



SHIPWRECK

ALL GRADES

WHAT IS IT? A game to build executive function skills.

WHAT IS IT ABOUT? Practicing memory and attention.

WHY DO THIS?

THE BIG IDEA

This game is about remembering what motions accompany each phrase, and doing them correctly and quickly.

INSTRUCTIONS

1. Say **THE BIG IDEA**.
2. Introduce the game, and review directions with students before getting started (see back of card for direction list).
3. As you call out directions, students will be out of the game if they don't follow them or do them quickly enough.
4. For some directions (**marked with an asterisk*), students will have to form a group and work with others. If they don't form a group, they will also be out of the game.
5. The game is played until two people are left standing.
6. Teachers or students can lead the game.

»» **MUST DO:** Must require students to remember specific movements associated with specific phrases.

↪ **CAN ADAPT:** Change the commands and/or the accompanying motions.

IF WE...

practice memory and attention...

THEN WE...

will keep track of and use important information...

SHIPWRECK

SO WE...

can engage deeply in learning with each other.

MATERIALS

✂ A "hot potato" (e.g., ball or eraser).



AFTER THE ACTIVITY, DEBRIEF...

- Was Shipwreck easy or hard to play? Were some directions easier/harder to follow than others (e.g., group tasks, opposites if you played Wreckship, etc.)?
- What skills did you use to play Shipwreck? Did you use any tricks to help you remember your actions? Did you use any strategies to form a group and work together?

TIPS FOR SUCCESS



For students who may need additional support, start with three directions only. Provide visuals for each direction, if possible.



Incorporate academic content into this game by creating different themes from your lessons, such as the different stages of a butterfly (e.g., when you call out “egg,” students have to crouch down into a ball; when you call out “chrysalis,” students have to curve their bodies like a chrysalis).

LEADER SHOUTS OUT:	ACTION OF PARTICIPANTS:
“Swab the deck”	Pretend you are sweeping with a broom (Sweep up into the air)
“Port”	Run to the left (Run to the right)
“Starboard”	Run to the right (Run to the left)
“Bow”	Run forward (Run backward)
“Stern”	Run backward (Run forward)
“Jellyfish”	Lay down on the floor on your back, jiggle your arms and legs (Hands and knees and shake)
“First mate”	Pretend to steer a wheel by holding hands out front
“Seasick”	Pretend to get sick to your stomach (Walk around smiling and giving thumbs up)
“Stormy weather”	Rock from side to side standing (Squat up and down)
“Life jacket”	2 people link arms back to back
“Captain’s ball”	2 people link one arm and dance around in a circle
“Mealtime”	1 person makes a table by getting on their hands and knees, and 2 other people sit across from each other and pretend to scoop food into their mouths
“Rowboat”	4 people sit in a line with their knees up and pretend to row
“Starfish”	5 people link arms and form a circle, with each person bending one leg at the knee so their five legs spread out like a starfish