SOCIAL EMOTIONAL LEARNING
SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: WORKING TOGETHER
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: Hula Hoop Game
Grade Levels: K-6
Prep Time: 0-5 min
Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: Hula hoops
Preparation: None needed.

ACTIVITY

Place the hula-hoop over two people’s interlocked hands so it cannot escape the circle. Explain that the goal of the game is to get the hula-hoop all the way around the circle without anyone letting go of their teammate’s hands. Have group cheer each other on. Once completed for the first time, discuss successes and challenges and try again. Encourages students to work together and be patient with each other.