



*Smile, You're in Springfield, Illinois!*

## Helium Hula Hoop

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**TOPIC:** Collaboration

**OBJECTIVE:** Lower the hula hoop from waist level to the ground.

**MATERIALS NEEDED:**

- Hula Hoop, standard not water filled (1 hula hoop per teams of 5)

**TIME:** 15 minutes

**DIRECTIONS:**

- Ask the team members to arrange themselves around a standard hula hoop.
- Ask the team members to pick up the hula hoop.
- Instruct the team members to extend both index fingers to support the hoop, keeping them rigid, and to keep the hoop absolutely level at all times. All team members must keep their fingers on the hula hoop at all times.
- The objective is simple: lower the hoop from waist height down to the ground. Be careful—if anyone removes a finger, or the hoop tilts off level, the group fails and has to start again.
- Teams have 5 minutes to complete the task.

**\*\*\*NOTE FOR THE FACILITATOR**

After a couple of attempts, the teams will start to realize the hula hoop is floating up, not down. This happens almost subconsciously due to the slight upward pressure use to keep their finger in contact with the hula hoop. You do not need to correct participants. Just explain this to them at the end of the activity. Ideally, participants would point their fingers straight or slightly down to ease the pressure on the hula hoop.

**DEBRIEF QUESTIONS:**

- What behavioral norms did you notice in your group? Who spoke up? Who listened? Who was ignored?
- How did everyone communicate and cooperate while trying to lower the hula hoop?
- Did anyone get frustrated? How did the frustration impact the team's performance?
- Think about a project you have worked on recently. Did you experience similar frustrations? How did you respond in that work situation?
- If yes, was that helpful or not?

<https://high5adventure.org/games/a-force-to-be-reckoned-with-the-helium-hoop>

