

Circle Pass

Introduction: Pass the duct tape circle/loop around the circle of people as quickly as possible.

Materials: 40 to 50 feet of tape

Time Frame: 10 to 15 minutes

Group Size: 6 to 15 people



Preparation: Create a circle of an 8 foot long piece of duct tape. As you pull off the duct from the roll, fold the sticky side of the duct tape in half lengthwise so that it will not stick to people. Use a short piece of duct tape to join the ends of the 8 foot section.

Directions:

1. Ask the group to stand in a circle and hold hands.
2. Then have one pair of people disconnect hands and then reach through the center of the duct tape circle (loop) and rejoin hands. The duct tape circle should now be resting on the joined hands of one pair of pole—this is the start/stop line for the game.
3. The challenge is to move the duct tape circle/loop around the circle of people as fast as you can.
4. The duct tape circle must travel in a clockwise direction
5. No letting go of hands
6. Team members must remain in their respective location (team members may not walk around.)

Story Line:

“While traveling through time, your team encounters a rare time loop. To continue moving through time and get to your final destination, your team must travel through the time loop as quickly as possible. You must not let go of your hand or someone could go floating off into space!”

Safety Warning

- People with shoulder or neck injuries should not participate
- Remove glasses prior to playing
- Participants must wear flat shoes

Facilitators Notes:

1. Initially a young group may find this challenge impossible or at least confusing. They may say “How do you pass the duct tape circles around the circle without letting go of hands?”
2. This is not a good activity for people who are obese or who have difficulty balancing.

Debriefing: The duct tape circle in the activity could metaphorically represent a hoop or hoops people jump through on a regular basis (for one reason or another).

- What are actual hoops in your life that you have jumped through?
- Are hoops good or bad?
- Do some people have more to deal with than others? If so, why?
- What hoop would you add/remove from your life if you could?