



Team Builders

Pass the hula hoop

- Individual
- Pairs
- Small group
- Whole group

Uses: To work as a large team of fifteen to support and encourage each other to complete a set task.

Resources: Two hula hoops – size appropriate to the age and size of the participants.

Time: 10 minutes.

What to do:

1. The team stands in a circle and holds hands (this can be an awkward moment!)
2. Introduce the hula hoop and rest it on the hands of one couple.
3. Explain that the challenge is to pass the hula hoop around the circle, working together as a team, but they are not allowed to use their hands at all.
4. As the team achieves one round with one hoop introduce another hoop going in the opposite direction.

Make it different:

- Use different-sized hoops.
- Add in other restrictions e.g. no verbal communication, no contact with wrists.
- Make this a timed challenge – try to beat previous times.

Points to make:

- We are not used to holding hands with others after a certain age – how quickly did you forget you were holding hands?
- We learn from each other very quickly too – notice how people are watching how others do it and using the same strategies.

