

Magical Floating Hula Hoop



Planning

- 10-20 minutes
- 6-8 per group

Materials

- Hula Hoop

Summary

- Work together to lower the hula hoop to the ground. Be careful, without teamwork the hula hoop will fill with helium and begin to rise! This is a great activity for group problem solving, emphasizing the importance of synergy and cohesion.

Instruction

- Present each group with a hula hoop. Tell them they must lower the hoop to the ground quickly and evenly.
- Each member must hold out a finger on each hand. Those fingers must maintain contact with the bottom of the hoop at all times.
- Hands must stay parallel with the ground and participants cannot hook the hoop.

- **FACILITATOR NOTE:** The beauty of this game is its simplicity. In order to maintain contact with the hula hoop, participants will try to push up on the hula hoop, which causes the hoop to rise (as if filling with helium) instead of being lowered to the ground. With trust, communication, and strategy, the group will be successful in finding balance together.

Variations

- As an added challenge, have them lower the hoop around a small orange cone.

Reflection

- What was the goal of this activity?
- Did your group do well? What could have improved?
- How did your group make decisions? Was it effective or ineffective?
- How did your group manage the conflicts that arose?
- What does this activity tell you about the strengths of your group? The areas for improvement?

