

Title	HULA HOOPS
Duration	10-60 minutes
Nr of participants	5-20
Logistics (space, materials...)	Hula hoops and sufficient space to create a large circle accommodating everyone.
Objectives	Teamwork Coordination Creativity Fantasy
Preparation	Hula hoops
Description	<p>Step 1:</p> <ul style="list-style-type: none"> <li>- Form a circle and hold hands.</li> <li>- The instructor places a hoop between two participants.</li> <li>- Participants move the hoop through their bodies, passing it to the next person until it returns to the starting point.</li> <li>- The instructor can introduce additional hoops to keep the activity engaging.</li> </ul> <p>Step 2:</p> <ul style="list-style-type: none"> <li>- The instructor takes a hoop and gathers participants around it.</li> <li>- Each participant places a finger under the hoop.</li> <li>- Together, lead the hoop up and down without losing contact.</li> </ul> <p>Step 3:</p> <ul style="list-style-type: none"> <li>- Arrange hoops in a circle, one less than the number of participants.</li> <li>- Assign each participant a number, with the lowest numbered person standing in an empty hoop.</li> <li>- The person with the lowest number calls out two other numbers.</li> <li>- The two called numbers meet in the middle, shake hands, and switch places with their respective hoops.</li> <li>- If successful, the person who called the numbers continues the process. Introduce the rule that participants</li> </ul>

	<p>can move to an empty hoop on their right, making it more challenging for those in the middle.</p> <p>Step 4:</p> <ul style="list-style-type: none"> <li>- Divide participants into groups.</li> <li>- The instructor demonstrates movements using the hula hoops.</li> </ul> <p>Step 5:</p> <ul style="list-style-type: none"> <li>- Divide the group into smaller groups of 2-5.</li> <li>- Each group creates a hula hoop performance.</li> <li>- Other groups guess the theme of the performance.</li> </ul>
	<p>Considerations for Group Characteristics in Activity Development:</p> <p>Reference for Knowledge:</p> <p>o Seek additional guidance, such as Chapter 4, if</p>

Guidelines for  
the facilitator

- Seek additional guidance, such as Chapter 4, if there's a need for information on setting up scenes.

Group Cohesion:

- Ensure a cohesive group dynamic for effective collaboration.
- Prioritize activities that encourage teamwork and open communication.

Expectations for Improvised Scenes:

- Clearly define what facilitators can anticipate from improvised scenes.
- Provide a list of key elements or guidelines for facilitators to understand how improvised scenes should unfold.