

Hula Pass Through

This game creates a sense of trust and cooperation.

You will need:

- **Hula-hoop**

How to play:

- **Have your group stand in a circle holding hands.**
- **Pass the hula hoop once around the circle without anyone letting go.**
- **Once the team is successful with that, have them pass two different-sized hoops around the circle in opposite directions.**

Variations:

- **Add a deflated tire tube to the mix to up the difficulty.**
- **Add a ball under the chin (no hand allowed) to the exercise to increase the difficulty even more!**