

Ship, Shore, Anchor

This active and engaging game works to explore youth's thoughts, emotions, and perspectives through the various modifications of the popular physical activity, Ship to Shore. This evaluation tool could be ideal for programs that are delivered using kinesthetic learning (which prioritizes engaging in physical activity rather than listening or watching) or that are designed for youth living with developmental and/or learning disabilities.

HOW DOES IT WORK?

This activity can be done in small or large groups.

INSTRUCTIONS

1. Have all youth line up along one wall.
2. Name one wall "ship" and the opposite wall "shore".
3. Teach the youth the following actions:
 - "Hit the Deck": all youth must lay down on the ground, then pop back onto their feet.
 - "Scrub the Deck": all youth kneel or crouch down and pretend to scrub the floor.
 - "Captain's Coming": all youth place one hand on their head and shout, "Aye-Aye Captain".
4. The facilitator rotates calling "ship", "shore", and the three actions in any order they want. The facilitator will begin calling them out faster and faster, before the youth can even finish the action (e.g., "ship", "shore", "ship" all in a row).
5. Introduce an "anchor" (an additional wall, a mat, a hula-hoop, etc.).
6. Start calling "ship", "shore" or "anchor".

WHO IS INVOLVED?

Youth participants and program staff, facilitator(s), and/or evaluator(s).

WHAT DO I NEED?

An open space suitable for running around. This activity can be facilitated indoors (such as in a gymnasium) or outdoors (such as on a field or courtyard). If this activity is being run outdoors and there are no physical walls, you may wish to use equipment as markers for youth.

WHEN SHOULD THIS BE DONE?

This activity can be done at any time throughout a program cycle; however, it is encouraged to run the activity toward the beginning of a program session to ensure youth are optimally engaged.

HOW LONG DOES IT TAKE?

2-5 minutes for instructions and 10-15 minutes to implement.

7. Play a few rounds of the game as instructed above, then explain the following modifications to the game's naming conventions:
 - The wall named "ship" now means "yes or agree".
 - The wall named "shore" now means "no or disagree".
 - Designate the wall or object named "anchor" as "neutral", for when participants don't know the answer or don't feel comfortable answering the question.
8. Instead of calling out "ship", "shore" or "anchor", the facilitator will begin to call out short statements that will allow the youth to give feedback on the program. Be sure to ask questions that help to address your evaluation goals. For example:
 - I feel happy in this program.
 - I can expect what will happen at program.
 - Since starting this program, I feel good about myself.
 - I feel supported by my peers/program staff.
 - I plan on returning to this program next session.
9. Instruct the youth to go to the wall or object they feel answers the question for them.
10. Keep the actions the same ("Hit the Deck", "Scrub the Deck", and "Captain's Coming") and continue to call these intermittently.
11. Have a second facilitator, who is not calling out the commands, take note or be actively aware of participants' responses.
12. Facilitators are encouraged to hold a debrief at the end of the activity to reflect with the youth. Facilitators should directly refer to examples from the activity in the debrief. Questions may include:
 - How did you feel about the Ship, Shore, Anchor activity?
 - What did you learn through this activity?
 - What skills did you use during this activity?

GOOD TO KNOW

Questions should be kept simple; avoid complicated, emotion-laden language or abstract concepts. The use of simple, first-person language for each statement helps maximize engagement within Ship, Shore, Anchor. The physical activity element can also help to maximize engagement and enjoyment for youth, and can be a fun alternative to completing a questionnaire.

LEARN MORE

<https://crossroadskidsclub.com/ship-to-shore/>