coexist and work harmoniously. These values play out in everyday life, whether by helping a neighbour, participating in community clean-up exercises, or standing up for what is right. By embodying these virtues—such as reporting suspicious activities, respecting elders, and volunteering time to community projects—Ghanaians contribute to the well-being of their families and the nation as a whole. In this section, you will learn to identify and explain these key Ghanaian values, analyse how they contribute to national unity and socio-economic development, and justify the need to honour those who champion and embody these virtues, as recognising such individuals inspires others, strengthens cultural identity, and encourages positive change throughout society.

KEY IDEAS

- Ghanaian values refer to shared moral, social and civic principles that guide behaviour in society and promote national unity and development.
- National concern refers to issues, responsibilities and actions that safeguard the welfare, identity and progress of Ghana.
- Ghanaian values like honesty, integrity, patriotism, and respect are essential for building a strong and united nation.
- Honesty and integrity build trust and help to create trust in institutions. They also promote economic growth by ensuring resources are used properly.
- Patriotism inspires citizens to address national challenges and work together, while hard work boosts the economy and encourages innovation.
- Patience helps the nation focus on sustainable, long-term goals, and tolerance allows people from diverse backgrounds to coexist and work together harmoniously.
- Recognising individuals who embody Ghanaian virtues inspires young people, reinforces cultural identity, and encourages positive societal change.

GHANAIAN VALUES THAT PROMOTE CONCERN FOR THE NATION

Honesty and Integrity, Patriotism and Time consciousness

This session focuses on Ghanaian values such as honesty and integrity, patriotism, and time consciousness. You will learn how these values strengthen our nation, and also how to apply them in your daily life

Honesty and Integrity

Honesty means telling the truth and acting in a truthful manner, and integrity means always doing the right thing, even when no one is watching. Returning a lost wallet with all its contents, even if no one saw you pick it up, is an act of integrity.

Importance of Honesty and Integrity in Nation Building

a. These values help build trust in Ghanaian institutions such as schools, hospitals, police and the court. This is because when leaders and citizens of Ghana are honest, it encourages people to participate in national processes like elections and also follow laws.

b. Honesty enhances the economic growth of the nation because it attracts investments and fosters economic stability.

c. Integrity reduces corruption by ensuring that monies and resources that have been set aside for developmental projects like building roads, schools and hospitals are used properly.

d. Honesty and integrity promote mutual respect among diverse groups in the country. This reduces conflicts and unites communities at the end of the day.

e. When leaders exhibit integrity in leadership, it sets a positive example for the citizens, which encourages the citizens to work together for national goals.

Patriotism

Patriotism is the love or devotion someone has for his or her country. Patriotism goes beyond the waving of flags and singing national anthems. It actually means taking responsibilities for national challenges, protecting the environment or promoting peace. For instance, participating in a community clean-up shows patriotism.

Importance of Patriotism to Nation Building

a. Patriotism unites Ghanaians across ethnic, religious, and political groups, creating a shared identity and purpose. This reduces conflicts and promotes peace in the country.

b. Patriotism inspires citizens to take active roles in addressing national challenges, such as environmental conservation or community development. When individuals prioritise Ghana's well-being, their actions contribute to the nation's growth

c. Patriotism encourages innovation and cooperation in sectors like education, healthcare, and infrastructure. This collective effort supports long-term development

d. Patriotic citizens are more likely to engage in national activities, such as voting or volunteering, and this strengthens governance and societal progress

https://youtu.be/KRyqY2LzOUo?si=pvThq1KAMHMW3ikp. This link will give you more insight into what patriotism is.

Time Consciousness

Time consciousness means being aware of time and managing time effectively by being punctual, meeting deadlines, and using time efficiently. It involves respecting schedules, prioritising tasks, etc.

Importance of Time Consciousness to Nation Building

a. Time consciousness ensures that tasks in schools, workplaces, and national projects are completed on schedule, maximising output and resource use. For example, punctual workers in a factory help meet production targets, supporting economic growth.

b. It supports economic development in the country because punctuality attracts investors and ensures timely delivery in trade, which strengthens Ghana's economy. It also enhances the nation's reputation.

c. Valuing time fosters discipline and respect for other people's schedules, and this creates a reliable workforce and cohesive society that drives national progress

Activity 3.1 Understanding values in our Ghanaian society

Do this individually

1. In your notebook, write down your understanding of a chosen value. (e.g., honesty and integrity, patriotism, time consciousness).
    a. Find a partner who has selected the same value as you. Share your definition and discuss how your definitions are similar or different, and agree on a single, shared definition.
    b. Together with your partner, share your definition with the rest of the class.
2. Organise yourself into a group of 4-5 members. Each group is to choose one of these values: honesty and integrity, patriotism, or time consciousness.

a. In your group, research and discuss the value you have chosen using the following as a guide:
   i. The meaning of the value and how it contributes to Ghana's development?
   ii. Provide one real-life example showing how this value promotes concern for the nation.

b. Present your research findings to the class. Your classmates may ask you questions or provide feedback.

c. Submit a summary of your presentation to your teacher.

GHANAIAN VALUES THAT PROMOTE CONCERN FOR THE NATION

Hard work and perseverance

Hard work

Hard work is the consistent effort and dedication put into achieving a goal or completing a task. It often involves persistence, discipline, and a willingness to tackle challenges. For example, a student studying late to master a difficult subject or a farmer tending crops daily to ensure a good harvest demonstrates hard work.

Importance of Hard Work for Nation Building

a. **Economic Growth:** Hard work boosts the economy of a nation. When citizens work hard, it increases productivity, which helps businesses grow, creates jobs, and strengthens Ghana's economy.

b. **Resourcefulness and Innovation:** Hard work encourages creative problem-solving, leading to new ideas, technologies, and industries that benefit the nation. When people are committed to working hard, they become resourceful and problem solvers. This leads to new inventions, creative solutions, and the development of new industries that benefit everyone.

c. **National Pride:** Hard work unites communities toward common goals, fostering collaboration and resilience. It sets an example for future generations and encourages them to contribute to Ghana's growth and overcome challenges.

d. When citizens diligently do their work, it builds a positive image for the nation and attracts foreign investment and partnerships. Ghana's reputation for hard work in sectors like mining or education can draw international support, aiding infrastructure and development projects.



Figure 3.1: Celebrating hard work and dedication

Perseverance

Perseverance is the ability to keep going despite challenges, setbacks, or difficulties. It's about staying committed to your goals, even when the journey is tough. For instance, perseverance is when you keep studying for a hard exam, despite failing a few times.

Importance of Perseverance to Nation Building.

a. **Overcoming obstacles:** Perseverance helps a nation go through tough times, such as economic hardships, political instability, or even natural disasters. By staying resilient, citizens and leaders can work through crises to ensure long-term stability.

   For example, Ghana's recovery from economic challenges in the 1980s, through sustained reforms and collective effort, showcases how perseverance strengthens national resilience

b. **Achieving National Goals:** Perseverance also ensures that long-term goals are met. Major development projects, like building infrastructure, improving education, or expanding healthcare, take years of consistent effort. even when faced with delays or funding issues.

   For instance, Ghana's commitment to expanding access to electricity through projects like the Akosombo Dam required decades of dedication to achieve widespread impact.

c. **Inspiring Future Generations:** Stories of perseverance, whether from individuals or the nation, motivate young people to stay determined and have positive mindsets. The legacy of Ghana's independence movement, led by figures like Dr Kwame Nkrumah, inspires young Ghanaians to tackle challenges with resolve.

Perseverance brings communities together to work toward shared goals, building a sense of unity and purpose. When citizens persevere through hardships, like rebuilding after floods or supporting national initiatives, it strengthens social bonds and drives collective progress.



Figure 3.2: The role of perseverance in achieving goals

Activity 3.2 Exploring the importance of hard work as individuals

1. In your notebooks or jotters, write down your personal definition of hard work and perseverance.
   a. Pair up with a classmate and share your definitions. As you do this, discuss the similarities and differences in your definitions.
   b. As a pair, share your key findings with the larger class.
   c. As a class, discuss examples of how you have seen these values in action (e.g., a farmer working daily, a student preparing for exams).
2. Organise yourself into a group of 4-6 members.
   a. Choose one of the following scenarios and create a short 1-minute skit that shows the challenges your team faces and how you used hard work and perseverance to overcome them.
   b. Make sure your skit has a clear beginning, middle, and end.
      - A team of engineers is working on a difficult road construction project.
      - A group of students preparing for a national science competition.
      - Community members working to clean up a local water body.
   c. Take turns performing your skits for the other groups. As you watch, pay attention to how each group shows the values of hard work and perseverance.
3.
   a. After all skits have been presented, come together and write down the main challenge each group's skit addressed and why hard work and perseverance were essential to solving it.

b. Make a note of the challenges faced and how hard work and perseverance resolved the challenges in your notebook.

4.

a. In your group, create a poster or digital board titled "Why hard work and perseverance matter for Ghana".

b. Each person in your group must submit at least one reason why these values are important for nation-building.

c. Join together with your classmates and categorise your reasons into the following themes:

- Economic
- Education
- Leadership

5. In your notebook, write a short paragraph to answer the following question: "How do these individual acts of hard work and perseverance contribute to the growth and progress of the nation?"

GHANAIAN VALUES THAT PROMOTE CONCERN FOR THE NATION

Patience and Tolerance

Patience

Patience is the ability to stay calm while waiting for something to happen or when facing challenges, delays, or difficulties. It involves maintaining a positive attitude even when things don't go as planned.

Patience is a core value that supports long-term thinking, perseverance, and thoughtful decision-making, contributing to personal growth and Ghana's national development. For example, it's the strength to keep working toward a goal, like improving education, despite challenges, while carefully considering the best path forward.

Importance of Patience to Nation Building

a. Patience helps us focus on developments that are sustainable rather than seeking quick results. By prioritising long-term goals, we can support initiatives like building better roads, improving schools, and growing our economy in ways that benefit everyone. For example, planning a new hospital may take years, but patience ensures it meets the needs of future generations.

b. Patience helps people stay strong and keep going when things get tough. It is key to overcoming challenges, like dealing with slow processes or limited resources, in your personal life, work, or in society.

c. Patience allows us to think carefully before making decisions. Instead of rushing, we can consult others, gather information, and choose solutions that strengthen our nation. For instance, leaders who take time to listen to the opinions of their community members before passing laws create policies that work for everyone.

d. In a multi-cultural society like Ghana, patience supports tolerance and collaboration, enabling people to work together despite their differences. This unity is critical for nation-building and achieving collective goals.

Tolerance

Tolerance is the ability to accept, respect, and coexist with differences in opinions, beliefs, cultures, or behaviours without being biased or hostile. It involves showing patience and understanding toward others, even when their views or actions differ from our own. For example, tolerance is evident when people from different ethnic or religious backgrounds celebrate each other's festivals, such as Homowo or Eid, with mutual respect.

Importance of Tolerance to Nation Building

a. **Social Cohesion:** Tolerance means accepting and respecting people who are different from us. By being tolerant, we build social cohesion, creating a society where people from different ethnic groups, religions, and backgrounds can live and work together in harmony.

b. **Inclusive Governance:** Also, tolerance supports inclusive governance by valuing diverse perspectives. It ensures fair and effective policies that reflect the needs of all citizens.

c. **Conflict resolution:** Tolerance goes a long way to facilitate peaceful conflict resolution. It encourages dialogue and compromise, preventing conflicts from escalating and maintaining stability.

d. Tolerance ensures that our government listens to the opinions of all citizens, including those with different viewpoints. This makes our leaders more effective and our democracy stronger.



Figure 3.3: Muslims and Christians worshipping together in the Zetaheal church in Accra

Activity 3.3 Demonstrating values in our community: A scenario

1. Read this scenario and answer the questions that follow.

"In a vibrant Ghanaian community, a debate has been sparked over the development of a new market. A group of traders, eager for immediate results, argues for a quick construction. They believe that a quick launch will boost the local economy and provide jobs right away. They feel that any delay is a missed opportunity.

However, another group, led by community elders and representatives from various ethnic and religious groups, insists on a more deliberate approach. They want to hold more town hall meetings to ensure that the market's design and location are inclusive and consider the diverse needs of all community members. This group believes that rushing the project could lead to future conflicts and an unstable foundation.

With this situation, the community now faces a critical challenge: how to move forward with a project that is meant to unite them, without letting it divide them."

a. How is patience demonstrated in this situation?

b. How is tolerance demonstrated in this situation?

c. How can these two values help solve the disagreement?

d. Can you think of a time when being patient or tolerant helped you solve a problem with a friend or family member?

e. How can you apply these personal experiences to a larger community or national level?

2. Share your answers and thoughts with your classmates.

3. As a class, create a word cloud highlighting key ideas you have when you read the following statement and share your ideas with your classmates. Your teacher will create the word cloud based on the ideas discussed.

Statement: "How can the youth of Ghana exhibit the sense of patience and tolerance in their quest to find the meaning of life?"

GHANAIAN VALUES THAT PROMOTE CONCERN FOR THE NATION

Respect and Trustworthiness

In this session, we will delve into two powerful Ghanaian values: respect and trustworthiness. We will learn how these virtues are essential tools for fostering unity, strengthening our institutions, and securing a prosperous future for all. By understanding and living these values, you will be better equipped to contribute to the continuous development and progress of our beloved country, Ghana.

Respect

Respect is a core Ghanaian value which is characterised by showing regard, esteem, or consideration for others. This includes their rights, beliefs, and dignity. It involves valuing individuals, authority figures, cultural traditions, and diverse perspectives, which in the end foster mutual understanding and harmony. In Ghana, respect is deeply rooted in societal norms, such as honouring elders, adhering to communal values, and upholding the dignity of others.

a. **Fosters Social Cohesion:** Respect, particularly for elders, authority figures, and diverse perspectives, creates a harmonious environment. This minimises internal conflicts and divisions and brings about peaceful coexistence, enabling citizens to work together toward common national goals.

   For example, respecting differing opinions during community deliberations reduces tensions and fosters unity, allowing the nation to focus on development.

b. **Encourages civic participation:** When citizens feel respected and valued, regardless of their background, they are more likely to engage in civic duties such as voting, community service, or holding leaders accountable. This active participation strengthens democratic processes and ensures inclusive governance, which are critical for nation-building.

   For instance, respectful dialogue in public forums encourages citizens to contribute ideas for national progress.

c. **Preserves cultural heritage:** Respect turns to promote a culture of integrity. When individuals in positions of power respect the public they serve, they are less likely to engage in corrupt practices or abuse their authority. This kind of respect builds trust between the government and its people and strengthens institutions, making them stronger and more effective.

d. Respect for authority and institutions encourages citizens to abide by the laws and policies of the nation. This brings about trust in governance systems. When leaders and citizens mutually respect each other, it creates an environment conducive to implementing national development plans effectively.

   For instance, respect for legal frameworks ensures smoother execution of policies aimed at economic and social progress.

Trustworthiness

Trustworthiness is a core Ghanaian value that means being honest, reliable, and keeping promises. It involves acting with integrity, being transparent, and earning the confidence of others through consistent and truthful behaviour. In Ghana, trustworthiness is seen in people who do what they say, treat others fairly, and uphold moral principles, which builds strong relationships and trust in communities

Importance of Trustworthiness in Nation Building

a. **Strengthen Institutions:** When leaders and institutions are trustworthy, people trust them to make fair decisions and follow laws. Honest governance reduces corruption and ensures that policies are carried out properly, which

helps the nation grow stronger. For example, a trustworthy government official who uses public funds correctly gains citizens' support for national projects.

b. **Attracts Investment and Partnerships:** If a nation is known for trustworthiness, it attracts foreign investors and partners because these investors feel confident that their resources will be used wisely. This brings money and opportunities that improve living standards and support the economic growth of the country. For instance, when Ghana is seen as reliable, companies are more likely to invest in businesses or infrastructure.

c. **Enhances Social Capital:** Trustworthiness creates strong bonds between people in the communities. When citizens trust each other, they work together, support one another, and contribute to the nation's well-being. For example, trustworthy neighbours might collaborate to clean their community or help during tough times.

d. Trustworthiness reduces misunderstandings and disputes by promoting honesty and fairness. This creates peace and stability, allowing the nation to focus on development instead of conflicts. For example, a trustworthy community leader can resolve disputes fairly, keeping the community united.

Activity 3.4 Respect and trustworthiness amongst young people

1. On your own, take two minutes to write down what you think the words respect and trustworthiness mean. What comes to mind when you hear these words?
2. Pair up with a classmate and share your definitions.
    a. Work together to create a single, combined definition for each word.
    b. What are some behaviours and attitudes you consider to be trustworthy and respectful in your community?
    c. What are some practical ways that families, schools, and communities can teach the values of respect and trustworthiness to young people in Ghana?
3. Take turns to share your answers with the whole class.

GHANAIAN VALUES THAT PROMOTE CONCERN FOR THE NATION

Selflessness, Contentment, and Volunteerism

Selflessness and Contentment

Selflessness is the act of putting the needs, well-being, or interests of others over one's own desires or benefits, while contentment is a state of satisfaction and having peace with one's current circumstances, accepting what one has without constantly desiring more.

Importance of Selflessness and Contentment in Nation Building

a. Selflessness drives individuals to prioritise collective welfare over personal gain, and this unites different groups under a shared national purpose. Contentment complements this by reducing envy and competition, encouraging citizens to collaborate rather than conflict.

b. Selflessness motivates citizens to volunteer their time and resources to address societal needs like education or disaster recovery. Contentment enhances this by fostering satisfaction in giving without expecting rewards, amplifying the impact of volunteer efforts. Programmes like the National Youth Volunteer Programme (NYVP) show how selfless and content volunteers drive community development, contributing to national progress.

c. Selflessness reduces conflicts caused by selfish desires by creating a peaceful environment for building a strong nation. Contentment supports this by reducing anger or greed, helping people live together peacefully. Together, these two values make a nation more stable and united.

d. Selflessness encourages sacrifices for long-term national goals, like environmental conservation or education reform. Contentment complements this by promoting sustainable living and supporting policies focused on well-being. These two values together create a balanced approach to development.

Volunteerism

Volunteerism is when people freely give their time, skills, or energy to help others or a cause without expecting payment. It can include activities like cleaning a park, teaching kids or supporting disaster relief efforts. Volunteerism plays a big role in making a nation stronger in simple but powerful ways.

Importance of Volunteerism to Nation Building

a. Volunteerism brings people from different backgrounds together, which promotes mutual understanding. By working on common goals, such as disaster

relief or community projects, volunteers build trust and solidarity, essential for a unified national identity.

b. Volunteers often fill gaps in public services, especially in underdeveloped areas. For example, they provide education, healthcare, or environmental conservation efforts where government resources may be limited, directly improving quality of life and supporting national development goals. Volunteers often help with projects like building roads, schools, or hospitals in areas that need them, and this goes a long way to improve the nation's infrastructure and services.

c. Volunteerism reduces the financial burden on governments by providing free labour for public welfare projects. This allows resources to be used for other important national projects. For instance, volunteers in disaster recovery or infrastructure development save costs while contributing to economic resilience and growth.

d. When people volunteer, they exhibit values like compassion, equity, and service. These values reinforce the cultural and ethical foundations of Ghana. Programmes like national service initiatives or youth volunteer campaigns instill pride and commitment to national ideals.



Figure 3.4: A volunteer group (DWOSO initiative) training a group of women in skill development

Activity 3.5 The need for selflessness

1. Take turns in class to tell your classmates a story about a person or a group that has shown acts of selflessness and volunteerism. As you tell your story, tell of some challenges these people face.
2. After each story, think about ways the challenges faced could be overcome. Share your thoughts with your classmates.
3. Take a moment to think about a time you showed selflessness or volunteerism. It could be something small, like helping a fellow learner with their homework, or something bigger, like helping your community clean up. Write this down in your notebook.

THE NEED TO HONOUR PEOPLE WHO CHAMPION GHANAIAN VALUES

A nation's true wealth is found not only in its resources but also in the character of its people. For Ghana, our strength is deeply rooted in a set of core virtues: integrity, hard work, patriotism, honesty, hospitality, resilience and a strong sense of community. Honouring Ghanaians who embody and promote Ghanaian virtues is essential for several reasons. Some of which are:

1. **Inspiration for Future Generations**
    a. Honouring Ghanaians who demonstrate virtues provides the youth of the country with real-life examples of success through ethical behaviour. For instance, recognising a hardworking farmer during Farmers' Day shows the youth that integrity and effort are rewarded.
    b. This act of honouring Ghanaians who demonstrate virtues motivates young people to adopt these virtues, ensuring that values like communalism and respect are passed down to future generations.
    c. By celebrating these people, we ensure that our most valuable cultural norms, such as the lessons of our history and proverbs, are not forgotten. Instead, they are passed on as living traditions, guiding the youth to become responsible and honourable citizens.
2. **Opportunity for highlighting role models**
    a. In today's world, where young people are influenced by trends on social media, it is essential to honour Ghanaians who provide powerful counter-narratives by highlighting positive and authentic Ghanaian role models.
    b. It offers a platform to showcase individuals who exhibit positive Ghanaian identity, by being entrepreneurs who practice ethical business, artists who preserve our heritage through their work, or community leaders who tirelessly serve their neighbours.
    c. By celebrating these people, we elevate them, increasing their visibility and giving them a greater ability to inspire and mentor others. This reinforces the idea that there are heroes right here at home who are worthy of admiration and emulation.
3. **Reinforcement of Cultural Identities and Preservation of Traditional Practices**
    a. Our cultural identity as Ghanaians is the foundation of who we are as a people, and honouring our champions is essential for its preservation. This practice celebrates those who actively keep Ghanaian traditions alive through their art, music, storytelling, and leadership.
    b. It is necessary to honour these people because their works ensure the continuity of traditional knowledge, languages, and customs that might otherwise be lost.

c. Again, when we honour individuals from backgrounds for their shared virtues, we strengthen the bonds of national unity. It creates a shared sense of belonging that transcends our diversity and reminds us all of the common values that unite us as a people.



Figure 3.5: A group of people who were honoured by the state for being exceptional in their various fields

Activity 3.6 The exemplary life of well-known Ghanaians

1. For this activity, you are going to pair up with a classmate, and together, you will be a research team.
   a. As a team, use the internet or any other resources you can find (like books or newspapers) to research well-known Ghanaians. These people should be famous for something good they have done.
   b. After you find the people, create a list of their important accomplishments. What makes them a "champion" in society? Copy the table below to help you.

Table 3.1

Category	Name	Accomplishment	Why is this accomplishment important to the nation?
Politics	Dr. Kwame Nkrumah	Led Ghana to independence	
Sports			
Education			
Entertainment			
Journalism			

c. Be ready to share your findings with the rest of the class. Tell us who you chose, what they accomplished and why this is important to the nation.

2. From the list of people you researched or have heard about, choose one person who inspires you the most and answer the questions that follow.
3. What is/are your reasons for choosing this individual?
   a. What value or virtue to see in their life or work that makes them a good role model for you?
   b. Pair up with a different classmate and share your choice and the reasons behind it. Listen to their choice and reasons as well.
4. Organise yourself into a group of 4-6 members.
   a. In your group research using the internet or other available resources to identify one religious teaching that supports the recognition of those who uphold traditional values.
   b. Share your research findings with your class for discussion. Make notes from the discussion in your notebook.

THE NEED TO HONOUR PEOPLE WHO CHAMPION GHANAIAN VALUES

Honouring people who champion Ghanaian values is a powerful way to promote national unity, pride, and positive societal change. By celebrating these individuals, we're not just recognising their achievements; we are reinforcing the core principles that hold the country together.

Promoting National Unity and Pride

a. When individuals are publicly honoured, they become national icons, or as some people may put it, "celebrities". These become living symbols of what it means to be a good citizen, providing clear examples for people to emulate and fostering a deep sense of patriotism.

b. Celebrating individuals who embody principles like communalism, respect for elders, and integrity helps to solidify a shared national identity. These values become tangible, providing a common ground for all Ghanaians.

c. In a world where we see a lot of foreign stuff on social media and TV, celebrating our individuals who champion our values as Ghanaians helps us remember what makes our culture special and unique and prevents us from losing our identity.

Encouragement of Positive Societal Change

a. Publicly acknowledging people who champion Ghanaian values gives young people powerful role models. It shows them that integrity, hard work, and a commitment to community are not only valued but also lead to recognition, motivating them to embrace these same principles.

b. Acknowledging virtuous behaviour by honouring people who exhibit it, such as a teacher's dedication to education, sets a positive example to others. This encourages others to act with integrity and accountability.

c. Honouring those who confront issues like corruption or injustice, such as activists or honest public servants, empowers others to speak out. This drives positive change, leading to a more just and equitable Ghana.

Activity 3.7 Understanding national unity

This activity will help you and your friends think about what it means to be part of a single nation. You will work together as a whole class, with your teacher or a volunteer from your class acting as a moderator, to define national unity, brainstorm ways to build it, and discuss the changes you would like to see in your society.

1. The moderator leads the class in discussing the following:
    a. What does 'national unity' mean to us?
        i. As a group, discuss the ideas shared and work towards a single definition that everyone agrees on.
        ii. The moderator writes down or keeps a record of the final, agreed-upon definition.
    b. What are some ways we can promote national unity in our country?
        i. Share your ideas with your classmates, and the moderator will help to organise the ideas.
        ii. As a whole group, expand on the initial ideas to create a comprehensive, collective plan.
    c. What areas in Ghanaian society do you think need to change, and why?
2. As a class, work towards finding common ground and agreement on these ideas.

    The moderator will summarise the key points of agreement and disagreement.
3. Make a note of the discussion in your notebook.

EXTENDED READING

- Ghana and patriotism: Time to rethink
- https://www.ghanaweb.com/GhanaHomePage/features/Ghana-and-patriotism-Time-to-rethink-717015

- https://www.facebook.com/watch/?v=197287589575939

- https://youtu.be/hrh_9iuS-EM?si=NAwu9sn4lheoQVH5

REVIEW QUESTIONS

1. How does patriotism contribute to national unity?
2. Explain how the value of hard work can improve agricultural productivity.
3. In what way can tolerance resolve a disagreement in the classroom?
4. Give an example of how the value of perseverance can be applied to a student wanting to pass an exam
5. In which way does respect promote effective governance?
6. Explain how celebrating Ghanaians who champion virtues helps preserve traditional practices in modern times.
7. Give two examples of volunteer groups in Ghana.

ANSWERS TO REVIEW QUESTIONS

SECTION 1

1. It helps to reduce stress, improve mental health, and provide an opportunity for social interaction.
2. A hobby gives you a sense of purpose and achievement, helping you to develop skills and passions.
3. Hiking, playing a sport, or gardening.
4. A healthy work-leisure balance prevents burnout, improves overall well-being, and boosts productivity when you are working.
5. It can lead to new friendships, strengthen community bonds, and improve social skills.
6. A hobby is a specific type of leisure activity that is pursued regularly and with a certain level of dedication, passion, and intent to improve or build knowledge/skill. A leisure activity is a more periodic and passive activity. For example, watching TV is a leisure activity, while repairing old radios as a regular pastime is a hobby.
7. Active recreation (e.g., sports, hiking, dancing) directly improves cardiovascular health, builds muscle strength, enhances flexibility, and helps maintain a healthy weight.
8. A passion for a hobby can lead to skill development and expertise, which can eventually be monetised or turned into a profession.

SECTION 2

1.
   - Promotes Unity: Working together fosters teamwork, cooperation, and a stronger sense of belonging and shared purpose within the family.
   - Teaches Life Skills: It equips young persons with essential skills like cooking, cleaning, and maintenance, preparing them for independent living in the future.
2.
   - Helping with chores teaches you to be responsible and contributes to the well-being of the entire family.
   - It also helps to ease the workload on your parents or guardians.
3. You can help by not littering, participating in community clean-up exercises, and reporting any suspicious activities to a trusted adult or community leader.
4. Respecting elders and leaders shows you value their wisdom and experience. It also helps to maintain social harmony and order within the community.

5.

- Organised Labour: Participating in community clean-up exercises, building projects for schools or clinics, or helping to maintain roads.
- Volunteering: Offering free services like tutoring younger children, assisting at a community health centre, or helping to organise community events.
- Civic Engagement: Attending community meetings (e.g., Unit Committee), voicing opinions on development issues, and voting in local elections when eligible.

SECTION 3

1. Patriotism unites Ghanaians across ethnic, religious and political groups, which reduces conflict and promotes peace.
2. Hard work improves agricultural productivity by encouraging farmers to dedicate consistent effort to their crops, leading to high yields.
3. Tolerance can resolve disagreements in the classroom by respecting different opinions and finding peaceful solutions
4. A student who repeatedly practices mathematics problems after failing a test and eventually improving their grades demonstrates the value of perseverance.
5. It encourages citizens by abiding by the laws and policies of the nation, which brings about trust in governance systems.
6. These individuals preserve tradition by ensuring the continuity of cultural knowledge
7.

- Prime Care Network
- Ghana Childcare Volunteer
- Child Care Support
- Global Vision International
- Volta Aid Foundation

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Acknowledgements

List of Contributors

Name	Institution
Dorcas Amedorme	St. Ambrose College of Education, Dormaa-Akwamu

List of Reviewers

Name	Institution
Christian Kwarteng Mensah Oppong	Prempeh College