



Hula Hoop Facts

Description

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Students work together to get everyone through a hula hoop.

Supplies

- Hula hoop
- Music

How to Play

1. Have the group stand in a large circle holding hands.
2. Have two students let go of each others' hands and then place the hula hoop around one of their arms. Then have those two students rejoin hands so the hula hoop is hanging from their arms.
3. When the music starts they must work together to pass the hula hoop around the circle by individually stepping through it when it comes to them. Students must work together to help each other get through the hula hoop each time.
4. The goal is to get the hula hoop around the circle without breaking hands.
5. When the music stops the group must stop passing the hula hoop. The student who has the hula hoop on their arm/body when the music stops must tell the group one good choice they made that day. If the hula hoop is directly between two students they both share a good choice.
6. After that student shares, the music starts again and the group continues to move through the hula hoop.
7. This continues until every student has had a chance to share or time is up.

Activity Prompts for Reflection

- What was a good choice you made during today's activity?
- Is there anything you would do differently if we played this game again?
- What was a mistake you made during today's activity?
- What emotions did you feel during this activity?

Other Ways to Play

- If thinking of a good choice to share is too broad for the group you work with, narrow it down with the following topics: a good choice you made at school, a good choice you made at home, a good choice you made with a friend, a good choice you made during the game, etc.
- Make this even more challenging by adding in more hula hoops, one at a time, placing them between different students.

Additional Notes

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

Category

1. Activities
2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 10-15 minutes

Themes

1. Acting and Music
2. Jump Ropes and Hula Hoops