



**Musical Hoops** 

## Description

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Help students practice their emotional vocabulary while playing an interactive game with hula hoops and music.

# **Supplies**

- Music
- Hula hoops

# **How to Play**

- 1. **Prep work:** Spread out enough hula hoops around the room (enough for each student) ensuring there is space in between them.
- 2. Let the students know that when the music is playing, they should be dancing around the hula hoops, trying not to step into or on them.
- 3. Explain that when the music stops, they have to rush to a hula hoop and strike a pose based on what emotion you say.
- 4. Tell them what emotions correlate with what pose:
  - Victorious: One foot stepping out in front with one hand up pretending to hold a trophy
  - o Proud: Hands on their hips looking up
  - Melancholy: Holding their knees to their chest, sitting on the ground in a ball
  - o Ecstatic: Hands and arms up above their head in a V shape
  - o Angry: Clenched fists, feet stomping
  - o Horrified: Eyes covered with hands, turned backwards
- 5. Have the students spread out and start the music.



- 6. Each round, stop the music and announce an emotion.
- 7. This can continue for many rounds. The leader can take away hula hoops throughout, making students share a hula hoop to strike a pose.

## **Activity Prompts for Reflection**

- Did anyone learn a new emotion word today?
- What emotion did you feel when you forgot what pose was related to an emotion word?
- Did anyone feel more than one emotion during this activity?
- What emotion did you feel when you were quick to find a hula hoop and strike a pose?

## Other Ways to Play

- If students are having a hard time remembering the different moves, start with only a few and add in more once they have mastered the first few.
- Have students come up with different emotion words and different poses they could use to display those emotions. Add those in during the different rounds.

## **Additional Notes**

Use the SEL Activity Prompts to tie other SEL competencies to this activity.

### Category

- 1. Activities
- 2. Self-Awareness

### Sel-competency

1. Self-Awareness

#### Allotted-time

1. 10-15 minutes

#### **Themes**

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