

\$ 1 — FIRST 50 BUYERS

# The African Home Culture Calendar

52 Weekly Cultural Anchor Practices To Keep Africa Alive In Your Home All Year

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AFRICANHOMEFRONT — PROTECTING WHAT MATTERS MOST



## HOW TO USE THIS CALENDAR

One practice per week. Every practice takes thirty minutes or less. Organised into four quarterly themes. Each practice has an age variation — one approach for younger children and one for teenagers.

The calendar is a living document — adjust it to your family. If one practice does not land, try a different approach the following week. If one practice produces exceptional engagement, return to it next quarter.

**Quarter 1 — ROOTS:** Weeks 1-13: Who we are and where we come from

**Quarter 2 — LANGUAGE:** Weeks 14-26: Keeping the mother tongue alive

**Quarter 3 — FAITH AND VALUES:** Weeks 27-39: What we believe and why

**Quarter 4 — COMMUNITY AND PRIDE:** Weeks 40-52: Belonging to something larger

# QUARTER 1 — ROOTS

Weeks 1-13

## Week 1 — Your Migration Story

Tell the honest story of why you left home and what you hoped for.

*Under 10:* 'I want to tell you a story about a big decision our family made...'

*Teenager:* 'I want to tell you the real version — not the polished one — of why we came here.'

## Week 2 — The Family Name

Tell your child what your family name means, where it comes from, and who gave it to the family.

*Under 10:* Draw the family name together and decorate it.

*Teenager:* Research the name's origin and share what they find.

## Week 3 — Your Grandmother's Story

Tell one specific story about your mother or grandmother — a specific event that reveals who she was.

*Under 10:* Include sensory details — what she looked like, what she smelled like, her voice.

*Teenager:* Ask: 'What do you think she would make of how our family lives now?'

## Week 4 — The Village or Town

Show your child on a map where your family comes from. Find photographs. Tell three specific things.

*Under 10:* Let them mark it on their own drawn map.

*Teenager:* Ask them to find one thing about that place that surprises them.

## Week 5 — A Family Recipe

Cook one dish from your home region together. Tell its complete story — origin, occasion, the person who taught it to you.

*Under 10:* Let them do one specific task — stirring, measuring.

*Teenager:* Give them the recipe and let them lead while you assist.

## Week 6 — The First Proverb

Teach one proverb — its words in the heritage language, its meaning, and the situation it applies to.

*Under 10:* Draw it together and put it somewhere visible.

*Teenager:* Ask them to find a moment this week when the proverb applies.

## Week 7 — The Journey Map

Together, trace the journey of your family across generations — where they started, where they moved, where they are now.

*Under 10:* Make it visual — draw the map together.

*Teenager:* Discuss: 'What does our family's pattern of movement tell you about who we are?'

## Week 8 — An Elder's Hands

Arrange a video call with the oldest living relative your child has access to. Ask one question about their childhood.

*Under 10:* Prepare one question together before the call.

*Teenager:* Let them prepare their own question and a follow-up.

### **Week 9 — Traditional Clothing**

Find or wear one item of traditional clothing together. Tell its story — what it is called, what occasion it is for.

*Under 10:* Let them try it on and photograph themselves in it.

*Teenager:* Research its cultural significance and share one finding.

### **Week 10 — The National History**

Share one significant moment from your home country's history your child would not learn in Western school.

*Under 10:* Tell it as a story with heroes and obstacles.

*Teenager:* Ask: 'How do you think this moment shaped the country our family comes from?'

### **Week 11 — The Family Tree**

Build the family tree together as far back as either of you can go. Tell one story about at least three people.

*Under 10:* Draw it together, illustrated.

*Teenager:* Research whether any ancestor has a story they did not know.

### **Week 12 — What We Brought With Us**

Ask: 'What does our family carry from home in how we live, how we eat, how we treat each other?'

*Under 10:* Share three things you brought together.

*Teenager:* Let them identify things you did not mention. Discuss.

### **Week 13 — Quarter One Reflection**

What from these thirteen weeks connected most? What story do you want to hear again?

*Under 10:* Each person names one favourite moment from the quarter.

*Teenager:* Each person names what they want to go deeper into.

## QUARTER 2 — LANGUAGE

Weeks 14-26

### Week 14 — The Language Rule Night

For one dinner, everyone speaks only in the heritage language. Mistakes celebrated, not corrected.

*Under 10:* Whoever switches to English tells one joke in the heritage language before continuing.

*Teenager:* Challenge them to go the entire meal without switching. Reward the attempt genuinely.

### Week 15 — The Heritage Language Song

Find one song in your heritage language that you love and play it. Tell its story. Sing together.

*Under 10:* Learn the chorus together.

*Teenager:* Ask them to find one song in the heritage language they actually like. No judgment.

### Week 16 — The Second Proverb

Teach a second proverb from a different life domain than the first.

*Under 10:* How does this proverb connect to the first one?

*Teenager:* Which proverb do they find more true? Why?

### Week 17 — Heritage Language Storytelling

Tell a traditional story — folktale, myth, legend — entirely in the heritage language with English as needed.

*Under 10:* Use voices and expressions. Make it theatrical.

*Teenager:* Ask them to summarise it in the heritage language at the end.

### Week 18 — The Language of Food

Name every dish at your next family meal in the heritage language. Teach the names. Quiz each other.

*Under 10:* This one is almost always funny. Lean into the laughter.

*Teenager:* Same — the laughter is the point.

### Week 19 — The Letter From Home

Find or write a letter in the heritage language and read it together. Translate together.

*Under 10:* Focus on feeling the language rather than perfect translation.

*Teenager:* Write a brief response in the heritage language.

### Week 20 — The Heritage Language Film

Watch a film or episode from your home country. No subtitles for at least fifteen minutes.

*Under 10:* What could they understand? Make it a game.

*Teenager:* Ask them to translate one scene for you afterward.

### Week 21 — The Third Proverb

Third proverb from a domain neither previous proverb covered.

*Under 10:* Which of the three proverbs is their favourite so far? Why?

*Teenager:* Same question — deeper discussion expected.

### **Week 22 — The Language of Celebration**

Teach specific greetings, toasts, and celebratory expressions used in your culture. When are they used?

*Under 10:* Practice them in a mock celebration.

*Teenager:* Ask them to use one appropriately at the next family gathering.

### **Week 23 — The Heritage Language Book**

Find one book in the heritage language. Read one page together.

*Under 10:* Read and point at pictures. Make it a discovery.

*Teenager:* Let them read one paragraph aloud. Celebrate every word.

### **Week 24 — Heritage Language Day**

From waking to sleeping, as much of the day as possible in the heritage language.

*Under 10:* Celebrate every attempt. Document the funniest moments.

*Teenager:* Same approach — no pressure, just intention.

### **Week 25 — The Fourth Proverb**

One that has been particularly important in your own life.

*Under 10:* Tell the story of a time this proverb was true for you personally.

*Teenager:* Same — the personal story is the point.

### **Week 26 — Quarter Two Reflection**

How has the language practice felt across thirteen weeks? What is easier? What is still difficult?

*Under 10:* Each person names one word they are proud they know now.

*Teenager:* Same — deeper reflection expected.

## QUARTER 3 — FAITH AND VALUES

Weeks 27-39

### Week 27 — Your Faith Story

Tell the honest story of your personal faith journey — the real version, including doubts and returns.

*Under 10:* Keep it simple — one key moment of faith in your life.

*Teenager:* Share the full version including the hard parts.

### Week 28 — The Faith Question

Ask your child one genuine question about what they actually believe. Listen completely before responding.

*Under 10:* 'If you could ask God one question, what would it be?'

*Teenager:* 'Is there anything about our faith you find hard to believe right now?'

### Week 29 — The Value Story

Tell one story about a family member whose life demonstrates a central family value.

*Under 10:* Make it specific — names, places, what happened.

*Teenager:* Ask: 'Would you have made the same decision? What would you have done differently?'

### Week 30 — The Difficult Question

Answer one of the hardest questions your faith raises — honestly. Do not deflect.

*Under 10:* 'Why do bad things happen to good people?' — give your honest answer.

*Teenager:* Let them choose the question. Answer with full honesty.

### Week 31 — The Community of Faith

Identify one person in your faith community who exemplifies your values. Arrange for your child to spend time with them.

*Under 10:* A shared meal or activity.

*Teenager:* A genuine conversation — facilitated but not orchestrated.

### Week 32 — What We Do Not Negotiate

Tell your child the three values in your family that are not negotiable — and why.

*Under 10:* Explain the why, not just the what. The why is what holds.

*Teenager:* Same — the deeper the explanation the better.

### Week 33 — The Values Overlap

With your child, find three places where African cultural values and Western school values actually agree.

*Under 10:* 'Let us find things our family believes that your teacher would also agree with.'

*Teenager:* 'Where do our values and Western values actually want the same things?'

### Week 34 — The Honest Acknowledgement

Have the honest conversation about one aspect of your home country or culture that is genuinely difficult.

*Under 10:* Keep it simple and age-appropriate. Focus on complexity.

*Teenager:* Be fully honest. This builds more trust than any idealised account.

### **Week 35 — The Prayer Practice**

Pray together — genuinely, in your own words, as a real conversation. Let your child hear you pray specifically.

*Under 10:* Encourage them to add one thing to the prayer.

*Teenager:* Ask if they want to pray — no pressure. Create space without expectation.

### **Week 36 — The Moral Dilemma**

Present a genuine moral dilemma and ask your child to reason through it using family values.

*Under 10:* 'If you found something valuable at school, what would you do? Why?'

*Teenager:* A genuinely complex scenario from current events or their own life.

### **Week 37 — The Fifth Proverb**

One specifically about relationships, community, or obligation.

*Under 10:* How does this proverb apply to their life right now?

*Teenager:* Same — deeper application expected.

### **Week 38 — The Faith of the Ancestors**

Tell the story of how faith came into your family — who brought it, under what circumstances, at what cost.

*Under 10:* Tell it as an adventure story.

*Teenager:* 'What does it mean to you that our family has carried this faith across generations?'

### **Week 39 — Quarter Three Reflection**

What from the faith and values quarter produced the most genuine conversation?

*Under 10:* Each person names one value they are proud to carry.

*Teenager:* Same — deeper reflection expected.



## QUARTER 4 — COMMUNITY AND PRIDE

Weeks 40-52

### Week 40 — The Public Celebration

Bring something from your culture into a public space — food, a story, an offer to speak about your heritage.

*Under 10:* Bring food to share and watch the response.

*Teenager:* Let them choose what to share and how.

### Week 41 — The Community Event

Attend one African cultural event in your city together.

*Under 10:* Focus on the sensory experience — food, music, people, colour.

*Teenager:* Let them navigate independently once there.

### Week 42 — The Asset Conversation

Tell your child specifically what their African heritage gives them as an asset in the world they are growing up in.

*Under 10:* 'Did you know speaking two languages makes your brain work differently?'

*Teenager:* 'Here is what I have seen your African background give you this year — specifically.'

### Week 43 — The Sixth Proverb

One about resilience, perseverance, or returning after difficulty.

*Under 10:* When has this proverb been true in your family's story?

*Teenager:* Same — deeper reflection expected.

### Week 44 — African Media

Watch or read one piece of African-made media together and discuss it.

*Under 10:* What surprised them? What felt familiar?

*Teenager:* 'What does this tell you about how people from our part of the world see the world?'

### Week 45 — The Non-African Friend Invitation

Invite a non-African friend of your child into a family cultural experience.

*Under 10:* Let your child be the guide. Watch what they do.

*Teenager:* Same — let them explain and share without parental orchestration.

### Week 46 — The Legacy Question

Ask your child: 'What do you want to pass forward to your own children one day from our culture?'

*Under 10:* 'What do you want your children to know about where your family comes from?'

*Teenager:* Let the answer surprise you. Receive it without correction.

### Week 47 — The Seventh Proverb

One about wisdom, learning, or growth.

*Under 10:* Who in your family best embodies this proverb?

*Teenager:* Same — deeper reflection expected.

### **Week 48 — The School Year Review**

Review your child's Cultural Pulse Check scores from the beginning of the year together.

*Under 10:* Do this together. Let the child see their own scores and trajectory.

*Teenager:* Same — deeper discussion of what changed and why.

### **Week 49 — The Thank You**

Ask your child to identify one specific thing about their African heritage they are genuinely grateful for.

*Under 10:* Share one thing you are grateful for first.

*Teenager:* Give them time to think. The slow answer is usually the real one.

### **Week 50 — The Story They Will Tell**

Ask: 'What story from our family do you think you will tell your own children one day?'

*Under 10:* Let them tell you the story they know best in their own words.

*Teenager:* This question reveals what has actually landed from everything you have given them.

### **Week 51 — The Year Review**

What from this year's calendar produced the most genuine engagement? What will you do differently next year?

*Under 10:* Everyone contributes to the answer.

*Teenager:* Same — deeper review expected.

### **Week 52 — The Annual Family Recommitment**

Gather. Answer the three questions. Write the answers. Keep them.

*Under 10:* Each person answers all three questions simply and sincerely.

*Teenager:* Read last year's answers if you have them. Notice who you have been.

## A FINAL NOTE

This calendar is not a checklist to complete perfectly. It is a living, breathing, adjustable practice — designed to fit around the life you are actually living, not an idealised version of it.

If you miss a week, do not double up the following week. Simply pick up where you left off. Consistency over time matters more than perfection in any individual week.

The cumulative effect of twelve months of these practices — imperfectly, humanly, specifically applied to your family — is a child who has a living, felt, genuinely personal relationship with their African heritage. Not because you enforced it. Because you made it worth having.

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