



Through The Hoop

Description

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Group works together to get all the paper balls through the moving hula hoop.

Supplies

- Hula hoop
- Paper

How to Play

1. Have the group stand in a line, shoulder to shoulder.
2. Pass out a piece of paper to each student and have them crumple it into a ball.
3. Share that the goal of this activity is to have everyone throw their ball through the rolling hula hoop.
4. Roll the hula hoop, on its side, in front of the students about 3-4 feet away.
5. As the hula hoop rolls by, students must focus and try to throw their ball through the hoop when it is close to them.
6. After students throw their ball, have them retrieve it, and stand on the opposite side of the hula hoop.
7. Once they have mastered this, split the group into two teams. Have half stand on one side of the hoop and the other half stand on the other side of the hoop.
8. When you roll the hoop each team should throw their ball as it passes them.
9. The side with the most balls through the hoop is the winning side for that round.
10. You can continue to play this until the time is up.

Activity Prompts for Reflection

- What did you do to make sure you used kind words during this activity?
- What made it difficult to work together during this activity?
- Can anyone give a compliment to someone else on how they did during this activity?
- Did anyone prove they could be trusted during this activity?

Other Ways to Play

- Move the hula hoop further and further away each time.
- Hold the hoop stationary in one place and have students make a single file line to take turns throwing. After all of the students have a turn take a step back to make it more challenging.
- Roll the hula hoop faster and faster each time.
- Have students write fun facts about themselves on the paper before they ball it up. At the end, have students each pick up one paper, read it aloud, and try to guess who wrote those facts.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- The larger the teams the more difficult this challenge will be.

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 20 minutes

Themes

1. Jump Ropes and Hula Hoops