

## Captain Video

**Impact:** Communication, team building, fun

**Risk:** Low

**Group Size:** 10 - 30, can divide into groups of 10

**Time Required:** 10 – 15 minutes

### Directions:

- The objective is to pass a motion (sometimes with emotion) around a circle from one person to the next with each person only able to see the motion presented by the person preceding him.
- Ask players to gather in a circle. After demonstrating the game, have them face away from the center. Ask for a volunteer to be the first Captain Video.
- The Captain starts the game by tapping a Space Ranger (second player) on the shoulder, which is the signal for the Ranger to run around the outside of the circle.
- While the Space Ranger is running, Captain Video stands in the center of the circle and performs a simple movement, for instance, doing one deep knee bend while winking. The Space Ranger must pay close attention to detail because they must later duplicate this exact motion to the next Space Ranger.

*@Spirit of Play, used with permission.*

### Want More?

For more communications activities, please see our book Growing Together at [thefoodproject.org/books](http://thefoodproject.org/books).

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at [thefoodproject.org/institute](http://thefoodproject.org/institute).

