

Youth group activities

Inspire younger members of your group with our fun, easy activities. Activities are recommended for ages 7+ but can be adapted for other age groups too.

Activity 1: The importance of water

This session will get the group thinking about how important it is to have reliable water for growing crops.

Begin the session by explaining that at harvest time, we celebrate and give thanks for food grown on the land.

Across the world, families grow food to feed themselves, but also to earn an income. Today we're going to focus on a country in East Africa called Ethiopia. Does anyone know what crop Ethiopia is very famous for? (The answer is coffee.)

Explain that in Ethiopia, many families rely on growing coffee to earn money. You can introduce Bernesh here, and why growing coffee is so important for her family.

Growing coffee needs a lot of water. In fact, to produce just 1kg of coffee beans, you need around 18,900 litres of water!

However, Ethiopia is a very dry country, and there are many people who don't have access to clean, reliable water. Instead, they have to rely on rain to water their plants. But the rain is getting less predictable. That makes growing coffee harder and earning money very difficult.

That's why our group is supporting WaterAid this harvest. WaterAid is working around the world to get more communities like Bernesh's the clean, reliable supply of water they need. That way, people will be able to grow enough food, earn a decent living and break free from poverty.



Harvest
Appeal
2021



Bernesh and her husband Tilahun after picking coffee on their farm in Mankusa Abdogoma, Ethiopia

You will need:

- ◆ Coffee beans
- ◆ Bernesh's story

Activity

Play a game using coffee beans, for example the ancient game of Nim. The game is for two players. A pile of coffee beans should be set out in several heaps – the number of heaps and the number of beans in each heap is up to you. Players take turns to take any number of beans from a single heap. They have to take at least one bean, but only from one heap. The winner is the person taking the last move, after which there are no beans left on the table.



WaterAid

Activity 2: Waste not want not

This session will get the group thinking about how keeping the environment clean can link to food production.



You will need:

- ◆ Patricia's story
- ◆ Used plastic water bottles and pots
- ◆ Soil
- ◆ Seeds

Begin by opening a discussion on why it's important to keep our environment clean, and how it relates to growing food. You can reference hygiene, pollution, and keeping the land clean and fertile.

Next, get the group thinking about plastic. Are there benefits of producing and using plastic? And what are the disadvantages?

Share Patricia's story. Explain that in many poor communities around the world, things we take for granted might not exist or people may not be able to afford. For example, clean water, decent toilets and sinks, street cleaning and rubbish collection.

Explain how Patricia's community started to collect and recycle waste, using old plastic bottles and other materials to grow vegetables. Now, their surroundings are cleaner, they can feed their families, and they can sell their vegetables for an income too.

Share how your group is fundraising for WaterAid this harvest, to help more people like Patricia break free from poverty, with clean water, sanitation and good hygiene.



Activity

Ask the children to bring in old plastic bottles or containers, so they can try growing something for themselves. Boxes lined with wet cotton wool can be used to grow cress, old plastic bottles can be cut down, given some drainage holes and then filled with compost and herb seeds, for example parsley. The opportunities are endless!

Used coffee grounds can be sprinkled on top of soil as a natural fertiliser.

