

Captain's Coming

MATERIALS NEEDED

NA

SET UP:

- Set up participants in equal rows
- Have each participant put their arms out (side to side) to create space

GROUP TASK: Explain to participants that they are now on a ship and need to respond to all commands. Only add a few actions at a time (play for a few minutes then add on more commands).

LEARNING OBJECTIVES: Warm Up, Group Activities and Listening Skills.

SAFETY: Make sure all participants keep plenty of space between each other

COMMANDS:

- Captain's Coming – individuals stand at attention, feet together saluting
- Ships - group goes four steps to the right
- Islands – group goes four steps to the left
- At Ease – feet apart, arms behind back. The only thing to release Captains Coming
- Swab the Deck – individuals pretend to swab the deck
- Sailor Overboard – get a partner, one kneels in front of the other hands on forehead as if looking for sailor
- Lifeboats – three people form a line sit down behind each other and row the boat
- Chow Time – four people sit in a circle with their legs crossed pretending to eat
- Mermaid – cross one leg, throw one hip out, wave hand and say hey sailor

VARIATIONS:

- Play Captain Says (Simon Says) see who is the best listener

DEBRIEFING IDEAS:

- How did you feel about this activity?
- Was it hard to pay attention to your actions when others were moving too?
- At any point did you doubt your actions?