

25 things to do with a hula hoop

1. Use it to **hula hoop**
2. Have a **Tic-Tac-Toe Relay** with it (see YouTube.com)
3. Hang it from a tree and use it as a **target**
4. **Throw it around something**
5. **Jump rope** with it
6. Lay it on the ground and **throw things into it**
7. Line 3–5 hula hoops in a row on the ground and **jump, hop, skip**, etc. from one to the next
8. **Throw it** up in the air and **catch it**
9. Roll it and try to **chase and catch it**
10. Roll it and try to **walk through it while it is still moving**
11. Roll it and try to **race it**
12. **Spin it** around your arm or neck
13. Try to spin it **around one ankle while you jump over it** with the other foot
14. Step on the hula hoop and have it **pop up, then try to catch it**
15. Tape multiple hula hoops to the ground to create a **tunnel** to crawl through
16. Wrap tape across the hula hoop to cover the center 30–40 times, sticky side out, then **throw cotton or paper balls at the tape** to see how many will stick to the target
17. Lay 6–8 hula hoops on the ground in two lines and do a **“tire” run**
18. Have children join hands in a circle with a hula hoop resting on the connected arms of one pair of children. While everyone holds hands, ask the children to move the hoop around the circle by **stepping through the hoop**
19. Use hula hoops to create an **obstacle course**
20. Use smaller hoops as steering wheels and **drive** all over “town”
21. Play **musical hula hoops** (similar to musical chairs; avoiding elimination, play until hoops are filled)
22. Lay hula hoops on the ground and play **Hokey Pokey** with them
23. Cut a hoop in half, placing the cut ends into the ground. The hoop can now be a **soccer goal**
24. **String bells** to it and play a game with children trying to pass through without ringing the bells
25. Play **limbo** with a hula hoop

* Some activities may be better suited for older preschoolers. Be sure to remind not to pull the hoop if it is around another child's neck.

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