



## Emotional Hula Skirt

### Description

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Help your students practice their emotion words while creating a hula skirt.

## Supplies

- Yarn
- Streamers
- Markers

## How to Play

1. Cut a piece of yarn that will loosely fit around your waist.
2. Students tear the streamers to be around 3 feet long.
3. As students tear, they write an emotion word on a streamer and tie it to the string with the majority of the streamer hanging down on one end.
4. As the pieces get added it starts to create a hula skirt.
5. Students can not repeat an emotion word.
6. The goal is to get as many streamers added to create the most full hula skirt.
7. If there's time at the end have students read aloud an emotion word that was written and explain what it means.
8. Wear the hula skirt for the rest of the day and when students use an emotion word you can do a funny hula dance with the emotional hula skirt.

## Activity Prompts for Reflection

- What emotions did you feel before this activity started?

- Did anyone learn a new emotion word today?
- What emotions did you feel during this activity?
- How difficult was it for you to think of new emotion words?

## Other Ways to Play

- If there is enough time and enough supplies, have each student create their own hula skirt to wear and see who comes up with the most emotion words.
- Assign jobs to different students, ex: a student who writes, a student who ties, a student who tears the streamers, etc.)
- Choose students who are sharing their emotions to get a turn to wear the hula skirt throughout the day
- If you have a large group of students divide them into teams and see who can create the fullest hula skirt in a certain amount of time.

## 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. 30 minutes

### Themes

1. Emotions