

5.1 Seasonal Calendar

Purpose: to initiate a discussion about patterns of life within the different community groups and how they influence their wellbeing, in particular that of children.

Participants: Separate groups of 8-10 men, women, youth and children

Duration: 45-60 minutes

Materials: flipchart with marker pens

Process: Start off with a discussion on the different seasons recognized by the community. These can be 3-4 seasons. Discuss in which months they take place. Then discuss the weather patterns in the different seasons. What do they do in the different seasons? At home? In the field? Go to school? In what way does the season affect the health of the people in the community? How do the seasons affect their income? What social, cultural and religious activities do they have?

Depending on the focus of the development activities, the questions asked can be more focused on a particular thematic area such as health, education or food security.



Reflection: With regards to the wellbeing of children, the group can be asked: when are the children the happiest? What is the most difficult season for children? What makes life hard for children? What is done to address the hardships?