

THE GOOD SHIP

WHAT TO SAY

Sometimes there is too much information for one person to remember. However, two brains or more are better than one. Sometimes it's important to utilize everyone's memory to effectively execute tasks and to follow instructions.

Our communication and behavior is easily influenced by the setting we're in and the people we're with. When the settings we move in and out of share similar goals and values, then moving between them is easy and doesn't require too much "code-switching". But when the settings are quite different and expectations for behavior within them are different (e.g., home versus school) or contradictory (e.g., classroom versus peer group), then we find ourselves speaking and acting one way in one setting and a different way in another setting.

Requires Resources? No
Grade Level: 3-5; 6-8; 9-12
Indoor/Outdoor: Both
Group Size: 4+

WHAT TO DO

▶ One person is the leader or "Captain." The Captain will call out different actions but is limited to a certain list of actions. (These can include ones below or you can make up your own.) If someone does the wrong action, they're off the ship. Keep increasing the pace of commands to make it more difficult.

▶ Switch up who is Captain, and encourage the Captain to come up with their own rules.

▶ To focus more on communication, make it a team goal: They only succeed if everyone is still on the boat after 10 minutes. To make this work, commands like "row the lifeboats" and "sailor overboard" must be possible with 3-4 and 2-3 people, respectively.

Example commands:

- ▶ Sailor Overboard: Everyone pairs up. Pairs must decide who gets on their hands and knees and who places a foot gently on the other's back while acting like they're using a spyglass to find the sailor in the water.
- ▶ Starboard or Port: Players must run to the designated side of the room (right/left, respectively).
- ▶ Scrub The Deck: Players must squat on the ground and pretend to scrub the deck.
- ▶ Row The Lifeboats: The players have to form groups of threes. In the trios, they must sit in a row with the two on the ends holding their hands out to make a boat shape and the person in the middle rowing the boat. Anyone not in/on a boat is out.
- ▶ Iceberg: Freeze. ▶ Drop anchor: Sit. ▶ Sardines: All students move to stand close together.
- ▶ Walk the Plank: Players have to drop to the floor into planking position.
- ▶ Shark attack: The captain becomes a shark and tries to tag the crew for 10 seconds. Those tagged perform a designated exercise or dance.

WHAT TO ASK

▶ What helped you respond quickly to the captain's instructions? (Pull for listening, looking at the captain and paying attention to those around you.)

▶ During the commands when you had to split into groups, how did you find a group? (Pull for nonverbal signs like eye contact and use of verbal communication.)

▶ How did the game change when you had to work as a team to succeed? What helped you succeed as a group? How might these strategies help you at school, with your family or in your community?

COMMUNICATION