

# Seven Seas STEM - Brain Breaks

## Salute the Captain

### Materials:

- Rope or Cones to mark off the sides.

### Procedure:

1. Mark out 2 sides. One side is the Starboard and the other is port.
2. All participants line up on one side to start.
3. One person is the “Captain” and they call out different commands. The rest of the participants have to act out those commands:
  - a. Man Overboard – stand on tip toes and put hand over eyes like a visor and search for the man overboard.
  - b. Captain On Deck – stand at attention and salute.
  - c. Swab the Deck – squat/kneel down and pretend to scrub the floor.
  - d. Lifeboat – sit on the floor and pretend to row.
  - e. Shark Attack – stand on one leg, put hands in the air and scream.
  - f. Climb the Rigging – pretend to climb a ladder.
  - g. *(feel free to come up with your own commands)*
4. On the call of Starboard/Port – all youth run to Starboard/Port. The last person to make it to the side becomes the new Captain.



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## Toss me the Treasure

### Materials:

- Stuffed toy to act as the treasure – something safe to toss/catch
- Bandanas (or some other way to designate who is “it”)

### Procedure:

1. This is a version of a tag game. Two or more individuals are “it”; they will be the Royal Navy. The rest of the people are Pirates. The Royal Navy tries to tag the Pirates.
2. If a Pirate is tagged by the Royal Navy, they are frozen. To “unfreeze” and rejoin the game, they have to have to call “Toss me the Treasure”, once they catch the treasure, they can pass it on to someone else in need and rejoin the game.
3. If a pirate is holding the “treasure” they are safe from being tagged. If a Pirate feels they are in danger of being tagged, they call “Toss me the Treasure”, once they catch and have the treasure they are safe from being tagged by the Royal Navy.
4. Pirates cannot move when they are holding the treasure.
5. Royal Navy cannot “guard” stationary pirates.



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## Sea Monster Tag

### **Materials:**

- 1 pool noodle, cut in half

### **Procedure:**

1. One person starts out as the Sea Monster, they will hold one pool noodle in each hand, these are the tentacles. They can only catch (tag) Fish with their tentacles.
2. The rest of the participants are Fish. They should try and avoid getting tagged by the Sea Monster.
3. If a Fish gets tagged by a tentacle, they become part of the Sea Monster. They will join hands with the person who tagged them and take over the pool noodle.
4. Fish cannot run through the Sea Monster (try and break through the hands, duck under, or jump over).
5. Sea Monster must stay in one piece to tag fish, if it breaks apart any tags made do not count and the people in the Sea Monster must rejoin hands before they can go after any more Fish.



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## Pirate Booty

### Materials:

- Lots of balls (any kind/size/variety will do, just need a bunch!)
- Hula Hoops
- Bucket
- Length of rope
- Bandanas or some other method to mark teams

### Procedure:

1. To set up, use the rope to make a large circle in the center of the playing area, put the bucket in the middle of this circle. This is the Pirate Ship. Scatter the hula hoops and the balls all around the rest of the playing area.
2. Divide the group into 2 uneven groups. 2/3 of the group will be the Pirates, 1/3 of the group is the Royal Navy.
3. The Pirates' goal is to collect as much treasure (the ball) as possible. Pirates can only collect one ball at a time and must place them in the bucket on the pirate ship. Pirates may only carry gold with their hands, they cannot kick or throw balls. Pirates are "safe" when they are on the pirate ship (inside the circle).
4. The Royal Navy tries to catch the Pirates. If the Royal Navy tags a Pirate, they escort the Pirate to jail (hula hoop). The Pirate must stay inside the hula hoop until they are rescued.
5. To rescue a prisoner from jail, another Pirate must go to the hula hoop, and both Pirates hold hands and return to the pirate ship. If a Pirate is on a rescue mission, they cannot collect any gold until they have freed the prisoner by returning them to the pirate ship.
6. Don't be afraid to call "Jailbreak" if you think kids are stuck in jail for too long!

### Adapted From:

"Pirate Booty." *Elementary PE Games*, [www.pegames.org/full-length/pirate-booty](http://www.pegames.org/full-length/pirate-booty). Accessed 20 Apr. 2024.

### No Hula Hoops? Check out another version of this game:

Boulton, Kelsey. "Pirate Game." *Elementary P.E. Games*, [elementarypegames.weebly.com/pirate-game.html](http://elementarypegames.weebly.com/pirate-game.html). Accessed 20 Apr. 2024.



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## Cannonball Tower

### **Objective**

Build the tallest tower using only balloons and tape

### **Materials:**

- 15-20 Black Balloons for each group
- 1 yard (3 feet) of masking tape for each group

### **Procedure:**

1. Divide your group into teams of 3-4.
2. Each group will have 15 balloons and 1 yard of masking tape.
3. Instruct students that their goal is to build the tallest freestanding tower using only the materials provided in the time allowed – 10 minutes is a good time frame.
4. Towers may only use balloons and masking tape. They must not be taped to/supported by any other structures (wall, floor, etc)
5. When time is up, measure the towers. Discuss what worked and what didn't.



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## Peg Leg Balance

### **Objective:**

See how long you can stand on one leg.

### **Materials:**

- None
- Optional materials: blindfold, egg/spoon
- Peg Leg not needed!

### **Procedure:**

1. Have a contest to see who can stand on one leg the longest.
2. Then try testing them with the other leg.
3. Discuss: Which leg were you able to balance on longer? Why do you think that is?
4. Make it more difficult. Have them close their eyes or balance an egg on a spoon while standing on one leg.
5. Alternative version: Have relay races while hopping on one leg.

### **Adapted from:**

“Pirate Party Games for Pirates Big and Small.” *A Subtle Revelry*, 25 Aug. 2021, [asubtlerevelry.com/pirate-party-games/](https://asubtlerevelry.com/pirate-party-games/).



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## Pirate Obstacle Course

Design a pirate-themed obstacle course for children to go through. Some ideas might be:

- Walk the Plank – a balance beam for them to walk across
- Island Hoppers – hula hoops laid out for them to jump from one to another or balance on step stones
- Sail the reef – set up cones for them to weave through
- Climb to the crows nets – run through a ladder
- Fire the cannon – toss a ball into a bucket

## Captain Says

A version of Simon Says but replace “Simon” with “Captain”.



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## Knot Tying

### **Objective:**

Learn how to tie a variety of knots.

### **Materials:**

- Length of rope for each student
- Device with internet access or book on knots – see procedure

### **Procedure:**

1. Check out <https://www.animatedknots.com> to learn how to tie knots. From nautical knots to knots used every day, this website has you covered with easy-to-follow animations.
2. Prefer a book? Check out the Not Just Knots 4-H Curriculum available at: [https://shop4-h.org/products/not-just-knots?\\_pos=1&\\_sid=a11df5acb&\\_ss=r](https://shop4-h.org/products/not-just-knots?_pos=1&_sid=a11df5acb&_ss=r)

### **Resources:**

Dickey, Glenn, et al. *Not Just Knots*. The Ohio State University, College of Food, Agricultural, and Environmental Sciences, 2017.  
Grogono, Alan. "Animated Knots." *Animated Knots by Grog*, 1996, [www.animatedknots.com/](http://www.animatedknots.com/). Accessed 20 Apr. 2024.



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## Ship, Captain, and Crew Dice Game

### **Objective:**

Get a ship, a captain, and a crew by rolling a 6, 5, and 4 in that order. The two dice which remain are your cargo, and the player with the most cargo (the highest score from the two dice) wins the round.

### **Number of players:**

At least 2 people – more is better!

### **Materials:**

- Five 6-sided dice
- Scorepad or tokens to keep track of points/rounds (optional)

### **The Rules of Ship, Captain, and Crew**

1. Roll dice to determine who goes first and decide on how many rounds you want to play (you could roll dice for this as well).
2. Each player gets 3 tries to roll the dice. The goal is to get a Ship (6), Captain (5), and Crew (4) *in that order* by rolling the dice.
3. Once you have rolled a 6, you can sit that aside and just roll the remaining dice to try and the 5 and 4.
4. If you are able to get a 6, 5, 4 in your three rolls, the remaining 2 dice make up your cargo and count for your score.
5. The player with the highest score wins the round – if playing multiple rounds, the player who has gotten the most points after the decided upon number of rounds has been played is the winner.

### **Adapted From:**

Webber, Forrest. "How to Play the Ship, Captain, and Crew Dice Game?" *Bar Games 101*, 20 Oct. 2023, [bargames101.com/how-to-play-ship-captain-crew-dice-game/](https://bargames101.com/how-to-play-ship-captain-crew-dice-game/).



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## Kinetic Sand Recipe

**Ingredients** (*This makes 4.5 cups of kinetic sand*):

- 2.5 cups fine sand
- 1.5 cups cornstarch
- 0.5 cups oil

To make this kinetic sand recipe, just remember the ratio 5:3:1.

### **Instructions:**

1. Mix sand and cornstarch together completely.
2. Add oil and mix well.
3. When there are no oily spots and no dry spots, the sand is ready for play time!

Recipe found at: <https://eatingrichly.com/kinetic-sand-recipe/>

### **Ideas for play:**

- Purchase a set of pirate toys from amazon and embark on a swashbuckling adventure!
- Hide small toys / plastic gems / gold coins and dig for buried treasure!



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## Pirates, Sharks, Mermaids

This game involves two teams who will act out one of three characters: pirates, sharks and mermaids. To act out a character, players will pose and make the noise associated with that character.

- **Pirate** – assume a fencing pose and say “Arrrr!”
- **Shark** – use your arms like a shark mouth and say “Da-dum, Da-dum”
- **Mermaid** – crouch down a little bit, feet together, wave, and say “You-hoo!”

Make sure everyone knows the poses and sounds. Practice a few times until everyone knows how to become each character. Split the group into two teams and divide them into separate sides of the play area. Mark off the sides for each group and the mid-point using cones, rope, tape, etc. For each round, both teams huddle and choose to become a pirate, shark, or mermaid. When ready, both teams meet at the midpoint and stand facing each other, a couple of feet apart. To start the round, the leader says “Three, two, one, go!!”

On “go”, players act out the character their team chose (pirate, shark, or mermaid). As soon as they do this, the winners try to tag the losers — to get as many people over to their side as they can. The loser tries to retreat back to their own side to be safe for that round. If tagged, a person now belongs to the other team. The following determines who beats who:

Pirates defeat sharks, sharks eat mermaids, mermaids lure pirates.

If both teams show the same character, no one wins. Rounds keep repeating until one team wins (the other team is completely captured).

Another version: Scurvy, Pirates, Oranges

- **Scurvy** – hands over mouth, slouch and say “ohhhh”
- **Pirates** – stand on one leg, cover one eye and say “arrrr!”
- **Oranges** – legs shoulder width apart, slightly bent, arms rounded (think sumo wrestler pose, try to look round like an orange) and say “squeee!”

Scurvy beats pirates, pirates eat oranges, oranges cure scurvy.

Based on the game “Giants, Wizards, Elves” found at: <https://icebreakers.ws/medium-group/giants-wizards-elves.html>

