The Adventure:
As a group, stand in a circle holding hands. Start this challenge with a single hula hoop between two members of the group; their hands should be held through the middle of the hoop so that it rests on their arms. Pass the hula hoop around the circle, working together to communicate a strategy and cheer one another on! See how quickly you can get the hula hoop all around the circle.

Plan:
- Who in your team has done this challenge before? What insights do they have to share?
- What strategy will you try?
- What roles might you have on your team (if any)?

Do:
- Pass the hoop!
- Try this challenge more than once to see how your team improves.

Review:
- What do you know now that you did not know before?
- What was your favourite part of this adventure?
- What strategy was most effective?
- If you were to try this challenge again, what would you do differently?
- How did your team support one another on this challenge?

Safety Note:
- What clothing and footwear is most appropriate for this activity?
- How can you ensure that your group shares this activity in a safe space?