Do The Hula

This interactive challenge is a fun way to demonstrate conflict management techniques to school-age children.

*Do The Hula* challenges students to deal with conflict by collaborating. At the same time, it will strengthen their team-working skills by requiring them to cooperate on a creative solution.

This makes it a very good way to demonstrate that resilience and unity are great solutions in the face of adversity. By working together, we can succeed!

**Materials**

- One hula-hoop

**Instructions**

1. Ask students to join hands in a circle. Insert the hula-hoop into the circle between two students’ joined hands.

2. Outline the challenge. Their goal is to get the hula-hoop all the way around the circle without breaking it. Students are not allowed to let go of one another’s hands.
   - If necessary, demonstrate by showing them how to get the hoop over/around your own body without using your hands.

3. Invite the class to encourage and cheer each other along!

4. Once the hula-hoop is back where it started, you can debrief together by inviting them to talk about their challenges:
   - What was the most difficult part of *Doing The Hula*?
   - How did cooperating help them reach a solution?
   - What could they do better next time, or how could they collaborate to *Do The Hula* faster together?

5. To make *Do The Hula* more challenging, you might want to consider:
   - Setting a time limit
   - Splitting the class into two groups, each competing to move the hula-hoop around the circle faster
   - Asking the class to complete the challenge with their eyes closed