

Rope/Hula Hoop Activity

General Purpose: The general purpose is to foster teamwork, problem-solving skills, and build group cohesion among chapter members.

Energy Level: High – This activity requires a moderate amount of movement, but can illicit high energy through laughter and problem solving.

Materials Needed: This activity can be conducted indoors or outdoors. You will need a space large enough to create a large circle. To conduct this activity you will need a rope tied into a loop or a hula hoop for each group.

Description: Please form a circle without letting go of each other's hands. You should have one piece of rope (hula hoop) per team. Appoint one teammate to be the starting and ending point for this activity. The rope is placed on the starting person's arm. Your goal as a team is to maneuver the rope so it makes one lap around the whole circle. This is done by putting the rope over your head and/or stepping through the rope with out letting go the each other's hands.

After you are finished, discuss with your team a strategy to complete the task faster. This can be a timed activity and/or competition.

Debriefing Questions:

- ✘ What was the experience like?
- ✘ Was there any frustrating moments? How did the group handle them?
- ✘ Did anyone emerge as a leader in the group(s)?
- ✘ How can this be related to the work your do in your chapter?

