

Growth Mindset

BALANCE

The Power of ZEN

Grades 4-6

FREEBIE

Hula Hoop Activity



Teacher Prep and Objectives

WHAT IS A BALANCED GROWTH MINDSET AND HOW CAN IT SUPPORT YOUR STUDENTS' SUCCESS?

This Hula Hoop activity is part of GATER Educator's Growth Mindset Workshops and can be found in the BALANCE Workshop.

<https://www.teacherspayteachers.com/Product/GROWTH-MINDSET-Activities-BALANCE-The-Power-of-Zen-3867749>

The activities in the BALANCE Workshop are intended to inspire students to take responsibility for their learning and enable them to think critically about what it takes to be successful. Teaching students the value of a growth mindset early on, will support their endeavors throughout a lifetime. Evidence shows that there is value in the belief that you can get smarter through hard work and practice. Growth mindset is important for all students whether they excel or struggle. It's also a great way to support unmotivated students. It shows that they have the potential to do better in school if they put forth the effort. Kids love to doodle. Kids love to play. What better way to motivate them than with ZenDoodling and Hula Hoops? It's a great way to teach the importance of Maintaining a Growth Mindset and Balance in their lives! Enjoy!

If you're looking for more GROWTH MINDSET Activities, check out this GATER Educator Growth Mindset Bundle! Thanks!

<https://www.teacherspayteachers.com/Product/GROWTH-MINDSET-ACTIVITIES-BUNDLE-BALANCE-PERSPECTIVE-GRIT-NEURONS-3869726>

PREP

Materials needed for Hula Hoop Activity

Large space

Hula Hoops (One per person)

Copy Student Handout back to back:

Pages 4 and 5

Have Fun!



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Teacher Directions for the Hula Hoop Activities

Name _____

Know That You Can Only Control You

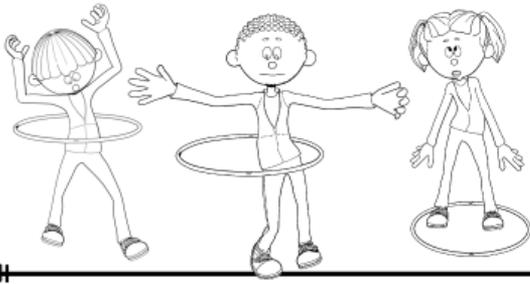
The Hula Hoop Challenge #1

When you hear, "Hula Hoop," what's the first thing that comes to mind? Quick!

When you think of hula hoops, you probably don't necessarily think of how much you can learn from them. You might think of them as only being good for PE or recess. But there are several messages about Growth Mindset and Balance that you can remember when you think about, "Hula Hoops" in the future. Let's explore.

- Step inside the Hula Hoop
- Understand that everything outside of the Hula Hoop you have no control over. This means everything except you. This means that friends, family, school, teachers, etc...are all outside the Hula Hoop and you have no control over them.
- Everything inside the Hula Hoop you can control because you control your thoughts, feelings, attitude, appreciation, likes, dislikes etc...
- We have a Growth Mindset when we recognize all the things we can control and that we have the power to make changes if it will help us to be more successful in life.

Remembering that YOU only have control over YOU can sometimes be difficult, but if you find yourself trying to change someone or something outside of your control, remember the Hula Hoop. The Hula Hoop can help keep you emotionally BALANCED, so that worry or concern does not throw you off-BALANCE!



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Hula Hoop games and activities for kids are super motivating and fun ways to support gross motor skills like coordination, endurance, balance and more. But did you know that they can support a GROWTH MINDSET as well?

Activity 1-What You Can Control

What You Need:

- One Hula Hoop per student
- An area large enough to play

Complete the Hula Hoop Challenge for discussing, "What You Can Control"

Here are some other ACTIVITIES to do with HULA HOOPS that encourage and support a GROWTH MINDSET

Activity 2- Grow Your Skills Through Practice and Effort

What You Need: Same as Activity 1

Allow students to have fun with the Hula Hoops and share their skills or tricks. Make note of who can do what. Ask how long or how much practice they've had with Hula Hoops. Being new to a skill can make things tough. Those with more experience most likely have better skills.

Message:

- You Don't Have to Be Good at Everything
- Practice and Effort Can Help Grow Your Skills

Activity 3-Work Well With Others

What You Need: 1 Hula Hoop for every group of 5 to 10 students

Large Area

This Hula Hoop Game can be played as a teambuilder or a race.

Students in groups of 5 to 10 stand in a circle and hold hands. Place a Hula Hoop on top of one person's shoulder to begin.

Rules:

1. The hula hoop must not touch the ground at any time. Start over if it does.
2. The circle of hands cannot be broken.

Have each person twist and squirm through the hula hoop to help move it around the circle until it reaches the beginning again. Don't let the circle break!

Make it a race! Divide into two even teams and see which team can move the hula hoop around the circle first. Make it more challenging! Add one or two more Hula Hoops to the circle.

Message:

Help from others can support a healthy emotional balance. Don't be afraid to ask for help. Work with others and be there for them if they need it.

Name _____

Know That You Can Only Control You

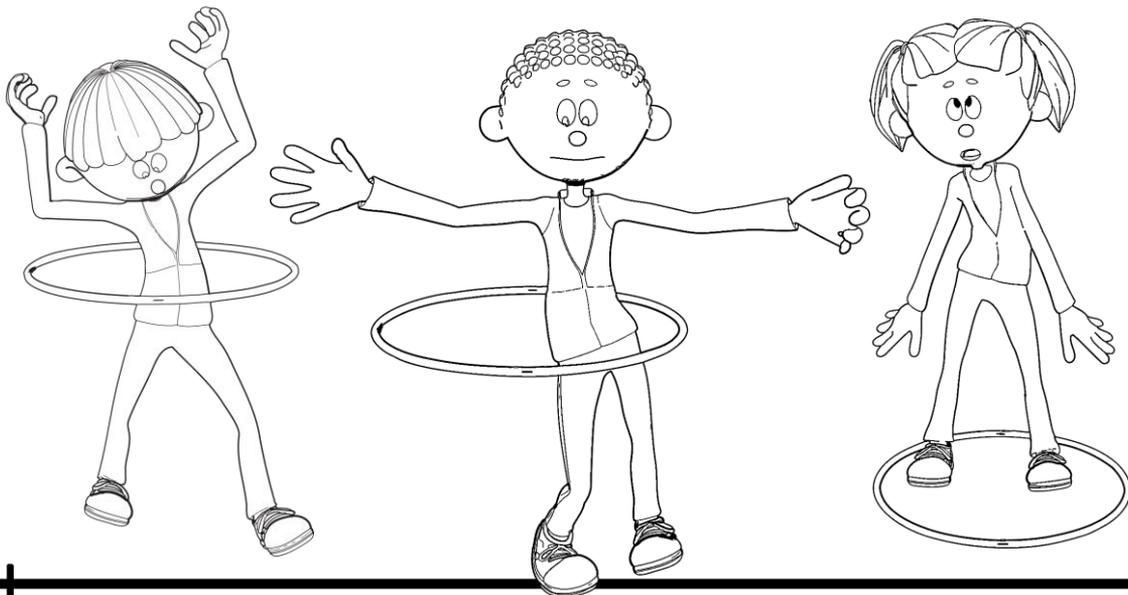
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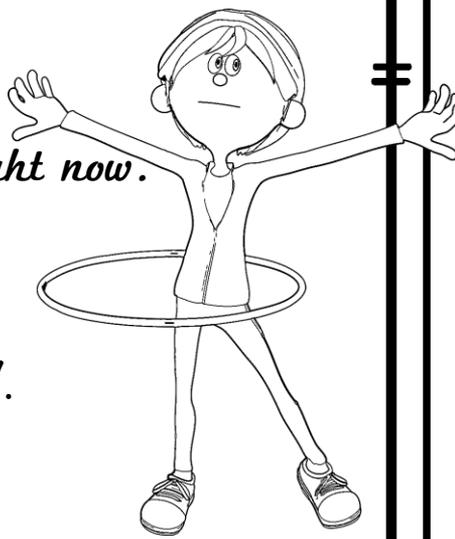
The Hula Hoop Challenge

Here's a list of the top 20 things you can control right now.
 What else can you add?

Box the things you're good at in GREEN

Circle the things you need to work on in YELLOW.

Add to the list in BLUE



How honest you are with others	How well you prepare for things	How often you say "thank you."	Whether you listen and wait to talk	How kind you are to yourself
How much time you spend worrying	How much exercise you get	How often you think about your mistakes	How thankful you are for what you have now	What books you read
What you do for yourself when you experience stress	When you ask for help	How many risks you take	How creative you are in thinking of new ways to do things	How much information you share with others
Whether or not you judge other people	How quickly you try again after you fail	How many times you say "I love you."	How much rest you get at night	How much of what other people say you believe