



## Builders and Bulldozers

### Description

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Help your group practice understanding how to control themselves throughout this surprising game.

## Supplies

- Hula hoops
- Variety of small items, examples: balls, trinkets, toys, bean bags, balloons, small books.
- Large space (can be done outside)

## How to Play

1. Divide your group into at least 5 teams.
2. Give each team a hula hoop and have them spread out around the room with their hula hoop.
3. Have one student from each team come to the front and get 3 small items from the leader and instruct them to put them inside their hula hoop.
4. Let the students know that the goal of the game is to have the most items in their hula hoop at the end of the time. Leaders can set a specific time and keep track or make each round the length of a song.
5. Explain that each player on the team has to try to move around the room quickly to get items from other teams' hula hoops.
6. The two rules: Students can only get one item at a time from another team's hula hoop. Students can not guard or block their teams hula hoop from others.
7. Switch up the game each round by having students move around the room in different ways. Examples: skipping, linking arms with another team teammate, bunny hopping, crab walking, bear crawling, etc.
8. At the end of each round have teams count up their items and the team with the most items is the winning team!

## Activity Prompts for Reflection

- Did anything surprise anyone during this game?
- How were you able to control yourself while items were being taken from your teamsâ?? hula hoop?
- What are some positive choices you can make when a surprise happens?
- What helped you to stay calm and focused during this challenge?

## Other Ways to Play

- Before the activity begins, have students decorate a flag to put inside their hula hoop. This will help them build a sense of team and also remember which hula hoop is theirs.
- Have students work on different teams during the different rounds to help them practice working with different people.
- Make it more challenging by allowing students to tag a student that has an item in their hand. If tagged a student is frozen until a teammate tags and unfreezes them. The item in their hand goes to the person that tagged them.

## Additional Notes

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

### Category

1. Activities
2. Self-Management

### Sel-competency

1. Self-Management

### Allotted-time

1. 30 minutes

### Themes

1. Emotions
2. Jump Ropes and Hula Hoops