



SPIN INTO CONFIDENCE

An interactive hula hoop school assembly for elementary schools

Spin into Confidence is an interactive hula hoop assembly that combines high-energy performance with engaging audience participation, while building confidence, inspiring creativity, and encouraging students to try something new.

What This Program Builds

- Confidence
- Creativity
- Healthy Movement
- Courage to Try New Things
- A Growth Mindset

What Students Experience

- High-energy hula hoop performances with jaw-dropping multi-hoop tricks.
- Interactive moments featuring student volunteers and whole-audience participation.
- A fun, encouraging environment that celebrates trying something new.

Program Details

Grade Level: K-5 (best suited for grades 1-5)

Audience Size: Recommended for smaller, grade-level assemblies for maximum engagement.

Common format:

- **2 Assemblies:** K-2 and 3-5

Program Duration: 30 - 45 minutes. (customizable to your schedule)

Setup Time: 30 minutes

Space Requirements: Performance area of around 20' X 20' . Ideal for Cafeteria, Gym, or Auditorium.



HULA HOOP LAB

Enrichment Session

Hula Hoop Lab is a fun, hands-on workshop where students learn beginner hula hoop tricks through guided instruction. Unlike the assembly, this session focuses on individual participation, practice, and skill building in a small-group setting.

Skills Students Learn

- Step-by-step instruction in beginner-friendly hula hoop skills
- Fun Hula Hoop Games that encourage team building
- Individual coaching and guided practice time
- A supportive learning environment where every student gets to participate
- Students leave with new skills they can confidently practice and build on

Workshop Details

Class Size: Up to 25 students (small group for individualized coaching)

Recommended Ages: 7+ (best for grades 1-5)

Workshop Duration: 30 minutes or 1 hour

Required Utilities: Gym or Outdoor Area

Additional Details:

- Hula hoops will be provided.
- Best booked alongside a same-day assembly. Limited standalone availability in the Austin area.
- Multiple workshops can be held in a day.