

Social-Emotional Learning: Fishing with a Hula Hoop

Learning Value:

This activity promotes development and learning by encouraging children to develop positive relationships with other children and demonstrate flexibility in thoughts, actions, and behavior.

Materials Needed:

- ▶ Hula hoop(s)
- ▶ Rope
- ▶ Balls of various sizes

Participants:

This activity is intended for adult/child interaction, and 2 or more participants/players.



Directions:

Step 1: Tie one end of the rope to the hula hoop.

Step 2: Line the balls up outside.

Step 3: Stand opposite of the line of balls. Hold the free end of the rope, and throw the hula hoop to see how many balls you can catch. Drag the balls and the hula hoop back to you by pulling on the rope.

Step 4: Continue to play adjusting the distance between you and the balls.