



Return of the Ring

Object: Get hoola hoop ropes and balls around the circles three times and then successfully complete a trust sit.

Materials: Two hoola hoop ropes, two balls (tennis or whatever)

How to Play: Have the youth all face one direction in a circle. Place the two hoola hoop ropes and the two tennis balls at different points in the circle. When the BC says go, have the balls go around one direction and the hoola hoop ropes go the other direction. To pass the ball, the participant must pass the ball over his head while the receiving participant must then pass it beneath his legs, thus going over one participant and then under the other. For the hoola hoop ropes, it must likewise go “over” the participant (being place over his head and going down to his feet) and then “under” the next participant (being place under his feet and then pulling it over his head). Once all the balls and all the hoola hoop ropes have made three complete revolutions, then they must complete the last task. The participants must complete the trust sit, which is done by forming a tight circle, then everyone simultaneously sits down on the lap of the person behind them. Once the trust sit has been completed, you’re done.

Rules: No throwing the balls during, before, or after this game as it will create much chaos.

Cautions: Counselors, if throughout the week you notice a participant who is especially uncomfortable with touching, still encourage them to participate in the trust sit. If they don’t want to, then think of another way that they can still participate. For example, have them stand in the middle of the trust sit circle cheering for their company.

Creative Ideas: Have your kids do the wave, the can-can, jump up sporadically like popcorn, etc while the objects are being passed. Have the kids try walking in a circle in the trust sit. After your done, play duck duck goose!

Counselor Procedures:

- A counselor should be around the circle helping the participants pass the objects
- Other counselors can cheer and boost enthusiasm

