



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
 - Proud: Hands on their hips looking up
 - Melancholy: Holding their knees to their chest, sitting on the ground in a ball
 - Ecstatic: Hands and arms up above their head in a V shape
 - Angry: Clenched fists, feet stomping
 - 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