

# GIVE 21 HOURS: ACTIVITIES

All the activities you need in running No Child Taken:  
Give 21 Hours

This is a collection of activities that relate to the time table you set (see introduction). You may or may not run them in this order, use the reorder buttons to make this resource relate to your planned activities.

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# Wake up!



## Object of the activity:

We saw in the film that Nazeeb only got 3 hours sleep a day, so we're kicking the day off pretty early for a Saturday!

## You will need:

- Something to make a loud noise
- Cups of water

## Steps / rules:

1. At your chosen time according to your time table, wake everyone up with a loud alarm
2. Explain that in [your chosen time] minutes you'll all be taking a journey (don't give away any details including length or where)
3. Say that if they want, they can help themselves to some water and nothing else
4. Tell them that you will: Blow the horn, sound the gong or blow the whistle to signal when they need to gather
5. Now, leave them to get ready (you may need to rewake some young people!)

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# Let's Chat: Wake Up



## Introduction:

These questions give the group an opportunity to reflect on how they're feeling and to draw any connections between their own experience and Nazeeb's.

Give out their personal log and choose the questions that make most sense for your group.

Get them to write down any major thoughts that stand out and then to chat either in pairs, small groups, or as one group.

## Questions:

1. What did it feel like to be woken up so suddenly?
2. How did you feel about only being given a cup of water?

## Conclusion:

As we saw, some children like Nazeeb only get three hours sleep a day! And all they get to sleep on is the factory floor. Your group actually had lots more sleep than this.

## Leaders' notes

Remember: you could ask a couple of your group to do a piece to camera for use in the Sunday service.

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# The Journey

## Activity

### Object of the activity:

We saw that Nazeeb had to travel 2,000km to get to his place of work. In this activity, your group will make a journey not quite as long.

### You will need:

- A planned 2-hour route, ending back at your place of stay
- Enough leaders to safely take a walk around your local area

### Steps / rules:

1. Sound the horn to signal that you are ready
2. Do not explain where you are going, or what you are doing (most children who are trafficked would not know this when they are taken)
3. Start off on your journey, and tell the young people to follow you
4. If you get asked how long you're walking for - do not respond

### Conclusions:

Once back, sit the group down and remind them of the video you saw in which Nazeeb had to travel 2,000km to get from Bihar to Punjab. Today, we only travelled 'insert number of kilometers'.

Now, go straight into "Let's Chat" so that you don't lose the raw feelings from this activity...

### Leaders' notes

We suggest that you:

- Don't tell your young people where you're going
- Don't tell your young people how long is left
- Don't tell your young people the point in what you're doing

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# Let's Chat: The Journey

## Discussion

### **Introduction:**

This gives the group an opportunity to reflect on how they're feeling and to draw any connections between their own experience and Nazeeb's.

Give out their personal log and choose the questions that make most sense for your group.

Get them to write down any major thoughts that stand out and then to chat either in pairs, small groups, or as one group.

### **Questions:**

1. When you started to walk, without knowing what the plan was - what did you think?
2. How did you feel as the walk continued?
3. How do you feel now?

### **Conclusion:**

You might remember from our session where we met Nazeeb - this is the reality for 4,000 a children a month in Punjab - as families become desperate, an attractive option is to send their children away, long distances, in order to find work and ultimately an income to support their family...

Often, they won't know where they're being taken to, or how far they have to travel for.

Nazeeb had to travel for three whole days.

### **Leaders' notes**

Remember: you could ask a couple of your group to do a piece to camera for use in the Sunday service.

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## Now to Work!

### Activity

#### Object of the activity:

A simple idea that gets the young people working and gives them a perspective of working long hours. It's also an opportunity for them to serve their church and local community.

#### You will need:

- A printed list of all tasks, which could include:
- Hoovering whole church
- Cleaning all windows
- Cleaning kitchen (thoroughly)
- Dusting every chair or pew
- Dusting every Bible or hymn book
- Weeding outside the church
- Litter picking outside the church
- Add anything else that needs cleaning
- Relevant cleaning implements for all activities above

#### Steps / rules:

1. Blow the horn, sound the gong or blow the whistle to gather the group
2. Line up every young person
3. Depending on the size of your group, either give them one task each, or put them in groups and give each group a task
4. Give each group the relevant cleaning implements
5. Do not tell the young people how long this activity is going to last
6. Set the group to work
7. During the allotted time, go round and point out what the young people have missed cleaning
8. Five minutes before the end of this session, signal the end of the activity and gather the group
9. Gather in cleaning implements
10. Say that there is no break - but allow people to go to the toilet

#### Leaders' notes

You could either:

- Get each group to do the same cleaning task for the full two hours (and even if they finish, get them to do exactly the same all over again!)
- After 30 minutes - swap groups around (and even if a previous group finished, get them to do exactly the same all over again!)

- Come up with any rotation you like.

The key is that your group are working hard for 2 hours.



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# Let's Chat: Now To Work



## Introduction:

This gives the group an opportunity to reflect on how they're feeling and draw any connections between their own experience and Nazeeb's.

Give out their personal log and choose the questions that relate best to your group.

Get them to write down any major thoughts that stand out and then to chat either in pairs, small groups, or as one group.

## Questions:

1. What did you think when you didn't get a break in-between the walk and tidying? (Question dependent on your schedule)
2. How long do you think you spent tidying (reveal it to them after guessing)
3. How did you find doing the tasks continuously?
4. How do you feel now?

## Conclusion:

It's pretty hard work, isn't it?! And you've been doing different tasks... Nazeeb did the same activity for 21 hours with only 3 hours sleep.

The reality for children who have been trafficked is that they have to work continuously in order to earn a very small amount of money. Though as we saw for Nazeeb, he actually didn't earn anything!

## Leaders' notes

Remember: you could ask a couple of your group to do a piece to camera for use in the Sunday service.

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# Create and just keep going!

## Activity

### Object of the activity:

Nazeeb worked in a zip factory, his work was repetitive. Your group are going to spend three hours over two slots doing something repetitive in order to create a visual aid for your Sunday service.

We've given you a few different ideas (see notes) for how this time can be spent - feel free to come up with your own ideas too! What's key is that your group, over the two creative slots, are working continuously in order to create something.

### You will need:

- Lots and lots of buttons (we suggest, working to a button being sewn every three minutes by a young person = 60 buttons per young person)
- Group exercise: Prepared huge piece of material (could be a bed sheet) with stencilled wording (see notes for ideas)
- Individual exercise: Prepared small pieces of material (could be a bed sheet cut up)
- Sewing needles (one per young person and a few spare)
- Thread (quite a lot)
- Scissors
- Patience!

### Steps / rules:

1. Blow the horn, sound the gong or blow that whistle to signal start of the next session
2. Explain: we are now going to spend time sewing (do not say how long for or why)
3. Give out: 60 buttons, one needle and enough thread to each young person
4. Group exercise: Roll out the huge piece of material
5. Group exercise: Get each young person to go to an area of the material
6. Group exercise: Tell them to start sewing buttons into the area in front of them, within the lines
7. Individual exercise: Give each young person their own piece of material and a pen
8. Individual exercise: Tell them the three stats, get them to choose one and then write it out on their sheet of material
9. Individual exercise: Tell them to start sewing buttons on the wording that they have written
10. Once they have sewn one button - they'll need to be given another thread
11. Signal the end of the activity to gather people back together.

### Leaders' notes

Ideas for stencil outline:

- 4,000 children trafficked a month from Bihar
- 1 child is trafficked every 30 seconds
- 3,300 are trafficked every day

You could also do medium sized groups and have three sheets, each with one of the above stats stencilled.

Some people may not know how to sew! You may therefore need to explain how to sew a button to a piece of material before the session starts.

<http://www.videojug.com/film/how-to-sew-on-a-button>

### **Warning**

You'll need to make sure you've got plenty of buttons! We recommend that you order these on-line, helping to keep costs down.

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# Let's Chat: Create and Just Keep Going



## Introduction:

This gives the group an opportunity to reflect on how they're feeling and to draw any connections between their own experience and Nazeeb's.

Give out their personal log and choose the questions that make most sense for your group.

Get them to write down any major thoughts that stand out and then to chat either in pairs, small groups, or as one group.

## Questions:

1. How did you find sewing?
2. What was easy about what you've just done? Why?
3. What was hard about what you've just done? Why?
4. How do you feel now?
5. How do you feel towards the leaders?

## Conclusion:

Doing the same thing repeatedly can get quite tiring and frustrating. Can you imagine what it would be like if you had to do this solidly for 21 hours a day like Nazeeb. It would take a lot of patience, and to keep going without any praise, encouragement or love - can you imagine what that would feel like?

## Leaders' notes

Remember: you could ask a couple of your group to do a piece to camera for use in the Sunday service.

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# Let's Chat: Putting the 'FUN' into Fundraising



## Introduction:

This section is to be used following your fundraising activities which can be found at <http://youthleaders.tearfund.org/library/give-21-hours-fundraising-ideas>

This gives the group an opportunity to reflect on how they're feeling and to draw any connections between their own experience and Nazeeb's.

Give out their personal log and choose the questions that make most sense for your group.

Get them to write down any major thoughts that stand out and then to chat either in pairs, small groups, or as one group.

## Questions:

1. How did you find the fundraising activities?
2. How did you find the process of explaining to people why you were raising money?
3. How did you find people responded to you? (e.g. interested, wanting to know more, not too bothered)

## Conclusion:

You might like to let your young people know how much they've raised so far. It costs £36 to protect a child from being trafficked - you could work out how many children you've made possible to protect as a group.

## Leaders' notes

Remember: you could ask a couple of your group to do a piece to camera for use in the Sunday service.

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# Let's Chat: General Questions



## Introduction:

These are some general questions which you might like to use in any of the discussions.

## Questions:

1. What was your least favourite part of all that you've just done?
2. What's your favourite part of all that you've just done?
3. How are you feeling physically?
4. How are you feeling mentally?

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# The End is in sight: How are you Feeling and what Next?



## Introduction:

It's really important that your group take time out to reflect on their experience and to consider what they're going to do going forward.

Give out their personal log and choose the questions that make most sense for your group.

Get them to write down any major thoughts that stand out and then to chat either in pairs, small groups, or as one group.

## Questions:

1. How would you summarise your experience in three words?
2. Did what you were most looking forward to happen? What was it like?
3. How did you find the thing that you were most nervous about?
4. Has the experience impacted you as you hoped? If so, how? If not, why do you think not?
5. What was the biggest challenge for you personally?
6. What's been the best thing about taking part in this experience?
7. How has this experienced changed you?
8. What will you take away from having done 'Give 21 Hours'?

## Conclusion:

Well done to you all!

What you've taken part in has been really significant.

We've done this in order to experience a little bit of the reality of what thousands of children around the world like Nazeeb experience on a daily basis.

God's heart is for justice - to see children protected from trafficking, disease and disaster and each of you has played a part in this, by signing the petition to Amber Rudd, by fundraising and now, let's take some time together to pray.

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# Let's Pray



## Object of the activity:

To pray specifically for Nazeeb and his family, the issue of trafficking and for the work of Tearfund partners.

## You will need:

- Plain pieces of paper (one per young person)
- Pens/ pencils (enough for one each)
- Colouring pens (if you want)
- The downloadable image of a chick (see below)

## Steps / rules:

1. Print the image of the chick for each person. Alternatively ask them to draw their own chicks.
2. Now ask them to write a prayer inside for Nazeeb and his family. They could also pray for anything else that they want to about the issue of trafficking, or for the work of Tearfund partners

## Conclusions:

You might like to close with one prayer, or ask a young person to do this.



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## Downloadable Chick sheets

 Link

Each sheet contains 4 chicks for the prayer activity.

<http://labs.rhythms.org/Give21Hours/NCT15-G21H-chicks.pdf>

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## What about after Give 21 Hours?



Input

### Input / Talk:

We've each participated in standing for justice this weekend by:

- Fundraising
- Campaigning
- Praying
- Raising awareness about how we can help protect vulnerable children from trafficking...

... But this isn't the end of the story for each of us!

God wants to continue to use each of you, each day to further His Kingdom on earth, as it is in heaven. To follow Jesus where the need is greatest. To love our global and local neighbour.

We can begin by thinking where in each day, could we do something different, that will stand up for justice, that will show love to our neighbour, that will impact Nazeeb in India.

As a group, we're going to do the No Child Taken badge.

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# Rhythms

 Video

## Introduction:

Simon's day is different today. He's signed up to Rhythms and will take just a few actions that will have a small impact on his world. The Rhythms website and app contains 100+ actions to change the world.



(<https://vimeo.com/52534350>)

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# Introduce the No Child Taken Rhythm



## Object of the activity:

Rhythms is a way for your young people to continue making a difference to the issues we've talked about in their everyday life - giving them ideas of how the small things can make a difference.

Introduce the No Child Taken rhythm - a collection of actions that are available through the Rhythms.org website or on the 'Rhythms by Tearfund' app - complete all of them and you'll get the No Child Taken badge for your profile!

Your group can mark off one action already - they signed the petition to Amber Rudd. Each young person will need to create a free account.

## You will need:

- Access to Rhythms.org
- Each person's smart phone (if applicable)

## Steps / rules:

1. For those with smart phones, search 'Rhythms by Tearfund' in their Apple App Store or Google Play Store
2. For those that don't, provide access to Rhythms.org (via a laptop or iPad) or, give the link for them when they get home
3. Ask everyone to find the 'No Child Taken' badge and then add the actions they'll do to their to do list

## Conclusions:

It's not just about our today, it's about our tomorrow and the next day, and the next day after that...

Agree a time as a group where you will review how doing the badge is going!



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