

## Team Building Activities: Dancing hoop



**Aim:** Integrating a team



From age of 5 years



Number of players/ participants: 4 people and more



3-7 minutes depending on number of repetitions

Equipment:

- One hoop for each team.

Step by step description:

- All participants stand in a circle holding their hands.
- First player in each team/ circle holds a hoop on his shoulder and opposite hip.
- The team has to move the hoop from the first player until the last one holding their hands.
- The team that finishes the task first wins (you can also count the time).

