

Intended for Grades: 1 - 3

Est. Time: 30 - 45 min.

Date: June, 2021

Lesson Title: HELIUM HOOP - WORKING TOGETHER

Lesson Purpose: Students will:

- * Strive for lōkahi (unity/harmony)
- * Experience how working together as a team can be challenging
- * Learn about effective team collaboration and communication creates lōkahi.

Materials & Preparation:

- * Small Hula Hoops (5 - 8 students per hula hoop, depending on size of hoop.) Add more students per hoop to increase difficulty if you want to play this team-building game weekly to see how they progress working together.)
- * Prepare a list of “teams” for this activity. The more students participating adds difficulty, so you can start with a smaller number of students of 5, if possible.

Background Information:

Learning how to work together is important, as reflected in both the Hawaii DOE General Learner objectives (Community Contributor, Effective Communicator) and the 21st Century Learning skill of collaboration.

Social and peer interactions are emerging at this age. Working in groups is a fun way to develop emerging leadership qualities and steps toward forming positive peer interactions and teamwork.

Taking adequate time in the beginning of the school year to teach expectations and model how to appropriately communicate within a group lays beneficial foundational skills. The dialogue about what was learned from this experience is just as important, as it offers a time to reflect on the positive as well as challenging collaboration.

This activity ties into the Hawaiian value of lōkahi, which means harmony/unity.

Steps:

1. Discuss the Hawaiian value: lōkahi, which means unity, or harmony. When we work or play well together, we create “lōkahi”, like a beautiful song or dance.
2. Hold up a hula hoop. Explain that students may think it is an ordinary hula hoop, but it is much more, as this hula hoop can float, like a balloon filled with helium!
3. Have two students stand facing each other with their arms at waist level/fingers in place to allow the hoop to rest on their index fingers. *(Demonstrate by making a fist with both hands facing each other, then point their index fingers straight forward. They must keep their pointer finger straight, pointing forward at all times. They are not to arch their fingers, or “grab” the hula hoop with their fingers. See photo below.) Then place the hula hoop on their fingers.

4. When the pair balances the hoop at waist height, ask this pair to lower the hula hoop to the ground, with the rule that both their pointer fingers must touch the hula hoop at all times. No other fingers allowed to help. If contact is broken, they must return to waist height.
5. Next, have a group of 5 - 8 students demonstrate by standing in a circle to try this activity. First have them gather and point their index fingers forward properly. When they have achieved this, lay the hula hoop on their fingers. See if they can balance it, then have them lower the hoop to the ground. Remind them the rules: both their pointer fingers must touch the hula hoop at all times. No other fingers allowed to help. If contact is broken, they must return to waist height.
6. Assign places where student groups will have enough space to try this activity. Going outside to an appropriate location may be beneficial. It is advised to have a “coach” watching each group to monitor guidelines. If not possible, it is equally as fun to have groups go one at a time, as the others observe. If you choose to repeat this activity, they may need less monitoring, once you place the hoop.

Note: The hula hoop feels like it is floating up in the air and it takes “lokahi” to bring the hoop down to the ground.

Follow-up: Add more students per hoop to increase difficulty. Repeat this team-building game again, or weekly, to see how they progress working together. Another modification would be to have them do the activity without speaking.

Reflection questions:

- * *Did you have fun playing this game?*
- * *Why was it fun?*
- * *What was hard about this game?*
- * *Why is lokahi helpful when doing projects or playing games?*

Resources: <https://guideinc.org/2017/08/21/team-building-activity-helium-stick/>

Helium Hoop - Working Together

