



## Hula Hoop Activities and Exercises

Hi Educators! Here are some fun, quick, and easy hula hoop activities you can do with your class. The number of hoops needed for each activity is listed by the activity. Want to do more theatre exercises with your class? Check out our [online LJPedia with other activities](#), and our [curriculum connections with videos and exercises](#)!

### 1. Freeze Dance (1 hoop per student)

Hoop and dance while music plays, freeze when it stops. Give students different prompts: walk while hooping, run while hooping, jump while hooping, stand on one foot, hoop on your neck, hoop on your arm, pretend you're underwater, pretend your hands are birds and they are flying around, pretend you're a monkey, etc.

### 2. Holding hands (1 hoop)

Hold hands in a circle with a hoop through one pair of hands. Pass the hoop around the circle without letting go of each other's hands.

### 3. Houdini (1 hoop per group of students)

Everyone stands around the hoop and holds it up with 2 fingers each. The goal is to lift the hoop up and drop it down to the ground as a team only with 2 fingers and keep it level the whole time.

### 4. Simon Says w/ hoops (1 hoop per student)

Like traditional Simon Says, except adding hoops in as an added element.

### 5. Check out more examples of ways that young folks can interact with hula hoops on this [video](#) from HOOPLA! Hula Hoop Consultant, Valentina Orbit, hosting a program at the New Children's Museum.

6. Hoop Hop Showdown (20-30 hoops)

[Check out this video](#) of kids playing a version of Rock, Paper, Scissors using a Hula Hoops on the floor as a game board they are trying to get through.