



## Captains & Poets Dinner Table Activity – Ages 12-18



### Youth Mini-Documentary Debrief



After watching the youth mini-documentary at [www.captainsandpoets.com/video](http://www.captainsandpoets.com/video) use this discussion framework to explore the concepts of Captain and Poet together.

#### ***SECTION: We Are All the Same Because We Are All Different - Part 1 (0:00)***

1. Which of the students in the video did you relate to the most? Why?

#### ***SECTION: Meet the Poet (0:44)***

1. Is the Poet what you thought it was when you first heard the word? Explain.
2. Which part of the Poet do you relate to the most?
3. Whose Poet did you relate to the most in the documentary?
4. How does the Poet help you to be your true self?
5. How does the Poet show up in our family in different ways?

#### ***SECTION: Meet the Captain (2:43)***

1. Is the Captain what you thought it was when you first heard the word? Explain.
2. Which part of the Captain do you relate to the most?
3. Whose Captain did you relate to the most in the documentary?
4. How does the Captain help you to be your true self?
5. How does the Captain show up in our family in different ways?

#### ***SECTION: Better Together (4:29)***

1. How does your Captain help your Poet?
2. How does the Poet help the Captain?
3. How do the Captain and Poet work together to help you be your best self?
4. How can we grow as a family by bringing our Captains and Poets together?

#### ***SECTION: We Are All the Same Because We Are All Different – Part 2 (17:08)***

1. What does “We are all the same because we are all different” mean to you?
2. Go around the table and acknowledge each person for a Captain and Poet trait you see in them.
3. How would you finish this sentence for you as an individual?
  - I have a \_\_\_\_\_ Captain and a \_\_\_\_\_ Poet.

4. How would you finish this sentence for you as an individual?
  - We are all the same because we are all different and different is \_\_\_\_\_.
5. Come up with the same statement together for your family!

### Artistic Exercise

Design a family crest for the Captain and Poet.

### Reconnecting with Your Younger Captain and Poet

After watching the animation video at [www.captainsandpoets.com/video](http://www.captainsandpoets.com/video) reconnect with your younger Captain and Poet.

1. How did you feel different as a child?
2. Can you recall the moment when you felt self-conscious for the first time? What happened and what impact did it have on you?
3. How have you diminished your Captain and Poet as a result? What impact has that had on you? How has it affected your life?

### Take Action on Your Learning!

Next time you see the Captain or Poet in one of your family members, share it with that person and celebrate it!