For LCD：

lcd.begin(16, 2);

// Print a message to the LCD.

int i=20;

for(i=20;i>=0;i--)

{

lcd.clear();

lcd.print(i);

delay(1000);

}

}

For led：

int ledPin = 8;

void setup()

{

pinMode(ledPin, OUTPUT);

digitalWrite(ledPin, HIGH);

delay(20000);

digitalWrite(ledPin, LOW);

}