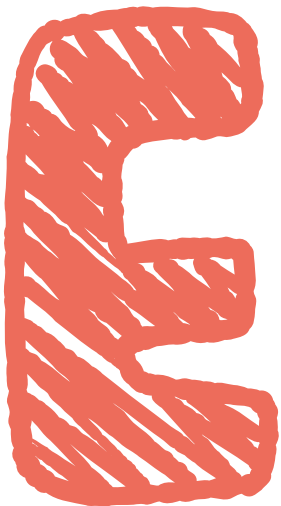


HULA HOOP PLAY IDEAS

Gross Motor Play



- Circling – around the core, arms, legs, anywhere!
- Safe islands for “Floor is Lava”
- Obstacle courses
- Throw the beanbag / ball
- Toe passes – pick up a ball and pass it from one hoop to another only using your toes/feet
- Skipping and hopping



Emotions & Social Awareness

- Quiet / Time out zones
- Teaching personal space
- Safety circle awareness
- Skipping and hopping

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