Ships and Sailors

Brief Description
Students will work to break the ice by participating in a “Simon Says”-type activity, collaborating on many of the different activities.

Purpose
To orient students to one another through a fun icebreaker activity.

Leadership Emory Tenant
Collaboration and Problem Solving

Kolb Cycle
Active Experimentation

Outline
Tell all participants to stand in the middle of the room facing the leader who is in the front of the room. Explain that all participants are sailors and they are all on a ship.

Assign one person to be the "Captain." The role of the Captain is call out the actions and dismiss the players who don't do the actions quick enough or who break from character. Once the captain calls an action, each player has 3-4 seconds to start performing the action. If they don't find a group fast enough or perform the right action, they are out of the game.

The Captain will give a series of orders. Any sailor who cannot complete the order correctly in a timely manner is out and must sit down on the side.

The orders and their explanations are as follows:

1. **Go West:** All must run to their right.
2. **Go East:** All must run to their left.
3. **Hit the Deck:** All must quickly lie on their stomach.
4. **Captain's Coming!:** Everyone stands at "attention" (in a salute), and they can’t move from this position until the caller says, "At Ease!" If they laugh or break from the attention, they are dismissed.
5. **Man Overboard:** Sailors must find a partner. One person drops to one knee the other stands behind them, puts a hand on their shoulder. Both scan the ocean for the overboard man.
6. **Three Men Eating:** Sailors are to form groups of three and sit down in a circle. Next they are to cup as if to hold a plate and scoop with the other hand quickly as if to feed themselves.
7. **Four Men Rowing:** Sailors are to form groups of four and sit in a row on the floor. They are to swing their arms as if they are rowing.
8. **Walk the Plank!:** Five people stand in a single file row hands on the shoulders of person in front of them