

# CONTENTS

Introduction	3
General Benefits of Hula Hooping	4
Benefits of Creative Hoop Play for Children	7
Hula Hoop Activities and the Early Childhood Curriculum	8
Best Types of Hoops	10
Warming Up	11
Hoop Safety	13
Waist Hooping	14
Five Easy Hoop Moves: Halo, Weave, ISO twist down, Pass Around, Coin-spin	16
Imaginative Moving with a Hoop: Cars, Carriages, Spaceship	20
Musical Hoops	22
Telling Stories with Hoops	23
Cooling Down	25
Children's Activity Sessions – Overview and List	26
Children's Activity Session Plans	27
Session 1: Hoop Basics	27
Session 2: Insects	30
Session 3: Animals	33
Session 4: Transport	35
Session 5: Sea	38
Session 6: Sky	40
Session 7: Fairy Tales	43
Session 8: Super Heroes	46
Session 9: Farmyard	49
Session 10: Circus	52
Family and Community Hoop Activities	55
Resources	56