



24/7 Activity: A Lesson in Empathy and Gratitude

Materials: each person needs paper and something to write with.

Instructions:

1. Write or draw everything you did in the last 24 hours. If you're with a group, each person should do this independently.

Example:

7AM: Woke up and brushed teeth

8AM: Made scrambled eggs for breakfast

9AM: Watched the news

10AM: Took a shower

2. Share your 24 hours with your group and try to determine how each basic, everyday act might be different if you didn't have a safe place to sleep every night.

Example:

7AM: Woke up and brushed teeth

Would you have a toothbrush or toothpaste? Where would you keep it? What sink would you use?

8AM: Made scrambled eggs for breakfast

Would you have access to a kitchen or fresh food? How would you eat breakfast?

9AM: Watched the news

How would you watch TV? How would you learn about what's going on in the world?

10AM: Took a shower

A daily shower might not be an option, especially without access to running water.

3. As you're talking, write three things or people that you're grateful to have in your daily life. Is there anything that surprised you? Ask your group members what they wrote down and talk about things that you may not have taken note of before.

Takeaway:

Covenant House is open 24/7, offering young people basic necessities like food, shelter, and running water, but also offering them the opportunity to be a kid. The funds you're raising for Sleep Out America help us keep our doors open to youth who need shelter. Reflect on the impact that the funds you raised are having for young people overcoming homelessness at Covenant House.