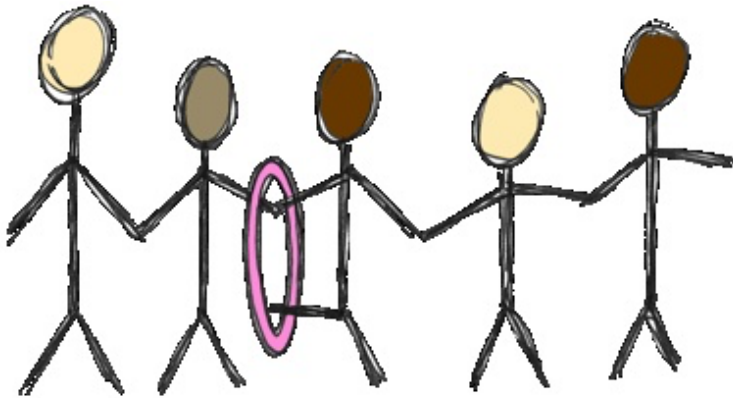


KNOW THE CORE VALUES

Hula Hoop Loop

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Materials:

1-3 Hula hoops

Set up:

Choose a large enough space (indoors or outdoors) for the team to form a circle and have room to maneuver.

Instructions to the team:

Form a circle, facing inward and holding hands. Open the circle at one point so we can place a hula hoop around one person's arm. Your task is to pass the hoop all the way around the circle without anyone letting go of hands.

Variations:

Have 2 or even 3 hula hoops moving around the circle at the same time.

Try doing the same activity without talking!

Discussion:

How did the team work together during this activity? What was the biggest problem they faced? If there were mistakes, how were the mistakes treated? Was there one leader or one technique used?

