



Hula Hoop Lasso

Description

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Groups practice showing support and teamwork while competing.

Supplies

- 2 hula hoops
- 2 jump ropes
- Cones
- Balls of various sizes

How to Play

1. **Prep work:** Tie one end of a jump rope to each hula hoop, making two hula hoop lassos.
2. Divide the group into two teams and give each team a hula hoop lasso.
3. Spread the balls out in the center of the room and place two cones equal in distance from the balls.
4. Explain that each student will take a turn running to the cone and trying to lasso a ball.
5. Describe that they will lasso by holding on to the un-tied end of the jump rope and throwing the hula hoop trying to make it land around a ball.
6. Explain that each student will get three chances to throw during their turn. If they lasso a ball they must pick it up and return to their group.
7. After a student has three throws, or lassos a ball, their turn is up for that round and they must pass the lasso to the next student in line.
8. This can continue until all balls have been lassosed or each student has had a turn.
9. At the end, whichever team has the most balls becomes the lasso champions!

Activity Prompts for Reflection

- Who would like to give someone on their team a compliment?
- Did anyone see someone on the other team that they would like to give some praise?
- What emotion do you feel when you receive a compliment?
- What emotion do you feel when you give someone else a compliment?

Other Ways to Play

- Allow students to move closer to the balls to make lassoing the balls easier.
- If the balls are a variety of sizes, you can make the smaller balls (which are more difficult to lasso) worth more points to try to challenge students.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 10-15 minutes

Themes

1. Jump Ropes and Hula Hoops
2. Work Together-Teamwork