

Hard Labour Activities

1. You will need a large space for the children to carry out these activities, such as a hall.
2. Each activity can be arranged as a carousel, for the children to try in groups of 5 – 6 for up to 10 minutes at a time. Use a stopwatch or timer for children to change over at different intervals.
3. Choose 2 children to be positioned on each activity to be the 'Prison Wardens' who ensure that the 'prisoners' are completely silent and do not communicate with each other.

Picking Oakum

Equipment needed:

1. Many lengths of string (about 1m long) – to represent rope. You will need enough for every child in the class to use.
2. Chairs

Set up & explanation:

The children need to sit in rows on a chair. Each is given the length of 'rope' (string) to finely pick apart all of the strands. This must be done in complete silence without looking at anyone.

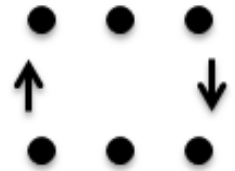
Shot Drill

Equipment needed:

1. 6 large heavy items to represent a cannonball e.g. a bucket filled with sand – ensure it is something that will not roll away!

Set up & explanation:

Arrange the items three paces apart to create a rectangle (an item in each corner and two at the side of the rectangle, see diagram below). The children are to lift the item, move it into the next space around the rectangle, put it down. Move across the rectangle to the next item and repeat the process. No talking or communication allowed.



The Treadwheel

Equipment needed:

1. A bench.

Set up & explanation:

Ask the children to step up on the bench, stand straight, step down and then step back up with the other foot. Repeat. The 'Prison Wardens' could clap a rhythm to ensure a steady rhythm of the steps and that the pace is not slowed! No talking or communication allowed.

(Whilst this does not replicate the experience of the treadwheel exactly, the children will understand the relentless effort of moving the wheel by treading on each step. Explain that the prisoners would have to put all their weight on each step to get the wheel to turn, making this punishment even harder to carry out).

Silence and isolation

Equipment needed:

1. 6 skipping ropes.

Set up & explanation:

Hold the end of a skipping rope in each hand and keep them taught between 'prisoners'. Keep moving around the hall in a straight line without the skipping ropes becoming slack. No talking or communication allowed.