

## Hula Wiggle

**Impact:** Creates a fun way for a group to solve a problem through physical contact; a safe way to have laughter among group members

**Risk:** Medium

**Group Size:** 15 to 30

**Time Required:** 5 to 20 minutes depending on group size

**Materials:** Two large hula hoops

**Directions:**

- Group members hold hands and form a circle. At one point on the circle, stack two hula hoops over two people's clasped hands. Keeping their hands clasped, the group members use any necessary body parts and motions to move the hoops in opposite directions around the circle and back to the starting places. The hoops must travel over people and through each other, when they cross, in order to return to the originating point.

**Hint:** Beware of using this activity with a new group. There is moderate level of risk in this game because people must hold hands and work closely together physically.

**Option:**

- Divide the group in half, and form two lines. Each person grabs hands with the person behind through his or her legs and must keep holding hands during the entire game. Each line has a starter at the front who holds several hoops. On the signal, the starter puts the hoop over the head of the first person in the line, who then passes it back to the next person. When the hoop reaches the third person, the starter starts another hoop. When the first hoop gets to the end of the line, the last person grabs it and runs to the front of the line. This person now becomes the starter, and the original starter joins the head of the line. The new starter places the hoop over the head of the new first person and then joins the head of the line. (This happens quickly, because a new starter and hoop will arrive shortly.) The relay continues until the original starter returns to the starting position.