TEACH SAILING THE FUN WAY!

aka
Beyond *Wind* and Sailing Jeopardy

A guide full of games, activities, and initiatives that facilitate learning

Contributions from:
2009 National Sailing Programs Symposium Participants

Long Island Sound Junior Sailing Instructors

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Welcome

Teaching Sailing the Fun Way! is a compendium of fun and creative teaching techniques that are used by sailing instructors around the country. Many of the activities were contributed by individuals like you.

Over the years each of our programs has developed a collection of games and activities to teach sailing concepts and engage young sailors. From field trips to scavenger hunts, to pirate days to Olympic events, there are an endless assortment of games, crafts, trips and activities that are already a part of many programs. In order to share in the talents and creative energies of our instructors, committees and family members, we are collecting the best of the best.

We ask everyone to continue submit their favorite activities or add to detail or extensions to these existing activities. Be generous, the more we share, the more valuable the resource will be. With your help, this guide will grow from year to year and will continue to be a resource for our programs.

Please share with us your favorite:

- Ice Breakers
- Trust Initiatives
- Team Building Activities
- Land Games and Activities for when the weather won't cooperate
- Water Games and Activities
- Activities that teach sailing, water safety or other concepts in a fun, creative way
- Science enrichment lesson plans that correlate sailing with science, math, English and environmental education

Please use the lesson plan template provided to organize and share your activities. Feel free to make additional copies or e-mail Rob Crafa - rcrafa@sunymaritime.edu for an electronic copy to submit additional ideas.

Remember, life is what you add to it.

Thank you for your time and generous contributions.

Amy and Rob

Suggestions for Successful Activities

1) Be a role model for junior program participants
    i) Present a positive attitude – be enthusiastic about new games and activities – these are fun, educational activities – NOT time killers
    ii) Don't speak bad about participants, instructors, boats/equipment or the activities.
    iii) Always wear closed toed shoes and your life jacket on or near the water
2) Mix up competitive and noncompetive games so it is not always about winning sometimes it should just be about fun.
3) When choosing teams do so randomly, no one likes to be the last one picked. Ways to accomplish this:
    i) Count participants off randomly 1-2-1-2
    ii) Have participants arrange themselves in order by height, birthday (month and day) or other means and divide the group evenly down the middle.
4) Remember: Safety, Fun, Learning - must occur in this order
5) Provide feedback
    i) Do you have an activity that works well for you that is not in here? Let us know we will include it!
    ii) Can you improve an activity in here by offering additional teaching procedures, materials that would be helpful, safety warnings, extensions to adapt the activity in another fun way or techniques to help debrief the activity?
6) Use at your own risk!

Lesson Plan Template

Activity Title:

Goal, Objective or Purpose of Activity:

Appropriate Age Level: Any; 3-5; 6-8; 8-10; 10-14; 14-18, Adult,

Minimum/Maximum Number of Participants:

Set-up Time Required:
0-15 minutes
15-30 minutes
30 minutes – 1 hour
1 hour+

Activity Time Required:
0-15 minutes
15-30 minutes
30 minutes – 1 hour
1 hour+

Space Requirements: Beach; Field, Parking Lot, Classroom (indoors only), On-the-water; Normal Meeting Area

Materials/Resources:

Procedure for Teaching: Step-by-step plan that others could follow (feel free to continue on reverse side)

Student Product: Journal entry, worksheet, artifact (if any).

Extensions: Related resources, other similar activities

Activities

Alphabet Lingo

Goal, Objective or Purpose of Activity:
Review terminology

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 0-15 minutes

Time Required for Activity: 15-30 minutes

Space Requirements: Normal meeting area

Materials/Resources: None

Procedure for Teaching:
Everyone tries to name a nautical tem beginning with a letter of the alphabet. You can either have each player name something with the same letter, before moving to the next letter (A,A, A, A, B, B, B, C, C, C…) or rotate on letter with each player until a player is stumped (A, B, C, D…..)

Example: A=Aft, B=Ballast, C=Cunningham
Variation: Start with any letter, the next person has to name something that starts with the last letter of the pervious term Example: Anchor – Reef Hook – Keel - Layline

Student Product:

Extensions:
Can be played with any category from cities, to countries, types of fish, first names, etc.

Boat Maintenance

Goal, Objective or Purpose of Activity:
Teach participants to understand and appreciate necessary maintenance on sail or power boat.

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 30 minutes – 1 ½ hour

Space Requirements: classroom, workshop or dock

Materials/Resources: Depends on maintenance project
Ideas?

1) Hull cleaning and waxing
    a) Running water
    b) Boat Zoap, Simple Green or other cleaner
    c) Bucket(s)
    d) Sponge(s)
    e) Boat wax with applicator pad
    f) Clean towels/rags to remove wax

Sail Repair?
Gel coat repair?
Engine Maintenance – oil change, lower gear unit oil, spark plugs, fuel/water separator, battery

Procedure for Teaching: Depends on maintenance project chosen

Student Product:

Extensions:

- See owners manual or manufacturers web site for recommended maintenance
- *Start Powerboating Right*, United States Sailing Association

Reflection:

Contributor(s): Merry Petitclair

Burgee, Make Your Own

Goal, Objective or Purpose of Activity:
Team building, build team/club spirit

Appropriate Age Level: 8 – 16 years old

Number of Participants: 3+

Set-up Time Required: 15-30 minutes

Activity Time Required: 15–30 minutes

Space Requirements: Classroom or normal meeting area

Materials/Resources:
1) Pre-cut triangle (burgee shaped) cut outs on paper, old t-shirts, old sail material or towels
2) Colored Markers

Procedure for Teaching:
Ask sailors to create their own burgee for their boat, their class, for a team or for the junior program. This can be a contest.

Student Product: Burgee

Extensions:

Reflection:

Contributor(s): Jacqueline Singer**,** Head of the Bay Club; Emlie Barkow

Bubble Trail

Goal, Objective or Purpose of Activity:
To learn wind direction

Appropriate Age Level: 6-8; 8-10

Minimum/Maximum Number of Participants: All

Set-up Time Required: 0-15 minutes

Activity Time Required: 15-30 minutes

Space Requirements: On-the-water

Materials/Resources:
- A bottle of bubbles with wand for each boat
- Tape to secure bubble (prefer non-marking tape such as blue painters tape)

Procedure for Teaching:
1. Tape a bottle of bubbles to the side of each boat.
2. Have kids dip wands into bubbles while on the water to see which way the wind is blowing.

Student Product:

Extensions:

Build a Boat

Goal, Objective or Purpose of Activity:
Reward participants for following direction/focusing on lesson

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 0-15 minutes

Activity Time Required: 30 minutes-1 hour

Space Requirements: On-the-water

Materials/Resources: Dozens of Paint or Popsicle Sticks

Procedure for Teaching:

1. Brief sailors on drills and inform them they will be rewarded for performing drill well, listening, etc. with paint sticks labeled with parts of boat
2. Object is to gather all parts of boat
3. First to do so gets prize (i.e. first to lunch, have others derig their boat)

Student Product:

Extensions:

Reflection:

Contributor(s): Amy Zang

Burgee, Design Your Own

Goal, Objective or Purpose of Activity:
Learn the history of the burgee
Create your own identity or group burgee
Build team spirit

Appropriate Age Level: Any

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 15-30 minutes

Activity Time Required: 15-30 minutes

Space Requirements:

Materials/Resources:
Scrap pieces of spinnaker cloth from sailmaker
Fabric glue or needles and thread, scissors

Procedure for Teaching:
Have kids design their own burgees using scrap spinnaker cloth. Research the history of burgees. Fly burgees from the rigging of their boat.

Student Product:

Extensions:

Captain's Coming

Goal, Objective or Purpose of Activity:
Terminology - Learn Parts of the Boat

Appropriate Age Level: 8+

Number of Participants: 6 – 20

Set-up Time Required: 0-15 minutes

Activity Time Required: 15-30 minutes

Space Requirements:
Open area (floor, sidewalk, parking lot, deck) to trace out boat shape

Materials/Resources:
1) Chalk to trace out boat shape

Procedure for Teaching:
1) "Simon Says" with "Captain Says" plugged in.
2) "Captain Say go to…" bow, stern, starboard, port, etc.
3) Other fun movements plugged in (e.g. swab the decks with mopping motion)

Student Product: N/A

Extensions: N/A

Reflection:

Contributor(s): C. Harman**,** Norwalk Yacht Club

Capture the Flag

Goal, Objective or Purpose of Activity:
Build teamwork, exercise, fun

Appropriate Age Level: 8+

Number of Participants: 10+

Set-up Time Required:

Activity Time Required: 30+ minutes

Space Requirements:
Open field or area to run around in, on-the-water (with kayaks)

Materials/Resources:
1) Divider between the two sides, which can be as simple as a long line
2) Flags for each side which can be a shirt, life jacket or shoes

Procedure for Teaching:
1) Each team has its own territory in which its team members are free to move as they please, but on which opponents enter at their peril. The territories are separated by a boundary line such as a brook or a trail, etc. Any participant crossing this line may be captured by the enemy.

2) The teams assemble close together at a starting point near the center of the line, each team in its own territory. On a signal the teams proceed to set their flags at any point within 200 steps of the starting point The flags must be visible, although it is permissible to place them as inconspicuously as possible.

3) After three minutes another signal is given for start of game. The object now is to enter the enemy's territory, capture the flag, and carry it across the line into home territory without being caught. Participants may be posted to guard the flag, but not get nearer than 50 feet to it, unless an enemy goes within the 50-foot circle. They may then follow him.

4) Any participant found in the enemy's territory may be captured by grasping him long enough for the captor to say "Caught!" three times. When a participant is captured he must go with captor to the "guard house" - a tree or rock from the boundary line.

5) A prisoner may be released by a friend touching him, provided the prisoner at that time is touching the guard house with a hand or a foot, whereupon both return to their own territory. If the rescuer is caught by the guards before he touches the prisoner, he, too, must go to the guard house. A rescuer can rescue only one prisoner at a time.

6) If the flag is successfully captured, it must be carried across the line into home territory. If the raider is caught before he reaches home, the flag is set up again at the point where it was rescued and the game as before. If neither side captures the enemy's flag within the time agreed up on (say, 1/2 hour) the game is won by the team with the most prisoners.

7) Alternative Rules
   a) Hidden Flag - Allow each team to hide their flag out of sight. Before starting the game allow a scout from each team to be shown where the flag is. He must describe accurately, to his team, where the flag is. This requires that the scout be very observant.
   b) Get Out of Jail Free - All team members caught in the jail can be set free when a single teammate touches the jail. BUT, they do not have free passage back to their territory.
   c) Jail Break - If the game begins to stall, allow the judges to yell "Jail Break." At this moment all players in both jails are free to escape.
   d) Orienteering Skills 1 - Leaders hide flags and give 2 starting points for each team along a base line. Teams are split in two and sent to the starting points. At the starting point each group is given a compass bearing to their OWN flag. Each group follows its bearing - if they do it correctly the flag will be near where the bearings cross. Once each team locates its flag they will also find a map with bearings to the "enemy flag" which was left there. The game then proceeds as usual. *(Contributed by Mike Mullen, Troop 6, Boston Minuteman Council)*.
   e) Orienteering Skills 2 - Give both teams maps with starting points marked and bearings, and let them work it out on the map rather than having to actually walk the bearings. *(Contributed by Mike Mullen, Troop 6, Boston Minuteman Council)*.
   f) Kayaks – Instead of playing on land, same game can be played in kayaks

Student Product: N/A

Extensions: See also US Scouting Service Project at *http://usscouts.org/games/game_cf.asp*

Reflection:

Contributor(s): Leigh Hammel, Riverside Yacht Club with additional information from US Scouting Service Project (*http://usscouts.org/games/game_cf.asp)*

Chalk Boat Relay

Goal, Objective or Purpose of Activity:
Terminology - teach parts of the boat

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 4+

Set-up Time Required: 0-15 minutes

Activity Time Required: 15-30 minutes

Space Requirements: 20' X 20' parking lot or sidewalk

Materials/Resources: Sidewalk chalk

Procedure for Teaching:

1. Divide the group into two or more teams
2. Have teams line up around parking lot/sidewalk
3. Give first person in each line a piece of sidewalk chalk
4. Instructor call out boat part or provides each team list of boat parts
5. Teams race to draw and label all the parts of the boat

Student Product:

Extensions:

Reflection:

Contributor(s):

Chart Making Sailing Science

Goal, Objective or Purpose of Activity:
At the end of the activity participants will be: more comfortable in boats; better able to navigate; more familiar with body of water; able to name three types of bottom composition; and, sail a compass heading

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 1 – 200+

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 1+ hour (entire season or more)

Space Requirements: classroom, normal sailing area

Materials/Resources:
1) Create a Lead Line/Sounding Line with: Line marked in feet or meters and weight for end of line (i.e. mushroom or danforth anchor, bucket filled with cement)
2) Poster board
3) Pencils
4) Notepads/Note paper (one for each boat)
5) Compass (one for each boat)
6) Parallel rules (optional)

Procedure for Teaching:
1) Participants are going chart the body of water they are sailing in by taking depth soundings, checking bottom composition, finding currents and normal water movement.
2) Activity – Part I: Classroom Introduction:
   We are going to be cartographers and map our body of water. Use chart to explain concepts (i.e. soundings, landmarks, compass rose). We will improve our boat control, steer a compass heading and need the help of every individual on the boat. Instruct participants how to take a compass heading (how? Resource?)
3) Activity – Part II: On-water Sampling
   This can be done with paddles (canoe or hands) or with wind. Evenly space boats out and give them a compass heading they are going to follow. Similar to a start of a race. By time intervals, random by instructor or specific distance have the boats take a depth check with weighted line. Participants will keep track of information on note pads. You can get as specific as the group allows. Spend an hour taking depths and then come together to create your chart.
4) Activity – Part III: Classroom Plotting
   An instructor traces or draws the boundary of your body of water on a poster board. Scale can be set (another lesson) or estimated. The whole group marks their routes in pencil by freehand or parallel rules and compass headings (helps to trace compass rose). Participants then record depths, bottom composition, whatever was found. Displaying this chart on the wall and continue making improvements. With more people each team or small group can make their own chart. Everyone loves to see their work on display. The possibilities are endless.

Student Product:
1) One group chart or individual chart (in their log books)

Extensions:
1) Use charts to plan a scavenger hunt or trip
2) Sailing a mark or specific compass heading
3) Study history of cartography

Reflection:
1) How did it go? What could we have done to make the chart more accurate?
2) What other attributes would it be useful to measure? How might we do that?

Contributor(s): Peter Baumgartner, Seacamp (Big Pine Key, Florida)

Catch the Dragon's Tail

Goal, Objective or Purpose of Activity:
Teamwork, communication, fun

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 10+

Set-up Time Required: 0-15 minutes

Activity Time required: 15-30 minutes

Space Requirements: Large open area clear of obstructions for "dragons" to run

Materials/Resources: "Tail" for each dragon can be spare t-shirt, protest flag, bandana, rag

Procedure for Teaching:
1) Split group in two (or more if more than 20? people in each dragon)
2) Make two single file lines with first person in each line facing each other.
3) Place tail in back pocket or hanging from last person in line
4) Have participants grasp the hips of person in front of them – hang on!
5) On Go! Dragon head tries to capture the "tail" of the other dragon before their tail is caught.
6) If dragon breaks (participants let go of person in front of them) – Stop! Reattach.

Student Product:

Extensions:
Found in *New Games/More New Games*

Reflection:

Contributor(s): Merry Petitclair

Chase the Coconut

Goal, Objective or Purpose of Activity:
Boat Handling

Appropriate Age Level: 8-16

Minimum/Maximum Number of Participants: 2-12

Set-up Time Required: 0 -15 minutes

Activity Time required: 1+ hour

Space Requirements: Normal Sailing Area

Materials/Resources:
1) Coconuts (after strong winds) or tennis balls

Procedure for Teaching:
1) Explain to sailors object is to retrieve as many coco's (or tennis balls) as can be picked up in boat
2) Boat with most Coco's (or tennis balls) wins!

Student Product:

Extensions:
1) See also Fetch!
2) No wind Version – sculling, rowing or swimming to collect Coco's or tennis balls (imagine swimmers with suits full of tennis balls)

Reflection:

Contributor(s): Daniel Starsong, Big Island Sailing Foundation (Kona, Hawaii)

Clay Boat Building

Goal, Objective or Purpose of Activity:
To create a "boat" from a piece of modeling clay that will carry as much "cargo" as possible

Appropriate Age Level: Any

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 0-15 minutes

Time Required for Activity: 15-30 minutes

Space Requirements: Sufficient classroom space for number of participants

Materials/Resources:
- Modeling clay divided into equal portions
- Containers of water such as buckets, dish pans or large bowls
- Pennies or other small weights

Procedure for Teaching:
1. Give each participant an equal size piece of clay
2. Talk about what makes a boat float
3. Instruct participants to mold their clay into a boat
4. Put the boats into the water and see if the design floats. If not rebuild the boats
5. For boats that float, add one piece of "cargo" at a time until the boat starts to take on water and sinks. Keep count of the number of weights each boat can hold
6. Participants can rebuild their boats based on their observations of others and try again.
7. At the end of the allotted time, the boat that holds the most "cargo" is the winner.

Student Product:

Extensions:
- See also *Flotsam and Jetsam Boats* – same objective (to hold as much cargo as possible) build boat with found materials or arts and craft supplies

Contributor(s):

Collage

Goal, Objective or Purpose of Activity:
Creative technique for discussing sailing topic

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 15 minutes – 30 minutes

Activity Time required: 30 minutes – 1 hour

Space Requirements: classroom or regular meeting area

Materials/Resources:
1) Old sailing magazines
2) Scissors
3) Glue
4) Oak tag, recycled cardboard or paper suitable for making a collage
5) Markers or pens for labeling

Procedure for Teaching:
1) Explain to participants you would like to make a collage to decorate the junior club or other area
2) Have one large group or smaller groups select a topic for their collage. Possible topics may include:
   a) Sailing Technique
   b) Sailing Adventure to Exotic Places (link with global map)
   c) Awesome Boats
   d) Wipe Outs!
   e) Environmental Awareness

Student Product:
1) Collage to display at club or for participants to take home

Extensions:
1) Create a sailing adventure story illustrated with photos and captions from sailing publications

Reflection:

Contributor(s): Merry Petitclair

Commercial

Goal, Objective or Purpose of Activity:
Encourage Creativity, Build Pride in Club or Program

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 15 – 30 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, regular meeting area, beach

Materials/Resources:

Procedure for Teaching:
1) Divide the group into groups
2) Challenge them to make a commercial that advertises/promotes your club or program
3) Props, singing and dancing are encouraged.
4) Best commercial wins.

Student Product:

Extensions:
1) Video tape to show Junior Committee, Club or Board of Directors

Reflection:
- What do commercials say about club or program? What do participants find most important to promote (i.e. racing, sailing, fun, friendship)?

Contributor(s): Emlie Barkow

Crewlywed Game, The

Goal, Objective or Purpose of Activity:
Team Building

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 4+

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: Classroom, regular meeting area

Materials/Resources:
1) Whiteboard
2) Pen/Pencil
3) Paper (to write questions, record answers)

Procedure for Teaching:
1) Instructors create list of questions BEFOREHAND. Use the following sample questions to not only have fun but bring up topics you can discuss (please send us more!):
   a) The funniest thing that ever happened in our boat was when…? Loosen up, fun
   b) The best thing about my crew/skipper is…? Build positive attitude
   c) If your boat was filling with water, you skipper/crew would…? Fun
   d) As crew/skipper we need to work on…? Identify opportunities to focus on
   e) If my crew/skipper saw another boat/ a friend's boat commit penalty in a regatta and no one else saw he/she would…? Sportsmanship
2) Divide students into pairs (best if they regularly sail with each other)
3) Half of each pair leaves area with one instructor
4) Instructor/host reads questions to remaining half and records answers
5) Group unites, ask half of each pair the same questions with no input from first respondent
6) Share/Compares answers
7) Discussion

Student Product:

Extensions:
1) Drills or other exercises based on what you learned from answers

Reflection:
- Discuss topics raised. Sportsmanship, Communication, Areas for improvement

Contributor(s): Someone take credit for this great idea!

Dance Contest

(aka Dance Fever, Dance Mania)

Goal, Objective or Purpose of Activity:
Develop comfort capsizing boats and being in the water with life jackets

Appropriate Age Level: 6+

Minimum/Maximum Number of Participants: 2 participants per boat

Set-up Time Required: 0 -15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: On-the-water, normal sailing area, no wind activity

Materials/Resources:
1. Optimist or other boat that can be capsized and stood on
2. Portable music box with dance music

Procedure for Teaching:
1. Put two kids in an Opti, no sail or rig needed
2. When the whistle blows, kids capsize boat
3. Dance contest begins on the bottom of the boat (i.e. the dance floor)
4. Sailors who fall off can be disqualified

Student Product:

Extensions:

Reflection:

Contributor(s): Amy Kellogg, Junior Sailing Association of Long Island Sound

Dead Reckoning Navigation

Goal, Objective or Purpose of Activity:
Teach navigation by plotting course to a destination

Appropriate Age Level: 14+

Minimum/Maximum Number of Participants: 6 per boat

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 1-2 hours

Space Requirements: classroom then on-the-water in powerboat

Materials/Resources:
1. Charts
2. Parallel rule
3. Compasses
4. Dividers
5. Instructions
6. Powerboat

Procedure for Teaching:

Please feel add detail!!!
1. Teach how to read a chart including compass rose, true north, magnetic north
2. Teach course plotting with magnetic headings
3. Teach how to measure and plot distance
4. Compute time to travel course
5. Execute plan in a powerboat or sail to destination when weather permits

Student Product:

Extensions:

Contributor(s): Please take credit for this great idea!

Design Your Own Yacht Club

Goal, Objective or Purpose of Activity:
Understand what a yacht club or waterfront facility needs, spatial orientation

Appropriate Age Level: 7+

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 15- 30 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, normal meeting area

Materials/Resources:
To design:
1) Paper
2) Pens, Markers

To build:
1) Things found along shoreline (i.e. sand, shells)
2) Plywood/Scrap wood for background

Procedure for Teaching:
1) Ask participants to think about and design the ultimate yacht club
2) Provide paper and pens to list the activities and necessary components of a club
3) Have participants sketch their club on paper
4) Collect shells and other materials to "build" club over the course of the summer
5) End of summer contest to present yacht club designs and award winners

Student Product: Three dimensional yacht club models

Extensions:
- Incorporate green design – how can the club minimize its impact – boat maintenance, use of chemicals, recycling
- Display or present yacht club designs to club members

Reflection:

Contributor(s): Coco Solsvig, Noroton Yacht Club

Egg Drop, The

Goal, Objective or Purpose of Activity:
Use found objects to create a protective packaging for an egg such that the egg will survive a fall from a given height

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, location to be able to drop the protected egg from a height of at least 2 stories

Materials/Resources:
1. Anything found – recyclables, trash, found items
2. Tape
3. Twine
4. Line
5. Raw eggs

Procedure for Teaching:
1. Give kids time to collect found objects to use for padding of egg
2. Instruct kids to build a structure to protect the egg from breaking when dropped from a designated height
3. Encourage kids to think about flight dynamics when building protective structure.
4. Judge projects on such things as engineering, style, creativity in addition to protective qualities
5. Give every entry a name and hype up the friendly competitive nature of "The Drop"
6. Drop eggs one by one. After each drop examine package to determine if egg survives unbroken.
7. Talk about why some structures were successful and others were not.

Student Product:

Extensions:

Contributor(s): Please take credit for this creative idea!

Famous Name Game

Goal, Objective or Purpose of Activity:
Ice breaker, team building

Appropriate Age Level: 11-15

Minimum/Maximum Number of Participants: 6 - 25

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 - 30 minutes

Space Requirements: classroom, normal meeting area

Materials/Resources:
1. Paper
2. Pens/pencils
3. Whiteboard (optional)

Procedure for Teaching:
1. Each person writes the name of a famous person on paper
2. Put names in hat without showing anyone
3. Instructor writes the names of all famous people submitted on board
4. Divide group into two teams
5. Participants try to match the famous person with group member
6. If one team correctly connects participant with their famous person they join their team
7. Continues until all names are guessed
8. Largest team at the end wins

Student Product:

Extensions:
- Charades – instead of a famous person put a movie, book or song title in hat; have person pick one and act it out so team members can guess it correctly within a time limit (3 minutes)

Reflection:

Contributor(s): Pat Ewing

Fender Flinger

Goal, Objective or Purpose of Activity:
Teach sailors to pay attention - watch out for boom; fun

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 5+

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: Open, flat surface (beach, grass)

Materials/Resources:
1) Fender tied to a long line (~15')

Procedure for Teaching:
1) Instructor stands in middle of circle created by all participants at distance equal to the length of the fender and line.
2) With the end of the line the instructor beings slowly swinging the fender clockwise on the ground.
3) Participants have to jump over the fender.
4) If the fender hits a participant they are out and become judges (outside of circle)
5) Coach can go faster and raise the fender (Careful!!!) as the circle gets smaller or participants prove themselves.
6) Last one to be hit wins!

Beware!!!! – Small children can get knocked down. Not advised to play on asphalt/concrete, Instructor may get dizzy.

Student Product:

Extensions:

Reflection:
- Ask participants, what was the purpose of that game? Does it relate to sailing? Watch out for boom?

Contributor(s): Emlie Barkow

Fetch!

Goal, Objective or Purpose of Activity:
Improve Boat Handling and Tactics

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 0 - 15 minutes

Activity Time required: 15 – 30 minutes

Space Requirements: Regular sailing area

Materials/Resources:
1) 3-6 Tennis Balls
2) Dog Chucker (optional)
3) Racing Rules of Sailing

Procedure for Teaching:
1) Dockside: explain to sailors the object of the game is to be the first to retrieve the tennis ball following Racing Rules of Sailing – SAFETY FIRST! Avoid contact with other boats
2) Load tennis balls and optional dog chucker in coach boat and head to normal sailing area (hopefully relatively free of other boat traffic)
3) Select two (or more) boats
4) Toss the ball in a (point of sail) direction to match the skill of the sailor or reinforce lesson (point of sail)
5) Sailors race to pick up ball and return it to coach boat

Student Product:

Extensions:
1) Rally Fetch
   a) Using permanent marker place number (point value) on many tennis balls (2 or more per boat participating
   b) Scatter balls in sailing area
   c) Sailors collect as many balls as they can until all are retrieved
   d) Gather at dock or around coach boat – boat with highest point total wins

Reflection:
1) What technique worked best? Was it sailing straight for the ball?

Contributor(s): Merry Petitclair

Fish Print Tee Shirts

Goal, Objective or Purpose of Activity:
To make a tee shirt using fish and other marine shapes; explore and understand fish anatomy

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 1+

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, picnic table or area that can get messy

Materials/Resources:
1. White Tee Shirts (have each participant bring their own)
2. Fabric paint suitable for rolling
3. Small rollers
4. Roller trays
5. Foam brushes
6. Fabric pens
7. Puffy paint
8. Sheets of cardboard (such as from the dry cleaners)
9. Newspaper
10. Cleaning supplies
11. Latex gloves
12. Old shirts for smocks if necessary
13. Whole fish (flat fish such as flounder work great), you can buy a rubber fish

Procedure for Teaching:
1. Buy several whole fish from the fish market. Try to get interesting shapes and sizes.
2. Have the children collect shells, and other interesting objects from the beach.
3. Protect the area with newspaper.
4. Spread the shirts out on a table or floor.
5. Place the cardboard inside each shirt.
6. Use newspaper if cardboard is not available.
7. Have sailors put on gloves and smocks if need be.
8. Roll paint onto the fish and other objects.
9. Press the fish onto the shirts. Use other objects and colors.
10. Complete shirt using puffy pens.
11. Let dry thoroughly.
12. Advise students to wash shirts separately. (Give note to bring home with shirt)
13. When done printing, dissect fish and examine it inside and outside.

Student Product:
- Cool fish print t-shirt

Extensions:

Contributor(s): Amy Kellogg, Junior Sailing Association of Long Island Sound

Fishing

Goal, Objective or Purpose of Activity:
Learn alternate water related activity, nature study/appreciation

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: Depending on gear, experienced fisher(wo)men

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 15 minutes – several hours

Space Requirements: Shoreline fishing location or boat

Materials/Resources:
1. Experienced fisher(wo)men with local knowledge
2. Fish pole with reel and line for each participant or two
3. Bait or lore
4.

Procedure for Teaching:
Help? See www.takemefishing.org

Student Product:

Extensions:
1. Build your own fishing pole (with bamboo stick, line, hook)

Reflection:

Contributor(s):

Flotsam & Jetsam Boats

(aka Garbage Boats/Trash Races)

Goal, Objective or Purpose of Activity:
Fun activity that can teach environmental stewardship (e.g. shoreline clean-up) and boat characteristics (e.g. stability) by building a from materials found on grounds or near shoreline

Appropriate Age Level: 5+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 30 minutes – 1 ½ hour

Space Requirements: Regular meeting area

Materials/Resources:
1. Debris natural and anthropogenic (man-made) found along the shoreline.
2. Arts and craft supplies such as paper for sails can be used to augment what is found on the shoreline.

Procedure for Teaching:
1. Divide students into a teams (1-4 people per team)
2. Explain the purpose is to build a boat that can win the race in the water (i.e. shoreline, pool, kiddie pool, rain gutter) – certain time limit, kids are allowed to use anything they find provided it is not dangerous (i.e. broken glass, rusty metal, needles) to build a boat
3. When complete teams explain their boat name and design concept
4. Boats then launched into a pool, kiddie pool or the water to see which won can win the race. Straws can be used to supply additional thrust.
5. Winner gets to crush all boats

Student Product:
Boat built from recycled materials to take home or at least show parent at end of the day

Extensions:
1. "Rain Gutter Regatta" – cap the ends of two equal (10'-20') lengths of rain gutters and fill with water, participants race head to head by supplying wind via straw
2. "Anything that Floats Race" where participants build boats to race in from items not meant for a boat – can be large event for the entire program at the end of the season.
3. Build wooden sailboats from scrap wood, cloth and line decorate as desired even add proper navigation lights, etc. (Merry Petitclair)

Reflection:

Contributor(s): Tuck Northrop, BRYC

Greased Pig Race

(aka Watermelon Relay Race)

Goal, Objective or Purpose of Activity: Develop team work, manual dexterity

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 6-20+

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 30 - 45 minutes

Space Requirements: Beach, waters edge

Materials/Resources:

1. 2-3 small-medium watermelons
2. 1 bottle mineral oil
3. Paper to make ears and nose for pig
4. Tape to secure ears and nose
5. Whistle

Procedure for Teaching:

1. Divide participants in two (or more teams)
2. Have participants stand shoulder to shoulder in waist deep water
3. Staff hand one watermelon to each line
4. At sound of whistle participants pass the "Greased Pig" as fast as they down and back up the line.

Student Product:

Extensions:

1. Add this activity to day of games and activities (i.e. Olympics, Pirate Day)
2. Component of longer relay race

Reflection:

- How did everyone feel? Equally silly? Why? No one is an expert.
- If one team did exceptionally well, why?

Contributor(s): Bryce Griffith**,** Tahoe Community Sailing

Harry Houdini

Goal, Objective or Purpose of Activity: To teach participants to tie knots that work

Appropriate Age Level: 5+

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, regular meeting area

Materials/Resources:
1) Chair, table, tree or something to tie someone to
2) Multiple lines

Procedure for Teaching:
1) After lessons on knot tying, instructor sits in chair, lays on table or leans against tree
2) Participants have ten minutes to tie up the instructor any way they know how. SAFETY FIRST!!! Instructor can stop any line in a dangerous or personal area. Rope burn – ouch!
3) Instructor tries to get out (probably, hopefully)
4) Instructor's turn to tie up participants – CAUTION!!! Are participants and parents comfortable with this?
5) Participants tied up well by instructors so they can't escape. Learn how to tie knots better.
6) Participants are not allowed to tie each other (or siblings) up outside of class.

Student Product:

Extensions:

Reflection:
- What is the purpose of this activity?
- How did you do? What could you have done better?
- How does this relate to sailing/boating? The right knot for the right application.
- Did anyone feel uncomfortable being tied up?

Contributor(s): Josh Toso, Laser Performance

Hit Man, Hit Woman

Goal, Objective or Purpose of Activity: Team building, improve observation skills

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 6 - 20

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 0 – 15 minutes to explain, continues for one or more days

Space Requirements: Normal Meeting area

Materials/Resources: None

Procedure for Teaching:

1) Quietly pull aside a participant and make them the Hit Man or Woman before meeting with the group.
2) Explain to group that you have already designated a "Hit Man or Woman" amongst the group and that they must catch this person before everyone is "knocked off."
3) Leaders share with the group the pre-determined "kill" sign which maybe a tug on the ear, the "OK" sign against the leg or other sign that is noticeable by others but won't be accidentally flashed (i.e. running your fingers through your hair).
4) The Hit Man or Woman then tries to systematically knock off the entire group by discreetly flashing the "kill" sign to one person at a time.
5) If a participant is flashed the "kill" sign they must "die" several minutes later but not immediately as to make it obvious the Hit Man or Woman is a person in the immediate vicinity. Encourage elaborate and vocal death scenes for fun.
6) Participants are encouraged to keep an eye out for the Hit Man or Woman flashing someone else the "kill" sign. If they think they know who the Hit Man or Woman is at the next group gathering they can point the person. If they are wrong, they killed. If they are right the game ends.
7) An interesting twist is to secretly make one or more participants "Undercover Agents" that if flashed the kill sign they don't die but capture the Hit Man or Woman.

Student Product: N/A

Extensions: N/A

Reflection:

- How do the observation skills of this game translate to sailing? Noticing wind shifts? other sailors techniques?

Contributor(s): Blaine Pedlow and Rob Crafa, SUNY Maritime College

Human Knot

Goal, Objective or Purpose of Activity: Team building, Thinking, Leadership, Social Fun

Appropriate Age Level: 9 and up

Minimum/Maximum Number of Participants: 8 to 30+

Set-up Time Required: 0-15 minutes

Activity Time Required: 0 – 15 minutes

Space Requirements: Normal Meeting Area, beach or grass field works best

Materials/Resources:
N/A

Procedure for Teaching:

1. Everyone needs to be in the same general area.
2. Each person needs to hold one hand of two different people.
3. This may require some of the participants to reach across the group.
4. Once everyone has tow hands, you will have ONE human knot.
5. You must unchain the knot to form a circle.
6. If you discover that you have 2 knots in the group, all the more fun.

Student Product:

Extensions:

Contributor(s): Who would like to take credit for this classic?

I Spy

Goal, Objective or Purpose of Activity: Have fun and improve awareness of environment and sailing site

Appropriate Age Level: 8 and up

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: normal sailing area

Materials/Resources:

1. Grease Pencil
2. Sailboats

Procedure for Teaching:

1. Create a list of items for students to locate
2. Have kids sail around while look for specific things such as specific types of birds, fish, floating objects, flags, buoys, etc.
3. When the items are spotted, the kids can record it by writing on their decks with a grease pencil

Student Product:

1. Log book entry of what they observed

Extensions:

Contributor(s):

Internet Resources

Goal, Objective or Purpose of Activity:
Stimulate curiosity about sailing and related activities (i.e. weather)

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom or regular meeting area

Materials/Resources:
1) List of several popular web sites (www.ussailing.org; www.sailtraining.org, www.animatedknots.com, www.nationalsailinghalloffame.org, others?)
2) Ideally:
   a) Laptop
   b) Projector
   c) Screen

Procedure for Teaching:
1) Before leaving ask participants to find several web sites at home tonight to share with the group tomorrow. Participants should be encouraged to e-mail them to instructor for easy compilation and sharing with the group.
2) Provide a list of key areas:
   a) Sailing
      i) Club web site
      ii) Junior Sailing Association
      iii) Local, regional, national and international regattas
   b) Knots
   c) Nautical Terminology
   d) Maritime History
   e) Weather
   f) Boating Safety
   g) Others???
3) Next day have each participant share what they found, display on screen if possible
4) Award prizes for most sites contributed, most useful, most unique, funniest
5) Have students enter the sites into their logbooks or provide photocopy of list for them to staple into logbook

Student Product:
1) Logbook page full of internet resources for them to explore

Extensions:
1) Participants can each be assigned a topic (i.e. knots) and find the best 3-5 web sites covering this topic with a short description/review of each.

Reflection:

- What is the best site we found for this topic? Why?
- Are their topics we did not find a good web site but should have?
- Is there an opportunity/need for someone to create a web site about a particular topic?
- If you were designing a web site what would you include? What makes a web site good?

Contributor(s): Merry Petitclair

Jeopardy, Sailing

(aka Quiz-o-Rama)

Goal, Objective or Purpose of Activity:
Increase knowledge of sailing rules, knots, points of sail, etc.

Appropriate Age Level: 8-14

Minimum/Maximum Number of Participants: 6 - 20

Set-up Time Required: 15 – 30 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, normal meeting area

Materials/Resources:
1) Index cards with categories (need to compile list)
   a) Parts of a Boat
   b) Parts of a Sail
   c) Points of Sail
   d) Terminology
   e) More????
2) Index cards with questions (need to compile list)
   a) Please submit questions…
3) Whiteboard and Markers for scoring

Procedure for Teaching:
1) In advance, make about 5-6 categories (e.g. knots, points of sail, instructors information, boat parts, weather).
2) Create five questions for each category valued at 100 – 500 points depending on difficulty.
3) Day of divide into two teams and have them pick a team name.
4) Play jeopardy – flip a coin to see who gets to answer first question, if one team gets a question wrong the other team can steal the points if they get it correct. Knots can be hands on.

Student Product: N/A

Extensions:
- Add your favorite jeopardy questions
- Useful web sites

Reflection:

Contributor(s): Becca Dellenbaugh, American Yacht Club

Jump the Brook

Goal, Objective or Purpose of Activity: Warm up activity, physical fitness

Appropriate Age Level: All ages

Minimum/Maximum Number of Participants: All

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: Lawn/beach and runway

Materials/Resources:

1. Two pieces of line, each about 10 feet long

Procedure for Teaching:

1. Set up 2 lines parallel to each other at the end of the"runway"
2. Kids run down and have to jump across the line "river" at the end of the lawn.
3. The river keeps getting wider after each of the kids has a turn. Kids are eliminated if they touch any part of the "river".

Student Product:

Extensions:

1. Limbo – use line as limbo stick
2. See "Jump the River"

Contributor(s):

Jump the River

Goal, Objective or Purpose of Activity:
Understand goal setting, team building, tactics - asking successful competitors for tips

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: Small open grass or sandy area

Materials/Resources:
1. Two 15' lines

Procedure for Teaching:
Individual Goal Setting
1. Explain to participants the objective is to learn about goal setting by seeing how far they can jump. Have participants set a goal for how far apart they can "Jump Over the River'
2. Set up the lines parallel to each other and 3' apart
3. Have the kids jump from one line over the other, when they fail to reach have them talk with successful participants to learn how they do it. Try again.
4. After each turn move the lines further apart until only one participant can make it.

Team Building (requires larger grass or sandy area)
1. Line participants up single file. Place line along their left feet.
2. Have first participant side step to their right as far as they can.
3. Next participant starts from where person ahead of them landed.
4. Continue until all participants have gone.
5. Lay line parallel to first line at the distance reached by the group
6. Challenge group to work together to exceed their first "goal"

Student Product: N/A

Extensions:

Reflection:
1. How could this be used at regattas?
2. Setting goals beforehand.
3. Talking to competitors about what they are doing?

Contributor(s): Jono Peters, Riverside Yacht Club

Kayaking

Goal, Objective or Purpose of Activity:
Appreciate alternate water activities

Appropriate Age Level: 7+

Minimum/Maximum Number of Participants: Limited by kayaks available

Set-up Time Required: 15 - 30 minutes

Activity Time Required: 30 minutes – All day

Space Requirements: normal sailing area

Materials/Resources:
1. Kayaks
2. Paddles
3. PFDs

Procedure for Teaching:
1. Organize and inspect kayak equipment before group arrives
2. Brief participants on how to operate kayak, paddling, what to do if capsize, geographic limits
3. PFD check and kayak assignment
4. Launch kayaks
5. Allow 15 minutes for participants to get comfortable (i.e. when they start splashing or crashing they are comfortable)
6. Introduce game or activity such as:
    a. Follow the leader
    b. Individual or relay races
    c. Capture the Flag (see Activity)
    d. Spiders and Flies (see Activity)
    e. I Spy (see Activity)
    f. Nature Paddle/Sightseeing/Exploring
    g. Water Quality Sampling
    h. Fishing

Student Product:
1. Log book entry of new experience

Extensions:
1. I Spy
2. Capture the Flag
3. Spiders and Flies

Reflection:

Contributor(s):

Knights, Cavaliers, and Horses

Goal, Objective or Purpose of Activity:
Teamwork, Communication, Fun

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 4, 8 or more preferred

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 0 – 15 minutes+

Space Requirements: grass/soft ground

Materials/Resources: None

Procedure for Teaching:

1. Pair participants up and arrange in the activity area with enough space to move around
    a. Make sure kids of appropriate size are paired together (have participants first line up by size)
2. Instructor explains the goal is to be the last group playing. Each round any group that does not do the correct command or is the last one to get into position is out
3. Instructor stands in front of the group and explains the commands, "When I yell:
    a. **Knights** – one participant lays on the ground the other stands victoriously over him
    b. **Cavaliers** – one participant carries the other (not moving though)
    c. **Horses** – one participant sits on the other like riding a horse
4. Make sure instructor is calling the commands and identifying who is called out

Student Product:

Extensions:

Reflection:

Contributor(s): Kurt Thomsen, Lynn M. Walls, Chicago Yacht Club

Knots

(aka Knot Relay Race)

Goal, Objective or Purpose of Activity:
Teach knots

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 1+

Set-up Time Required: 15 minutes – 1 hour

Activity Time required: 15 minutes – 1 hour

Space Requirements: classroom or regular meeting area

Materials/Resources:

1. Knot Relay Races
    a. Scrap line of various types and length
    b. Books or photocopies of different knots
2. Knot Boards
    a. 1'X 1' (or larger) pieces of plywood
    b. Different color line, paint or markers to distinguish lines
    c. Glue (wood?) or epoxy (messy and expensive) or staple gun to secure line to board
    d. Label maker, labels or paper and tape to label board
3. Practice Boards – with different hardware for practicing knots
    a. 2" X 4" two feet long or similar platform for securing hardware
    b. Cleat with mounting hardware
    c.

Procedure for Teaching:

1. Introduce students to the importance of knots in sailing
2. Explain the different types of line and their purpose
3. Demonstrate knots you will be using:
    a. Square knot
    b. Sheet bend
    c. Figure Eight
    d. Cleat hitch
    e. Clove hitch
    f. Bowline
    g. Round turn and two half hitches
4. Introduce knots one at a time giving students time to practice them until they are comfortable with them or just before they get frustrated
5. Have students practice knots frequently in short intervals (i.e. when they arrive, before or after lunch, before leaving, at home)
6. After several days of practice, prepare a relay race.

Student Product:

Extensions:

1. Fantastic knot web site: www.animatedknots.com
2. Make practice boards with cleats and posts
3. Make knot boards

Reflection:

Contributor(s): Merry Petitclair; Leigh Hammel, Riverside Yacht Club

Land Skills Relay Race

Goal, Objective or Purpose of Activity:
Reinforce skill learned in a fun way

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 4+

Set-up Time Required: 15 minutes – 1 hour

Activity Time Required: 15 minutes – 1 hour

Space Requirements: Open area, beach, field

Materials/Resources:
Depending on activities: (Need to provide detail description of activities at each station)

1. Line for knots
2. Boat for rigging
3. Sails for folding
4. Safety equipment to organize
5. Charts for navigation
6. Index cards for terminology

Procedure for Teaching:

1. Organize a relay race with different stations depending on skills learned and materials available

Student Product:

Extensions:

Reflection:

Contributor(s): Merry Petitclair

Logbooks

Goal, Objective or Purpose of Activity:
Make log books to record daily weather, wind speed, skills learned, and activities to improve observation and writing skills

Appropriate Age Level: 8+

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 0 – 15 minutes/day

Space Requirements: **classroom, normal meeting area**

Materials/Resources:
1. Arts and craft materials to make covers
2. Set-uprinted log book pages
3. Line or yarn for attaching covers to pages

Procedure for Teaching:
1. Set-up area inside pages for log books.
2. Include such information as tide, temperature, weather, activities, observations, etc.
3. Have students decorate covers for their log books and sew inside pages to covers.

Student Product:
1. Log books can be kept on a weekly or daily basis by the kids

Extensions:

Contributor(s): Crissy Marshall, Beach Point Yacht Club

Mad Libs

Goal, Objective or Purpose of Activity:
Creativity, Practice language skills

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 15 - 30 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: Classroom or regular meeting area

Materials/Resources:
1. Sample mad lib printed out to read to group
2. Paper for each person
3. Pens and/or pencils for each person

Procedure for Teaching:
1. Complete one traditional "Mad Lib" with entire group as a demonstration, see www.eduplace.com/tales or other sources
2. Split the group into teams each making a story with blanks (i.e. noun, verb, adjective) to fill in.
3. Groups ask each other for nouns, verbs and adjectives as called for in story.
4. After filling in all blanks one person reads each story

Some helpful hints From www.eduplace.com/tales:

Nouns
- A noun is a word that names a person, a place, or a thing.
- A noun that names only one person, place, or thing is called a singular noun.
- A noun that names more than one person, a place, or a thing is called a plural noun.

Person	**Place**	**Thing**
dentists (plural)	New York (singular)	pears (plural)
sister (singular)	zoo (singular)	fan (singular)
Julio (singular)	towns (plural)	notebook (singular)
children (plural)	beaches (plural)	buses (plural)

Adjectives
- An adjective is a word that describes a noun. An adjective can tell what kind or how many.

What Kind	**How Many**
We have a **large** dog.	Our dog has **five** puppies.
Our dog has **tiny**, **brown** spots.	**Many** dogs love children.

Verbs

- A verb is a word that can show action. When a verb tells what people or things do it is called an action verb.
- A present tense verb shows action that is happening now.
- A past tense verb shows action that has already happened.
- A future tense verb shows action that will happen.

Present Tense	**Past Tense**	**Future Tense**
Bats **hunt** at night.	The bats **hunted** last night.	The bats **will hunt** tonight.
The bats **fly** quickly.	The bats **flew** overhead.	The bats **will fly** later.

Adverbs

- An adverb is a word that describes a verb.
- An adverb can tell how, when, or where.

How	**When**	**Where**
I read books **quickly**.	I read books **often**.	I keep my books **upstairs**.
I read newspapers **slowly**.	I **always** read the newspaper.	I buy my newspaper **there**.

Student Product:

1. Silly story (if appropriate) for camp or club bulletin board
2. Silly story for their log book

Extensions:

1. Place best story on camp or club bulletin board or web site with pictures
2. See Official Web Site www.madlibs.com
3. Sample Mad Libs www.eduplace.com/tales

Reflection:

Contributor(s): Rob Crafa, SUNY Maritime College with supporting content from www.eduplace.com

MAFIA

Goal, Objective or Purpose of Activity:
Name game, team building

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 6 - 20

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements:
Open area, regular meeting place, preferably quiet

Materials/Resources: None

Procedure for Teaching:
1) One person is "God" – they moderate game
2) Group sits in a circle with eyes closed and heads down
3) God secretly picks two (2) Mafia members and one (1) Angel; all others are towns people
4) Everyone wakes up and the group votes if they suspect someone to be Mafia
5) If one person is voted out or there are no suspicions, close eyes and heads down again
6) Mafia "wakes up" alone and picks someone to "kill"
7) Then Angel wakes up alone and picks someone to "save."
8) God then wakes everyone up and tells the story of the night (Which is…..?)
9) Repeat until Mafia is voted out or everyone "dies"

Student Product: N/A

Extensions: N/A

Reflection:

Contributor(s): C. Harman, Norwalk Yacht Club

Main Sheet Joust

Goal, Objective or Purpose of Activity:
Practice agility, balance, physical fitness and sheeting in and out

Appropriate Age Level: All

Minimum/Maximum Number of Participants: 2+ (in pairs)

Set-up Time Required: 0 - 15 minutes

Activity Time Required: 0 – 15 minutes (best two out of three)

Space Requirements: 5' X 10' flat surface

Materials/Resources:
1. Cement blocks (2) – 8" X 8" X 15"
2. 25'-30' rope (main or jib sheet)

Procedure for Teaching:
1. Set cement blocks eight feet apart
2. Two participants stand facing each other on cement block with rope in their hands
3. Center middle of rope between participants
4. Winner remains on block or pulls rope out of other persons hand completely (sheets in)

Student Product:

Extensions:

Reflection:
- What lessons can we apply from this to sailing? Sheeting technique? Rope Burns? Balance? Keeping eyes out of boat?

Contributor(s): Who owns this masterpiece?

Mainsail Puzzle

Goal, Objective or Purpose of Activity:
Critical thinking, Teamwork, Parts of the sail

Appropriate Age Level: 8-10

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15- 30 minutes

Space Requirements: Open floor space

Materials/Resources:
1. Old Opti or other sail
2. Scissors
3. Tape
4. Colored markers
5. Glitter
6. Glue
7. Other craft supplies

Procedure for Teaching:
1. Cut an old Opti sail that is no longer used into enough puzzle pieces so that there is a piece of each student
2. Give each student a piece of the puzzle to decorate.
3. Challenge the students to put the sail back together and identify the parts of the sail.
4. Instructors can use tape to reassemble the puzzle and take a picture of the kids with their "new" sail.

Student Product:

Extensions:

Contributor(s): Take credit for this beauty!

Mechanics of an Optimist

Goal, Objective or Purpose of Activity:
Learn how to move the boat with body movement

Appropriate Age Level: 8 – 11 year olds

Minimum/Maximum Number of Participants: 3+

Set-up Time Required: 0 – 15 minutes

Activity Time required: 1 hour

Space Requirements: Open pool, beach or on the water

Materials/Resources:
1. Fully rigged *Optimist*

Procedure for Teaching:
2. Rig *Optimist*
3. Have instructor demonstrate and sailors practice:
    a. How boat rolls/rocks
    b. Leeward heel
    c. Fast capsize recoveries
    d. Quick bailing techniques

Student Product: N/A

Extensions: N/A

Reflection:

Contributor(s): Jacqueline Singer**,** Head of the Bay Club

Memory

Goal, Objective or Purpose of Activity:
To learn importance of paying attention (even when its not your turn) and following instructions, team building, ice breaker, fun

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 4-12

Set-up Time Required: 0 -15 minutes

Activity Time Required: 15 minutes

Space Requirements: 20' X 20' open space

Materials/Resources: 16 hula hoops, chalk or colored construction paper

Procedure for Teaching:
1) Create 16 circles of different colors (4-5 colors max.) in a 4 X 4 grid
2) Instructor draws map
3) Draw your own pattern with arrows (make them more challenging with older group)
4) Stand all participants in a line.
5) First participant enters at the starting circle and tries to guess which circle to go to next
6) Instructor says yes or no. If yes they proceed to the next guess. If no they go to the back of the line.
7) After hearing a no, next person steps in the same pattern made by those that went before them and the team helps them follow the pattern made by instructor until the full pattern is completed.
8) If a chold steps in a circle incorrectly during the pattern they go to the back of the line

Student Product:

Extensions:

Reflection:
- How does this relate to sailing? If instructor is providing information to someone on the water or in class, listen it may benefit you too.

Contributor(s): Laura Owens

Nomenclature

Goal, Objective or Purpose of Activity:
Understand terminology

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 1 hour+

Activity Time Required: 15 minutes – 1 hour

Space Requirements: classroom or regular meeting area

Materials/Resources:
1. Age appropriate photocopied worksheets with fill in the blank
2. Pens or pencils

Procedure for Teaching:
1. Have students fill in the blanks
2. Prizes for first person done correctly

Student Product:

Extensions:
1. Sailing Mad Libs
    a. Complete one traditional "Mad Lib" with entire group as a demonstration
    b. Split the group in half each making a story with blanks (noun, verb, adjective) to fill in.
    c. Groups ask each other for nouns, verbs and adjectives as called for in story.
    d. After filling in all blanks one person reads each story

Reflection:

Contributor(s): Merry Petitclair

Physical Fitness

Goal, Objective or Purpose of Activity: Get participants more fit to sail better

Appropriate Age Level: 10+

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 15 – 30 minutes

Activity Time Required: 15 minutes +

Space Requirements: Small open grass or sandy area

Materials/Resources:
- Pull up bar, tree branch
- Hiking bench

Procedure for Teaching:
1) Demonstrate series of exercises for participants to follow:
   a) 5 pull-ups
   b) 20 push-ups
   c) 4 pull-ups
   d) 20 push-ups
   e) 3 pull-ups
   f) 20 push-ups
   g) 2 pull-ups
   h) 20 push-ups
   i) 1 pull-up
   j) Sit up sets

Student Product: N/A

Extensions:
Do exercise routine each day and chart improvement of each individual. Set goals for summer's end!

Reflection:

Contributor(s): Jono Peters, Riverside Yacht Club

PIE

Goal, Objective or Purpose of Activity:
Ice breaker, fun

Appropriate Age Level: 5+

Minimum/Maximum Number of Participants: 3+

Set-up Time Required: 5 minutes

Activity Time Required: 5 – 30 minutes

Space Requirements: 20’ X 20’ sandy beach

Materials/Resources: None

Procedure for Teaching:

1. Smooth Sand
2. Skoot lines with your feet in sand to make large “pie with slices”
3. One person is it
4. Everyone stands on lines
5. Go!
6. Run around on lines to avoid “It” – MUST stay on lines
7. Center is safe for one person at a time only
8. New person in center trumps existing person
9. When “It” tags someone they become “It”
10. No tag backs

Student Product:

Extensions:

Reflection:

Contributor(s): Diane Wenzel, Westwind Sailing

Raccoon Circles

Goal, Objective or Purpose of Activity:
Team building, teach terminology, answer questions, debriefing; good filler while waiting for others or parent pick-up

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 6 - 20

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 0 – 15 minutes

Space Requirements: Open area in classroom, field, or beach

Materials/Resources:
Strong nylon line or webbing long enough for the group to stand in a circle with each member holding it with two hands.

Procedure for Teaching:
1) Have group stand in a tight circle shoulder to shoulder facing inward (you may need to adjust the circle by having participants take one step back)
2) Have everyone grab the line tied in a loop with both hands.
3) Grand Prix – Warm-up Fun!
   a) Objective: Pass the knot around the circle as fast as you can with everyone passing the line through their hands.
   b) Making "vvvvrooommm" car sounds makes it a funnier as does the leaders changing direction suddenly with resultant screeching sounds
4) Trust Web
   a) Objective: To have everyone able to lean back while holding the line in both hands
   b) With feet firmly planted shoulder width apart and hands firmly on the line have everyone lean back on 1-2-3 LEAN!
   c) If group works together, everyone is supported. If not, circle will be broken.
5) Circle Debriefing
   a) In the circle, spin the knot through participants hands until instructor says stop!
   b) Ask the person with the knot a question or to give feedback from the previous exercise. What does a halyard do? How did you feel doing your first roll tack?

Student Product: N/A

Extensions:
- Dozens of other great Racoon Circles ideas can be downloaded for free from www.teamworkandteamplay.com, Jim Cain, Ph.D.

Reflection:

Contributor(s): Rob Crafa, SUNY Maritime College

Rain Gutter Regatta

(aka Balsawood Boat Racing)

Goal, Objective or Purpose of Activity:
Parts of Boat, Sail Shape, Fun

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 1 hour

Activity Time Required: 1 – 4 hours

Space Requirements: classroom, outdoor space for rain gutters

Materials/Resources:
1. Boat kits (see http://www.raingutter-regatta.com/raingutter_regatta_catalog.htm#kits)
2. Two (2) ten foot (10') long rain gutters sealed to hold water
3. Table, saw horses or similar to hold gutters
4. Running water to fill gutters

Procedure for Teaching:
1. Order boat kits and prepare rain gutters beforehand
2. Participants build/customize their boats or team boat (2-3 students)
3. Participants race boats in heats by blowing on boat sails ("downwind") with straws if necessary.
4. Award prizes for not only winning boat but also coolest, most team spirited, most creative

Student Product:
1. Boat to take home

Extensions:
- Cub Scout Leader How-To Book, pages 9-47 through 9-49, ISBN 0-8395-3832-4.
- Boat Kits Available at http://www.raingutter-regatta.com/raingutter_regatta_catalog.htm#kits

Reflection:
- Discuss characteristics that helped boats do well? Sail area, etc.

Contributor(s): Dan Leininger and Boys Scouts of America

Rigging Races

Goal, Objective or Purpose of Activity:
Fun activity to get students comfortable and efficient with rigging boats

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Time required: 15 – 30 minutes

Space Requirements: Dock, dolly or trailer

Materials/Resources:
1. Boat and rigging equipment

Procedure for Teaching:
1. Teach students how to properly rig the boat and give them an opportunity to practice
2. 3-2-1 Rig!
3. Individual, team or relay race to see who can rig the fastest. Add time penalties (e.g. 5 seconds for each mistake)
4. Add interesting twists to make it more fun (i.e. blindfold one, make another mute)
5. Finish with a derigging race

Student Product: N/A

Extensions: N/A

Reflection:

Contributor(s): Leigh Hammel, Riverside Yacht Club

Rock Around the River

Goal, Objective or Purpose of Activity:
Improved understanding of how changes in boat trim and sail trim affect motion and direction of boat

Appropriate Age Level: 8 - 18

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 0 – 15 minutes

Time Required for Activity: 30 minutes – 1 hour

Space Requirements: Normal sailing area

Materials/Resources:
1. Sailboats such as Optis, lasers or 420s

Procedure for Teaching:
1. Explain how to drive the boat by rocking and pumping
2. Demonstrate technique
3. Set mark or landmark for sailors to go to
4. Start at dock and race to mark and back
5. Remind students not to try this when racing!

Student Product:

Extensions:

Contributor(s): OK who is owning up to this one?

Rope Rugs

Goal, Objective or Purpose of Activity: Teach marlinspike skills, Recycle old line

Appropriate Age Level: Any

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 30 minutes – 1 hour

Activity Time Required: 1 hour+

Space Requirements: Large floor space is helpful for large rugs but table tops are sufficient for smaller projects such as coasters**.**

Materials/Resources:

1. Old, used, donated lines, sheets, halyards, etc.
2. Resource book with instructions for making "Ocean Plait" or similar project;.
3. Choose instructions that rely on photos and clearly describe "overs" and "unders".

Procedure for Teaching:

1. Students follow the step by step instructions to create a rug, coaster, etc.

Student Product:

Extensions:

Contributor(s): **???**

Sailing Invite

Goal, Objective or Purpose of Activity:
Create an invitation to take mothers and /or fathers out sailing at the end of the session

Appropriate Age Level: 8+

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Time Required for Activity: 30 minutes – 1 hour

Space Requirements: classroom, tables

Materials/Resources:
1. Paper
2. Markers, pens
3. Glue
4. Scissors
5. Magazines to cut pictures out of
6. Cameras and rinting capabilities to use photos of kids, etc.
7. Envelopes

Procedure for Teaching:
1. Layout materials
2. Instruct participants to create an invitation for their parents to come sailing and let them know what materials are available
3. Send invitations home in envelopes

Student Product:
1. Invitation to take home

Extensions:

Contributor(s): Paul Risseeuw

Sailmakers Patch, Design Your Own

Goal, Objective or Purpose of Activity:
1. Keep artistic and everyone involved, excited
2. Teach sailors how to ID sailmakers

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 - 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: Classroom or tables in the lee

Materials/Resources:
1. Paper
2. Colorful writing implements (colored pencils, markers, crayons)
3. Scissors

Procedure for Teaching:
1. Talk about sail makers and patches – relate to common logos (i.e. Nike, McDonalds)
2. Distribute materials
3. Let sailors design their own logo/sail patch
4. Have each sailor present their logo and explain concept and any symbolism

Student Product:
1. Entry into Logbook

Extensions:

Reflection:

Contributor(s): Kevin Broome, Bic Sports

Ship Shape

(aka Tall Ships Challenge)

Goal, Objective or Purpose of Activity:
To identify tall ship rigs – and open the world of Tall Ships to small boat sailors including opportunities to sail and crew tall ships and/or volunteer a Tall Ships Challenge port events.

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 15 – 30 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom, regular meeting area

Materials/Resources:
1) Copies of Ship Rig and Sail Plan handouts (see below)
2) White board and markers
3) Tape
4) Scissors

Procedure for Teaching:
1) Make copies of ship rig and sail plan handouts for each participant
2) Before giving handouts – separate one or more sail rig silhouette from vessel descriptions
3) Give each participant either a sail rig or description
4) Challenge participants to match sail rig with descriptions
5) When everyone thinks they have found their partner tape them on the whiteboard or wall
6) Open discussion – how did we do? Make any changes group agrees.
7) Give handouts to check answers.

Student Product:
- Ship Shape and Sail Plan guides

Extensions:
- Assign each participant a type of boat to research. Report back with a specific example of sail shape, discuss how rig developed and its advantages and disadvantages.
- Identify country of origin for tall ships, locate on map or globe
- Tall ship visit or sail. Great culminating activity for summer program.
- Sail Plan courtesy of: American Sail Training Association (www.sailtraining.org)
- Sail Ship Rigs courtesy of The Nova Scotia Museum, Department of Tourism and Culture (http://museum.gov.ns.ca/mma/AtoZ/rigs.html)

Reflection:
- Has anyone sailed on a tall ship?
- Where is the closest tall ship?
- Why are there so many different rig types? What are the advantages and disadvantages?

Contributor(s): Nancy Richardson, American Sail Training Association

Sailing Ship Rigs

The sail plans of sailing vessels were many and varied. Beside differences in original design, a ship might undergo a number of changes, depending upon the whims of her owner, captain, or builder, the trade she was used in, or local traditions. These changes were introduced to improve sailing qualities and to provide a rig that could be handled by a smaller crew, thus paying higher returns to shareholders.

The silhouettes of vessels overleaf represent different rigs of ships on the east coast of North America during the mid 1800s to the early 1900s, a period in marine history often referred to as the "golden age of sail".

Sailing ship rigs can be divided into two broad categories: the "fore and aft rig" (left), in which the sails lie along the same plane as the ship's fore and aft line; and the "square rig" (right), in which the sails are rigged athwart (across) the ship. Each rig had certain advantages.

The Fore & Aft Rig

The fore and aft rig, or schooner rig, required only a small crew, and was generally used in the coastal and fishing trades. Ships with this rig could point higher into the wind and were usually more maneuverable when working in the changing winds along the coast. The rig was not limited to coastal schooners, and big fore-and-afters could be seen plying across the Western Ocean bound for European ports, the West Indies, or South America.



Sloop A fore and aft rigged vessel with one mast is a sloop. In the early 1800s some large sloops traded with the West Indies, but most sloops in the 19th century were small inshore fishing vessels. In the 20th century, sloops became the most popular rig for yachts.



Grand Bank Fishing Schooner Schooners have two or more masts with fore and aft sails. Similar to the famous Bluenose, our example, in addition to all the normal lower sails, carries a main gaff topsail and a fisherman's staysail set between the masts.



Two Masted Fishing Schooner in winter rig. Her topmast and all light upper canvas have been struck, and sent ashore.



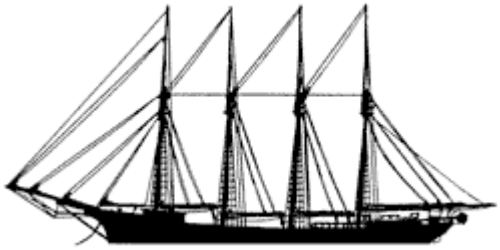
Square Topsail Schooner a combination of fore and aft sails and small square sails. They were popular for coastal trading in the early 1800s. Prince Edward Island built a number of topsail schooners and many were sold in Great Britian. A version with raked masts, called the Baltimore Clipper, was much favoured by privateersmen in the War of 1812.



Coastal Schooner, the work horse of our coastal trade. She was probably not much more than a hundred tons, and carried everything from timber and coal to bricks, general cargo, and a load of hay to offshore island communities. Our schooner is shown with only a main topmast, but many also carried a fore topmast. Note the yawl boat towing astern.



Ketch A two masted sailing vessel where the mizzen mast is ahead of the rudder. The rig is similar to a schooner but the main mast (the tallest mast) is the first mast, not the second mast. Ketches were common in 19th century Europe but rare in Nova Scotia until they became very popular for yachts in the 20th century.



Four Masted Schooner shown at anchor. This design attempted to reduce individual sail area, raise tonnage, and still manage with a small crew. In the early days sails were hoisted by hand, but gradually the gasoline hoisting engine was introduced, saving work, wages, and food. She could operate with eight hands, and reached 500 to 700 tons. At the turn of the century these schooners were used in the coastal trade between Canada and the United States, the West Indies, South America, and some trans-Atlantic voyages were made to Europe and West Africa. Nova Scotians built and operated between seven and eight hundred big schooners, but by World War I most had passed out of the picture. Along the New England coast a number of five and six masted schooners were built, plus one seven master, the steel hulled Thomas W. Lawson.



Tern Schooner a three master built in great numbers all along our shores between 1880 and 1920. These vessels were cargo carriers of between 200 and 400 tons, requiring a crew of six to eight. Our Tern is shown with all sails set except staysails between the masts. As the years went by these softwood vessels would become waterlogged, sails would wear out, and spars break. With the inroads made by the steamer, the old schooners were hard pressed to find a cargo. A few did survive until World War II.

The Square Rig

The square rig was normally an offshore rig used by vessels making long ocean passages and taking advantage of the prevailing wind and current patterns of the globe. These ships varied in size from the small handy brigantines and brigs of a couple of hundred tons to the great full rigged ships and barques of over two thousand tons. The square rig was also seen in the coastal trade, where brigs plied their trade up and down the eastern seaboard.



Brigantine, a two masted vessel square rigged on the foremast, with fore-and-aft sails on the mainmast. The drawing shows a typical Bluenose softwood vessel of about 220 tons, similar to the Spencers Island built Amazon which later became the famous mystery ship Mary Celeste. The brigantine is shown with two staysails set between the masts.



Brig, a two masted vessel square rigged on both masts. The brig is a very old and efficient sailing rig, and the class was still in use up to the very end of commercial sailing ships. Only a few brigs were built in Nova Scotia yards, but they were very common in European waters.



Barquentine, a vessel with the foremast rigged square, and the other masts rigged fore and aft. Our vessel is similar to the Maid of England of 750 tons built at Grosses Coques in 1919. She was the last Canadian commercial vessel to carry a square rig, being abandoned at sea in 1928. Only a small number of this type were built locally.



Barque or Bark , usually a three masted vessel, the fore and main masts square rigged and the mizzen mast or after mast rigged fore and aft. The four masted barque was a relatively common rig on the oceans, but only two were built in Canada. The John M. Blaikie was launched in 1885 at Great Village, and the Kings County launched in 1890 at Kingsport. The barque was a popular rig, and more of this type were built than all other square rigs combined. The big Maitland barque Calburga was the last British North American square rigger of large tonnage to be on the Canadian registry; she was lost off the coast of Wales in November 1915.



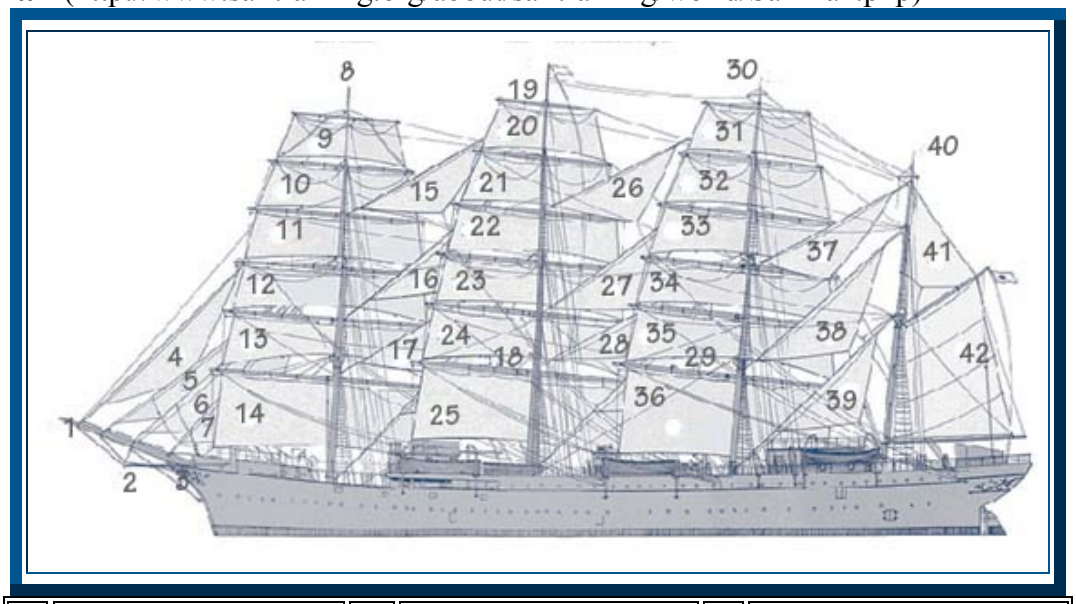
Full Rigged Ship, square rigged on all masts. Staysails could be set between the masts. Outboard of the square sails might be set studdingsails, and above the royals (uppermost sails) might be set sails with such names as skysail, moonraker, Trust to God, or Angel Whispers. The ship William D. Lawrence, built at Maitland N.S. in 1874, was the largest wooden sailing ship ever built in Canada. Towards the end of their careers some ships were reduced to barque rig. Many were "sold foreign" and many others simply were "lost without trace" or abandoned at sea.

Within the decade of the 1890s and the early 20th century the disappearance of the British North American square rigger was swift. Iron, steel and steam, plus high insurance rates and low freights caused most owners to dispose of their fleets. For some years they tramped the oceans of the world under foreign flags, until finally giving up.

Text and silhouettes by Graham McBride.

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Sail Plan (http://www.sailtraining.org/about/sailtraining/world/SailPlan.php)



1	Bowsprit	15	Main Royal Staysail	29	Mizzen Topmast Staysail
2	Martingale	16	Main Topgallant Staysail	30	Mizzenmast
3	Figurehead	17	Main Middle Staysail	31	Mizzen Royal
4	Flying Jib	18	Main Topmast Staysail	32	Mizzen Upper Topgallant Sail
5	Outer Jib	19	Mainmast	33	Mizzen Lower Topgallant Sail
6	Inner Jib	20	Main Royal	34	Mizzen Upper Topsail
7	Fore Topmast Staysail	21	Main Upper Topgallant Sail	35	Mizzen Lower Topsail
8	Foremast	22	Main Lower Topgallant Sail	36	Crossjack, Mizzen Course
9	Fore Royal	23	Main Upper Topsail	37	Jigger Topgallant Staysail
10	Fore Upper Topgallant Sail	24	Main Lower Topsail	38	Jigger Topmast Staysail
11	Fore Lower Topgallant Sail	25	Mainsail, Main Course	39	Jigger Staysail
12	Fore Upper Topsail	26	Mizzen Royal Staysail	40	Jigger Mast
13	Fore Lower Topsail	27	Mizzen Topgallant Staysail	41	Gaff Topsail
14	Foresail, Fore Course	28	Mizzen Middle Staysail	42	Spanker

Signal Flag Project

Goal, Objective or Purpose of Activity: To introduce participants to signal flags

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 15- 30 minutes

Activity Time Required: 30 minutes – 1 hour

Space Requirements: classroom

Materials/Resources:
1) Felt: red, white, blue, yellow, and black cut into 4" x 5" pieces
2) Scissors
3) Glue
4) Signal flag reference chart

Procedure for Teaching:
1) Introduce signal flags and their uses. (such as Race Committee….please add others with details)
2) Using the materials, supplies and reference charts let participants create a complete set of flags.
3) Have participants create their own set that spells out their names

Student Product:
1) Signal flag set of their name

Extensions:
- Decorate classroom with flags; Post pictures of group members with small signal flags representing their name around them
- Flag Recognition game? – Land drill with mock race course what do you do if you see this flag?
- Instructors leave messages for group each day using signal flags. Prizes for the first to figure it out.
- BEWARE !! Participants will create their own phrases for all to see!

Reflection:

Contributor(s): Jen Kano, Bourne Community Boating

Skill Race

Goal, Objective or Purpose of Activity: Demonstrate boating skills

Appropriate Age Level: 10+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 30 minutes – 1 hour

Activity Time required: 30 minutes+

Space Requirements: Triangular course in normal sailing area

Materials/Resources:

1. Boats
2. Marks
3. Cards for directions

Procedure for Teaching:

1. Set up a triangular or other race course
2. Each boat is given several cards with directions which remain hidden
3. As each boat passes mark during race they pull a card and have to follow directions BEFORE reaching next mark
4. Directions can include: capsize, derig/rig, 720, anchor

Student Product:

Extensions:

Reflection:

Contributor(s):

Snipe Hunt

Goal, Objective or Purpose of Activity: Fun!

Appropriate Age Level: 6 – 10 years old

Minimum/Maximum Number of Participants: 6 - 20

Set-up Time Required: 0 – 15 minutes

Time required: 15 – 30 minutes

Space Requirements: Regular meeting area

Materials/Resources:
Any props that can be used for trickery

Procedure for Teaching:
1) Instruct participants that they are going on a "snipe hunt"
2) At a certain time the Snipes will arrive so the participants must be ready to catch them
3) Teach the participants a ridiculous technique for catching Snipes like a weird dance or an elaborate trap with ropes and buckets
4) Bring them in for a team meeting and tell them that you have heard reports that they are close.
5) Bring them outside and have them practice the catching technique
6) Enjoy a good laugh when they are told it was made up!

Student Product: N/A

Extensions: N/A

Reflection:

Contributor(s): Tuck Northrop, BRYC

Spider and the Flies

(aka Sharks and Minnows)

Goal, Objective or Purpose of Activity:

1. Land Based Activity
    a. acclimates younger sailors to listening to the whistle
    b. physical fitness
    c. land drill for on-water drill
2. On-the-Water Drill
    a. Practice boat handling
    b. Practice different points of sail

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: 5+

Set-up Time Required: 0 - 15 minutes

Activity Time Required: 15 – 30 minutes (shorter on land, longer on water)

Space Requirements: ½ basketball court or normal sailing area

Materials/Resources:

Land

1. Chalk or line

Water

1. Marks (2)
2. Kayak
3. Sailboats

Procedure for Teaching:

1. Set up straight line representing "the web" with chalk, line or two marks
2. Instructor on foot or in a kayak or row boat is the spider in the web (on the line)
3. On whistles participants on foot (land) or in sailboat (water) must try to cross web without being "caught" (tagged)
4. If tagged they become a spider (land) or must sit in irons off course waiting for end of game (water)
5. Additional instructors can be off web to catch flies not running or sailing
6. Last fly wins

Student Product:

Extensions:

Reflection:

Contributor(s): Kevin Broome, Amy Zang

Stick, Stick, Capsize

Goal, Objective or Purpose of Activity:
Reward participants for good skills, listening, etc.

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time required: 15 – 30 minutes

Space Requirements: Normal sailing area

Materials/Resources: Paint stirrers

Procedure for Teaching:

1. Instructor briefs sailors on drills and informs them that if they perform drill well, listen or other commendable behavior they earn a stick.
2. After earning two sticks, students earn right to capsize

Student Product:

Extensions:

Reflection:

Contributor(s): Amy Zang

Styrofoam Prints

Goal, Objective or Purpose of Activity:

Appropriate Age Level: Any

Minimum and Maximum Number of Participants: Any

Set-up Time Required: 0 - 15 minutes

Activity Time Required: 1 hour

Space Requirements: classroom, work Tables

Materials/Resources:

1. Ink
2. Rollers
3. Roller trays
4. 5x7 pieces of Styrofoam
5. Pencils
6. Paper

Procedure for Teaching:

1. Fill roller pan with ink or paint,
2. Instruct each student to draw a picture on the Styrofoam using a pencil
3. Roll the ink over the Styrofoam
4. Place a sheet of paper over the inked Styrofoam and roll with a clean roller

Student Product:

1. Sytrofoam print to take home

Extensions:

Contributor(s):

Team Shirts

Goal, Objective or Purpose of Activity:
Team building activity that is also useful for keeping track of sailors at events

Appropriate Age Level: All

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time required: 30 minutes – 1 hour

Space Requirements: classroom, outside open space

Materials/Resources:
1. One t-shirt for every person (have students bring their own)
2. Permanent Markers
3. Iron on letters
4. Iron
5. Tie Dye Materials (dye, buckets)

Procedure for Teaching:
1. Put real or nick names on their backs (Iron-ons are cool and look good)
2. Everyone decorates their own shirt (tie-dyes)
3. Let dry.

Student Product: Team T-shirt

Extensions: N/A

Reflection:

Contributor(s): Coco Solsvig, Noroton Yacht Club

Theme Days

Goal, Objective or Purpose of Activity:
Fun filled day to break up the season

Appropriate Age Level: All – including club staff

Minimum/Maximum Number of Participants: 10+

Set-up Time Required: 1-2 hours

Activity Time Required: 3 – 4 hours

Space Requirements: normal meeting area

Materials/Resources:
1) Donuts
   a) Donuts with a hole in the middle – sorry no jelly
   b) String
2) Egg Toss
   a) Dozens of Eggs
3) Relay race
   a) Kayaks with paddles
   b) Boxer shorts
   c) Shower Caps
   d) Swimmys
   e) Flippers
   f) Other ridiculous gear
4) Costumes
   a) Indian Paint Rocks
   b) Eye Patches
   c) Bandanas
   d) Foam Swords
   e) Pirate Hats
   f) Tattoos
   g) Super soakers
5) Pirate Boat and Sails
   a) Old boat
   b) Old sails
   c) Spray paint
   d) Paint brushes
   e) Rubber gloves
   f) Tarps

Procedure for Teaching:
1) Pirate Sails
   a) Have one group of participants paint the sails (Skull and Crossbones of course) while another group paints the boat
2) Competitions

a) Egg Toss
    i) Participants get a partner and an egg.
    ii) Toss the egg to their partner, everyone who catches it without breaking takes a step back.
    iii) Continue until only one pair remains
b) Donuts on a String
    i) Tie donuts on a string to branches of a tree at different heights that can be reached standing or with the help of a friend
    ii) Participants race to see who or which team can eat the most with their hands behind their back
c) Relay race
    i) Participants put on all gear and paddle kayak around mark, undress and tag next team mate to go.
d) Treasure Hunt
    i) Instructors create treasure map and hide treasure so participants have to use lessons learned (i.e. use a compass) in program to find treasure.
    ii) Good hiding spots for treasure:
        (1) Up a halyard of a boat
        (2) On an anchor line
        (3) In a submerged minnow trap or lobster pot on a line tied to a buoy
        (4) Buried in the sand
        (5) Up a tree
e) More and expanded ideas – Get Crazy!

Student Product:

1. Treasure!
2. Logbook entry of International Foods, geography

Extensions:

1. Olympic Days – dress facility/boats with country flags
2. Fiesta – sombreros for all!
3. Vintage Sailing Day – oldest sailing t-shirt
4. Crazy Hat
5. Pajama Day
6. Rcok Star Day
7. 4th of July
8. International Day – each student (with family) brings food from their native country (with copy of recipe and description of dish's importance); highlight represented countries on map/globe

Reflection:

Contributor(s): Jacqueline Singer, Amy Zang

Threshold

(aka Sink the Dink, Titanic)

Goal, Objective or Purpose of Activity:

1. Build confidence in young sailors that boat will not sink
2. Teach sailors to stay with boat
3. Emphasize the importance of wearing PFD

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: Depends on available boats

Set-up Time Required: 0 - 15 minutes

Activity Time required: 15- 30 minutes

Space Requirements: Calm water adjacent to dock/beach

Materials/Resources:

1. Sailboat hull with tow line
2. No centerboard, rudder, rig and sails – get in way and could get damaged

Procedure for Teaching:

1. Explain to sailors the importance of staying with your boat when it capsizes
2. Safety Suggestions:
   Have instructors demonstrate the drill first or conduct this activity after sailors have been in the program a few days, not on the first day after their swim test. Many new sailors have become panicked during this drill having been trapped under a turtled boat or submerged/kicked by other flailing sailors.
3. Be careful!!! Use extreme caution with this exercise. Instructors should be extremely alert in watching swimmers in the water. Have numerous spotters at different vantage points making sure all participants are accounted for (i.e no one trapped under boat).
4. Remember to count sailors going in the water and coming out of the water.
5. Be aware some sailors may not be comfortable in the water with flailing arms and legs of many others in the water
6. Ask how many sailors they think it would take to sink the boat
7. Launch hull with numerous staff in position to watch participants
8. Instruct participants to enter water and board boat trying to "sink" it until it swamps or capzsizes
9. Be sure to count the number of participants entering and exiting the water

Student Product:

Extensions:

1. Have instructors demonstrate drill at beginning of session and allow participants to try it when instructors and they are more comfortable
2. Try Optimist rowing races with the boats full of water. Allow teams to bail their boats during the race to see if it helps them go faster and win!

Reflection:

- Did the boat sink?
- Why should you stay with the boat?
- What are some of the dangers? Being trapped under the boat? Tangled in rigging?

Contributor(s): Brandon Workman, Coco Solsvig, Noroton Yacht Club

Tie Dye T-Shirt and Signature

Goal, Objective or Purpose of Activity:
Create a keepsake for sailing camp

Appropriate Age Level: 6+

Minimum/Maximum Number of Participants: 1+

Set-up Time Required: 1 hour
Activity Time required: ~1 hour to dye, day to dry, day to wash and dry

Space Requirements: Outside area that can get messy

Materials/Resources:
1. Six different color dyes
2. Bath for lye based dye setting
3. Rubberbands
4. T-shirts (order 4 weeks ahead of time, or have students bring them in)
5. Buckets for dyes
6. Water
7. Heat for water

Procedure for Teaching:
1. Order shirts, dyes and lye (4 weeks in advance)
2. Heat water (up to one hour before activity), dissolve dye in buckets or tubs plus one with lye
3. Put names on shirts
4. Let kids twist up shirts, put rubber bands on shirts and dip it in dye
5. Pull shirt out of dye and twist differently, put rubber bands on and dye again, repeat if desired
6. Adult staff put shirts in lye bath to set dye
7. Dry shirt in sun
8. Wash shirt to remove excess dye and dry it
9. Let kids sign each others shirts on last day

Student Product:
1. Dyed t-shirt

Extensions:
1. Order dye, t-shirts online to save money

Reflection:

Contributor(s): Warren Collier

Truth or Lie

Goal, Objective or Purpose of Activity:
Ice breaker

Appropriate Age Level: 8+

Minimum/Maximum Number of Participants: 2+

Set-up Time Required: 0 – 15 minutes

Activity Time Required: 15 – 30 minutes

Space Requirements: Space for each person to sit or stand

Materials/Resources: None

Procedure for Teaching:
1. Each person thinks of three (3) sailing stories – 2 true; 1 false
2. Tell your stories in any order without revealing which are true and which is false
3. Remaining participants try to guess which is the false story

Student Product:

Extensions:

Reflection:

Contributor(s): Diane Wenzel, Westwind Sailing

What's Wrong? (with this picture)

Goal, Objective or Purpose of Activity:
Practice troubleshooting, build confidence and skills in boat rigging and problem solving

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minutes

Activity Time required: 30 minutes – 1 hour

Space Requirements: normal meeting area, dock

Materials/Resources: 1 boat with rigging

Procedure for Teaching:

1. Prior to sailors (who have been taught to rig correctly) arriving rig boat slightly wrong (adjusted problem to skill level of group)
2. Challenge sailors to identify and correct problem(s)
   Add common mistakes for:

Optimist	**Bic Open**	**Laser**	**420**
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.

3. Ask sailors simplest way to fix problem
4. Have sailors fix it

Student Product: None

Extensions:

Reflection:

Contributor(s): Kevin Broome

Vermonster

Goal, Objective or Purpose of Activity:
Focus group on objective (i.e. sailing to a point, upwind); team building

Appropriate Age Level: Any

Minimum/Maximum Number of Participants: Any

Set-up Time Required: 0 – 15 minures

Activity Time required: 1 – 3 hours

Space Requirements: Normal sailing area

Materials/Resources: sailboats, coach boats, money for prize

Procedure for Teaching:

1. Sailors are briefed on objective (i.e. practice sailing upwind to "Ice Cream Island")
2. If everyone in group makes it to "Ice Cream Island" by specified time instructors will by sail ors "Vermonster" (Ben & Jerry's Sundae with one scoop of every flavor in store) to share

Student Product:

Extensions:

Reflection:

Contributor(s): Amy Zang

Activities Cross Referenced

Boat Handling

- Chase the Coconuts
- Fetch!
- Rock Around the River
- Skill Race
- Spiders and Flies
- Stick, Stick, Capsize
- Vermonster

Buoyancy

- Clay Boat Building
- Flotsam & Jetsam Boats
- Rain Gutter Regattas
- Threshold

Capsizing

- Dance Contest
- Stick, Stick, Capsize
-

Classroom Only/Indoor Activities

- Alphabet Lingo
- Burgee, Make Your Own
- Clay Boat Building
- Collage
- Commercial
- Design Your Own Yacht Club
- Fish Print Tee Shirt
- Internet Resources
- Jeopardy, Sailing
- Logbooks
- Mainsail Puzzle
- Sailmakers Patch, Design Your Own
- Ship Shape
- Signal Flag Project
- Styrofoam Prints

Communication/Creative Writing

- Catch the Dragon's Tail
- Collage with Adventure Story
- Commercial
- Logbooks
- Mad Libs

Environmental Stewardship

- Collage
- Design Your Own Yacht Club
- Flotsam & Jetsam Boats
- Kayaking
- Mainsail Puzzle

- Rope Rugs

Geography
- Ship Shape
- Theme Days
- Vermonster

Goal Setting
- Jump the River
-

Ice Breakers
- Famous Name Game
- Fender Flinger
- Greased Pig Race
- Human Knot
- Knights, Cavaliers and Horses
- Mad Libs
- Memory
- PIE
- Racoon Circles
- Snipe Hunt
- Truth or Lie

Marlinspike Seamanship
- Harry Houdini
- Knots (i.e. Relay Race)
- Land Skills Relay Race
- Roe Rugs

Name Games
- Mafia
- Raccoon Circles

Navigation
- Chart Making Sailing Science
- Dead Reckoning Navigation
- Vermonster

No Wind Activities
- Chase the Coconuts (swimming or paddling in dinghies or kayaks)
- Dance Contest
- Fishing
- Kayaking
- Rigging Races
- Theshold
- What's Wrong (with this picture)

Observation Skills
- Bubble Trail
- Hit Man, Hit Woman
- I Spy

- Mafia
- Memory
- What's Wrong (with this picture)
-

On-the-water Activities
- Bubble Trail
- Skill Race

Physical Fitness
- Jump the Brook
- Kayaking
- Main Sheet Joust
- Physical Fitness

Racing Rules
- Fetch!
- Jeopardy, Sailing
- Signal Flag Project
- Skill Race

Responsibility
- Boat Maintenance
- Build a Boat
- What's Wrong (with this picture)

Safety
- Fender Flinger
- Threshold

Science
- Egg Drop, The
- Fish Print Tee Shirt – fish dissection

Sportsmanship
- Crewlyweds Game, The
- Fetch!

Tactics
- Fetch
- Jump the River
- Spiders and Flies
-

Team Building/Teamwork
- Burgee, Make Your Own
- Capture the Flag
- Catch the Dragon's Tail
- Commercial
- Crewlywed Game, The
- Famous Name Game
- Greased Pig Race

- Harry Houdini
- Hit Man, Hit Woman
- Human Knot
- Knights, Cavaliers and Horses
- Land Skills Relay Race
- Mainsail Puzzle
- Racoon Circles
- Rigging Races
- Team Shirts
- Theme Days
- Tie-Dye T-shirt and Signature

Terminology/Sailing Concepts

- Alphabet Lingo
- Captain's Coming
- Chalk boat relay
- Jeopardy, Sailing
- Land Skills Relay Race
- Mad Libs
- Mainsail Puzzle
- Mechanics of an Optimist
- Nomenclature
- Racoon Circles
- Ship Shape
- Signal Flag Project

Wind Direction

- Bubble Trail
- Spiders and Flies
- Vermonster

Other Possible/Needeed Categories:

- **Arts and Craft Activities**
- **Beach Activities**
- **Field Activities**
- **FUN!**
- **Leadership**
- **Quick Activities** (0-15 minutes to set-up; 0-15 minutes to perform)

Resources

Bag of Tricks – Common Props

- Tennis balls
- Scrap line
- Bandanas

Books

- *American Boys Handy Book, The* by D.C. Beard (1182/1983)
- *Best New Games 77 Games and 7 Trust Activities for All Ages and Abilities* by Dale N. Le Fevre
- *Cowstails and Cobras II A Guide to Games, Initiatives, Rope Courses and Adventure Curriculum* by Karl Rohnke (1989)
- *Cub Scout Leader How-To Book*, ISBN 0-8395-3832-4.
- *Dangerous Book for Boys, The* Conn and Hal Iggulden ((2007)
- *Marine Science Marine Biology and Oceanography* by Thomas F. Greene (1998)
- *More New Games* by New Games Foundation (1981)
- *New Games Book Play Hard Play Fair Nobody Hurt, The* by New Games Foundation (1976)
- *Quicksilver Adventure Games, Initiative Problems, Trust Activities, and a Guide to Effective Leadership* by Karl Rohnke and Steve Butler
- *Racing Rules of Sailing,* United States Sailing Association
- *Silver Bullets A Guide to Initiative Problems, Adventure Games and Trust Activities* by Karl Rohnke
- *Start Powerboating* Right, United States Sailing Association
- Teach *Sailing The Fun Way! A guide full of games, activities and initiatives that facilitate learning* by United States Sailing Association

Prizes

<u>No Cost</u>

- Allow participants to capsize
- Others have to derig "winner's" boat and put away their gear
- Allow "winner" to choose:
    - next activity, drill
    - where to sail to next
    - where to have lunch
    - boat (everyone has a favorite)
- Allow "winner" to have lunch first
- Extended swim time

<u>Low Cost</u>

- Candy
- Allow them to name or decorate boat (Grease pencil)

Web Sites

Decorations, prizes, costumes:

- Oriental Trading - www.orientaltrading.com

Environmental/Marine Science:

- Sailors for the Sea – www.sailorsforthesea.org

Fishing:

- Recreational Boating and Fishing Foundation - www.takemefishing.org

Games, Activities, Training, Books:

- High 5 - www.high5adventure.org
- Mad Libs - www.madlibs.com
- Sample Mad Libs www.eduplace.com/tales
- Project Adventure - www.pa.org
- Racoon Circles - www.teamworkandteamplay.com
- Rain Gutter Regattas - http://www.raingutter-regatta.com/raingutter_regatta_catalog.htm#kits

Knots:

- Animated Knots - www.animatedknots.com

Powerboating:

- US POWERBOATING – www.uspowerboating.com

Sail Recycling:

- Sea Bags – Used sail recycling into bags – www.seabags.com

Sailing:

- American Sail Training Association (Tall Ships) - www.sailtraining.org
- National Sailing Hall of Fame - www.nationalsailinghalloffame.org,
- Sail Ship Rigs courtesy of The Nova Scotia Museum, Department of Tourism and Culture - (http://museum.gov.ns.ca/mma/AtoZ/rigs.html)
- United States Sailing Association – www.ussailing.org

Additional Activities in Need of Lesson Plans

1. Any activity that relates sailing concepts through land based activities that can be done during rainy or no wind days.
2. Activities that connect sailing with science, math, English, geography, weather
3. Activities that teach environmental stewardship
4. Croquet Team Racing
5. 400 Question Books
6. Four Square
7. Frisbee Golf
8. Kayak Activities
9. Land Drills
10. Marlinspike Seamanship (see www.animatedknots.com)
11. Monkeys Fist
12. Splicing
13. Pool Games
14. Popsicle Stick Boats
15. Racoon Circles
16. Snorkeling Activities
17. Wiffle Ball
18. Crocheting Team Burge
19. Snorkeling/SCUBA Diving
20. Build and replicate - following Instructions
21. Anything that Floats Race
22. Aquarium keeping
23. Activities from original “Teach Sailing the Fun Way”
24. Sail Bags – teach recycling, new life for old sails
25. Build a boat and provide instructions for others to follow
26. Wilderdom.com/games