



Captains & Poets Dinner Table Activity – Ages 5-12



Animation Video Debrief



After watching the animation video at 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 egg character in the video did you relate to the most? Why?

SECTION: Meet the Poet (1:33)

1. Describe your Poet.
2. How does the Poet show up in our family in different ways?
3. Name a famous person who shows their Poet. What do you like about them?

SECTION: Meet the Captain (4:40)

1. Describe your Captain.
2. How does the Captain show up in our family in different ways?
3. Name a famous person who shows their Captain. What do you like about them?

SECTION: Better Together (7:55)

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

We Are All the Same Because We Are All Different



1. What makes you unique as a person?
2. Describe a time you felt different than everyone else?
3. How can we all be the same and all be different at the same time?
4. What does “We are all the same because we are all different” mean to you?

Artistic Exercise 

Draw a picture of your Captain and Poet. Draw a picture of someone else's Captain and Poet. Put them on the fridge to remind you of how we are all the same and different!