








Recreation, festivals and holidays

12.1: Recreation activities at home and school

Recreation refers to how we spend our free time.

Recreation activities are activities people do for enjoyment in their free time or leisure time.

Examples of recreation activities

		
acting/ drama	reading	singing
		
playing football	making crafts	dancing

Other examples include:

- Playing netball
- Playing basketball
- Swimming
- Watching movies
- Sleeping
- Reading story books, newspaper, magazines
- Telling stories
- Doing physical exercises
- Listening to music
- Camping

places where people go for recreation



beach



garden



game park



theatre



stadium



children's park

Other places include:

- 🔴 video halls 🔴 hotels 🔴 river banks 🔴 gym
- 🔴 zoos 🔴 restaurants 🔴 forests
- 🔴 churches and mosques

- Using educational messages like straight talk, young talk and PIASCY messages

PIASCY in full

P - Presidential I - Initiative on A - AIDS S - Strategy for
C - Communication to Y - Youth

Examples of PIASCY Messages are;

- AIDS kill
- Stay safe
- Avoid gifts
- Say no to sex
- Keep time
- Avoid lifts
- Avoid bad touches

Exercise 10.7

1. Write any two ways of child protection.

(a) _____ (b) _____

2. Write PIASCY in full?

P _____

I _____

A _____

S _____

C _____

Y _____

3. Give any four example of PIASCY Message.

(a) _____ (b) _____

(b) _____ (c) _____

Importance of promoting peace and security

Peace and security will lead to;

- Development of an area.
- Love for one another.
- Free movement of people and goods.
- Proper physical growth & development.
- Respect for one another.
- Promotion of safety in the society.
- Having freedom of speech.
- Promotion of trade.

Things we use to keep peace and security.

1. Draw and name

Bible	Quran	Tear gas	Shield
Baton	Pistol	Knife	Gun
Spear	Stick	Bow and arrow	Camera



(a) _____
(c) _____

(b) _____
(d) _____

Name these people who promote peace & security.

1.3: Effects/dangers of insecurity

Insecurity is when people are not safe from danger.

Things which show insecurity



Robbery



Fighting



Violence

Others include: Wars, quarreling, kidnapping, rebellion.

People who cause insecurity

Thieves, kidnappers, murderers, idlers, robbers, witches, rebels

Causes of insecurity

- | | | |
|---------------|------------|------------|
| 💧 Poverty | 💧 Violence | 💧 Fighting |
| 💧 Mob justice | 💧 Teasing | 💧 Theft |
| 💧 Rebellion | 💧 Idleness | 💧 Hunger |