

# INSTRUCTIONAL STRATEGIES



## The Success Loop

Students work together in teams to move a hula hoop through a line without letting go of hands, learning how strategy and support improve success.

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## THE SUCCESS LOOP

### Summary

This team-building exercise helps students experience the value of collaboration and problem-solving. It works well during orientations, workshops, or any session where the goal is to highlight how support makes challenges easier to navigate. The attached reflection questions connect to the kinds of support available and emphasizes the importance of asking for help.

### Procedure

1. Divide the whole group into two smaller teams. Ask each team to form a line and hold hands.
2. Give one person at the end of the line on each team a hula hoop.
3. The challenge: without letting go of hands, each team must move the hoop all the way from one end to the other.
4. Time how long it takes each team to get the hoop to the other end.
5. Ask participants what worked well and what was difficult about the first attempt.

Watch a video of this [Hula Hoop activity](#).

LADbible. (2024, March 4). Hula hoop challenge men vs women. Facebook.  
<https://www.facebook.com/LADbible/videos/hula-hoop-challenge/318067557932601/>  
Perplexity AI. (2025). Retrieved October 10, 2025, from <https://www.perplexity.ai>