



# HULA HOOP CRAFT

## [ FACILITATOR INSTRUCTIONS ]

**Hello Hula-Hoop Craft Facilitator!**

**Before Starting just remember:**

- 1) Ensure that you have refreshed on the hoop making instructions & steps. Watch the step-by-step video at; [www.circuschallenge.com/hoopcraft](http://www.circuschallenge.com/hoopcraft)
- 2) Be prepared BEFORE the workshop begins. Ensure you have enough supplies prepared and set out. It is best practice to have the supplies already in their correct locations before the participants arrive.
- 3) Pre-cut the required number of hoops for your total group size.
- 4) When welcoming & giving instructions to the whole group; Speak loudly, slowly, and confidently so that everyone can hear, & understand the instructions.

**Setting up the space BEFORE participants arrive:**

- 1) As best as you can in the space/ room you have been provided; set out the required number of group stations. As a guide it can be best to set out groups station around the perimeter of the space - ensuring groups are not too close. Each Station should cater for 12 participants. As an example, you would required 6 stations if you had 65 participants.
- 2) Place 12 pre-cut hoops at each station in a single pile with the craft supplies bag in the centre of the hoop pile.

**RUNNING THE SESSION...**

- 1) Direct the entire group to sit together, facing you, at the front of the room as they arrive.
- 2) Warmly welcome everyone to the hula hoop making workshop and explain that everyone is about to have the opportunity to make and keep their very own hula hoop (yes you can take this home!)
- 3) Slowly demonstrate all the steps required to make your own Hula Hoop (Actually make a sample hoop as you go).
- 4) Explain that you *will be* dividing everyone up into groups of around 12. Point out the craft stations you have set up. Let them know that when they go to their station that they must sit in a circle around the hula hoop making supplies - but that they must NOT touch anything. Begin by counting off 12 students and sending that group to a particular station to go and sit in their circle. Once everyone has seen how to do this - kindly ask the teachers present to assist in sending students off in groups of 12 (the division of the group will usually not be perfect groups of 12 so its fine to have a the last group be a little smaller or larger. You will just need to move some supplies over).

**IMPORTANT:** As best as possible direct teachers & other adults to be group leaders for 1 or more groups. It's important that you make it VERY clear that this activity will require adult supervision and assistance.

**MAKE SURE** you rotate around the groups and actively encourage and assist where required. Try to give tips to the group rather than being stuck helping individuals. This however may at times be unavoidable.



# HULA HOOP CRAFT

Hello Teacher / Educator / Group Leader!

In this pack you will find supplies for 12 DIY Hula Hoops. This is a fun, yet challenging motor skills challenge for your primary school aged students. This activity will require you to guide your group through the obstacles and challenges of creating your very own hula hoops. *Work slowly and methodically to achieve the best outcome!*

## Before you start, please check the contents of your pack:

- 12 lengths of Stretch Plastic Ribbon (Colours)
  - 12 Tube Joiners (black)
  - 1 roll of sticky/ electrical tape
  - 1.5 pages of large Dot stickers (25+ stickers)
- + In addition your Circus Challenge craft facilitator will provide you with 12 lengths Poly Tube (hoop).

## INSTRUCTIONS FOR DIY HULA HOOPS...

Have your group of kids sit in a circle around the craft supplies, and pass out a joiner, and poly tube to each child. Slowly direct your group with the following instructions (some hands-on assistance may be required with younger children).

- 1) Insert a *Tube Joiner* (up to half its length) into one end of your *Poly Tube*, and then into the other end to create a hoop shape.
- 2) Cut or break off a piece (approx 5-7cm) of electrical tape and use to secure the hoop joint.
- 3) Use a single Large Dot Sticker to attach one end of a length of *Stretch Plastic Ribbon* to the hoop.
- 4) Using moderate tension; continue to wrap the *Stretch Plastic Ribbon* around the hoop, leaving an equal gap.

Tip 1: Be sure to keep pulling the tail of the ribbon through the hoop with each rotation to avoid tangles.

Tip 2: Ensure you gently stretch the plastic ribbon as you wrap the hoop.

- 5) Once you have completed wrapping your hoop, cut or snap off any extra Plastic Ribbon, and then secure the end of the ribbon to the hoop with another *Large Dot Sticker*.

## Just remember...

There's no need to rush! If you run out of time, simply take your supplies with you and complete it in your own time.

## PLAY TIME!

Hula hooping takes practice, but here are a few tips to keep in mind. Start by placing the hoop around your body so that it is touching your lower back/ hips. Practice making it spin around your waist by spinning it by hand. Once the hoop can rotate around your hips, next try to keep it spinning by moving your hips in a forwards & backwards motion (rather than side to side).

**NOW TRY:** Around your wrist, forearm/elbow, neck, knees, or even try adding more hoop!

## GOOD LUCK!!

