

HULA HOOP IGLOOS

ACTIVITY GOALS

- ✔ Today we'll share space and have fun with others.

TEACHING TIPS

- ✔ **Hustle, Hustle:** When the music stops, slowly start counting, "10, 9, 8, 7, 6..." The kids will scurry into their igloos like really cold field mice.

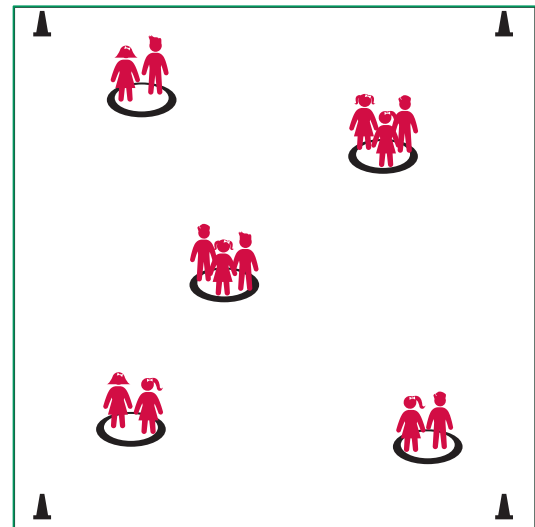
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 1 hoop per group of 2 or 3 students.
- ✔ Music and music player

Set-Up:

1. Scatter hoops throughout the activity area with enough space for students to travel in between them.
2. Send groups of 2 or 3 students to stand inside each of the hoops.



Activity Procedures:

1. It's cold outside and we need to share our Igloos with our friends!
2. When the music starts, we're going to carefully ice skate around our activity area without touching or stepping into a hoop.
3. When the music stops, move to the closest hoop and get inside with at least 1 friend in order to warm up your toes. If there are too many friends in a hoop, move to a different hoop with a new friend.
4. We'll play again each time that the music starts.

Universal Design:

- ✔ Mark larger "igloo" areas with floor tape for access to students with mobility challenges.
- ✔ Use visual cues in addition to musical cues.

- ✔ **Get the Facts on Fat:** Many oils have healthy unsaturated fats. Solid Fats, not so much. They contain saturated and trans fats. Choose oils that are liquid at room temperature, like Canola oil and Olive oil. Hydrogenated oil is a solid fat. Not cool.