



LINK & LOOP

Purpose & Focus

To teach participants how to think creatively and work as a team.

Participants

Any number of participants.

Time Allotment

15 - 30 Minutes

Activity Level

High

Materials

- Hula hoops

Method

- Break participants into two teams and then pairs within each team.
- Have the first two sets of pairs line up at one end of the room or marked off outside space.
- Have each pair sit back to back on the ground with their elbows interlocked.
- Blow a whistle or say “ready, set, go”. Each team will then push against each other to stand and, once standing, keep their arms interlocked and run across the space to the finish line to cheer on the rest of the team.
- Once all pairs on a team have finished and are lined up they will join hands and the end person will pick up the hula hoop. The team then feeds the hula hoop through the line of people to the end without breaking the chain.

Discussion

- What went right and what could have gone better?
- Did it feel like everyone was working together?
- Did you feel supported by your team?