



TIME: 10 – 15 minutes

GOAL: For participants to use proper planning, constant communication and teamwork to successfully complete the task.

OPTIMAL NUMBER OF PARTICIPANTS: 6-8 (*you will need one hula-hoop per group*)

DIRECTIONS:

1. In my hands is a Magic Ring. This ring, however very similar to a hula-hoop in appearance, creates a magical energy when it comes in contact with a group of people. **Ask the participants to stand in a circle shoulder to shoulder.**
2. Before we get started there are two rules you must follow when making contact with the ring. First the ring does not like to be gripped or held on to, it only likes to be rested on index fingers. And second, once you have touched the ring, you **MUST** keep your fingers on it at all times. **Then, ask the participants to create a surface, at chest level, with their index fingers in the pointing position for the “Magic Ring” to rest upon.**
3. Your objective, as a team, is to simply rest the Magic Ring onto the ground, while keeping all of your fingers in contact with the ring. Remember the ring can only **REST** on your index fingers and you must keep in constant contact until it has been completely rested on the ground. **Rest the ring upon the participants’ fingers, but keep your grip on it until the group is ready to begin.**
4. If you break any of these rules you will be required to start this exercise over again. **Once the group is ready, release the ring and allow them to begin. If a member of the group loses contact with the ring ask them to start over.**

Note: As the facilitator, you can make the exercise more challenging by placing a little bit of downward pressure on the ring before you release it.

PROCESSING QUESTIONS:

- *Was this exercise challenging / frustrating? Why or Why Not?*
- *Did it appear easier than it actually turned out to be?*
- *How did your group approach this challenge?*
- *What helped you 1) as an individual, 2) as a group, to begin to solve this challenge?*
- *What lines of communication were used during this challenge? Did your communication approach change during the exercise?*
- *How well did your group focus?*
- *Was balance an issue in this exercise? Why or Why Not?*
- *When do focus, communication and frustration affect your chapter’s successes?*
- *What does this mean, or how does it relate to you as a chapter leader?*