

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