

# CIRCLE OF FRIENDS

## Core Values Activity

By Sanjay and Arvind Seshan



### Objectives:

- Trusting teammates
- Coordinating to complete a physical task

### Before you begin:

Hula hoops work well, but anything circular (even rope or cloth) could work.

### Notes for the Coach/Team Mentor:

This activity is also a common team building activity. The goal is to learn to work together to move the hoop around the circle.

You can add more hoops or require the team to move the hoop around multiple times (with a time limit). Hoops also come in different sizes and so you can challenge your team with smaller/larger hoops.

The biggest challenge comes when there are different heights on the team (see photo

above). You can see that one person is even reaching over with his foot to help.

This is another fun activity for teams!

### Instructions to give to the team:

Stand in a circle and hold hands. The coach will separate one of the hands and place a hoop. Now, pass the hoop around the circle without letting go of any hands.